

# PAINTING

## with Essential Oils

Maria Low



Spikenard belongs to the honey-suckle family. It has anti-fungal properties and a woody fragrance. There are about 70 different varieties of Spikenard. The variety mentioned in the Bible is believed to be the most medicinal. In ancient times, the caravans transported it along the Frankincense Trail.

### SPIKENARD IN THE BIBLE

Spikenard was used to anoint Jesus. His disciples considered this to be an extravagant and expensive oil. Additionally, Spikenard was used in an ointment along with other essential oils for washing and anointing the feet of the disciples. This was important as they pursued their ministry walking throughout the land.

### THE PURITY OF SPIKENARD

Spikenard is often used as a perfume and as a flavoring agent. Consequently, it is one of the most diluted and contaminated oils on the market. Petrochemicals are added to the source oil, since the FDA allows additives to be added to essential oils. If it has only 25% organic oil in the bottle, it can be labeled “organic!”

For these reasons, you’ll need to beware of purchasing oils that say “natural,” as most have synthetic extenders in them. Please note: Young Living does not always have Spikenard in stock as

**T**his past year, I moved into a new house. Finding a new home around here is not easy! My realtor eventually located a home built around 1980 that met most of my needs but did not

have office space. The only possible space was the outside deck facing the mountains. I purchased the home and began my renovations, walling up the deck to create my office (shown above).

During the renovations, I wanted to use supplies that were as nontoxic as possible. I was able to purchase windows from Sierra Pacific to endure the significant Livingston, Montana winds on that corner of the house.

The ceiling and one wall were made from stucco, which we plastered with mud to have a smoother appearance. Then, we primed with white paint and painted the wall with a color

called Fruit Cocktail. A friend thought it was a little loud, but when the white bookshelves go in, this will temper the color.

### A SECRET: ESSENTIAL OILS AND PAINT

Here’s a little secret—before I painted the wall, I added Young Living Essential Oils to the paint! Young Living oils have strong anti-fungal properties. However, the fragrance won’t be easy to smell in the paint. It’s really the energy and the unique components of the essential oil I was adding to the paint.

### WHY I CHOSE SPIKENARD

I have been buying Spikenard essential oil for quite a while. The specific cultivar Young Living uses is called Spikenard (*Nardostachys Jatamansil*),- and it comes from the Himalayas.



it is not easy to distill the roots and acquire a large volume of this essential oil.

Here are some other suggested essential oils to include in house paint: Pine, Balsam Fir, Cypress, Lavender, Orange, Infinity, Basil, "Thieves," Palo Santo, Lemongrass, Geranium, Copaiba, Yarrow, Blue Spruce, Bergamot, and Eucalyptus.

### NATURAL HOME ADDITIONS

Additionally, during my home renovations, I installed electrical outlets through the floor. Once the renovations are complete, I plan to add a device that will plug into the outlet and protect the body from electrical energy or EMFs. For my flooring, I used Marmoleum click boards that are made in part from flax fiber. It wears well and is considered a nontoxic material. I also plan to set up an adjustable, standing desk, so I can sit or stand while I work.


My final touches will include my essential-oil diffuser, which I plan to put on a timer. I will diffuse my essential oil of choice at intervals throughout the day! ■

*To acquire a wholesale account for Young Living Essential Oils, please contact Maria at [yleo.aspirations.com](http://yleo.aspirations.com) or contact Young Living Customer Service (1-800-371-3515) and give them referral number: #10279. You can order whenever and whatever you want. Additionally, Maria sends a monthly educational newsletter; please let her know if you'd like to receive this each month.*

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