

Chapter 1 : How Long Do Essential Oil Lasts? - www.nxgvision.com

What is the shelf life of essential oils? Do essential oils expire? These are important questions to answer. Essential oils are not cheap. Well, some of them are very affordable, but some are quite expensive, and of course the bottles are quite small.

Knowing the shelf life of your essential oils is important for two reasons: This would help the buyer know how quickly to use up their product. Because essential oils can be costly, many people covet their aromatics, saving them for special occasions. This can be a waste of oil and an injustice to both the product and the buyer. Storage is Important to Shelf Life If you want to keep your oils fresh and vibrant, store them in a dark glass bottle, keep the lid on tight and by all means, keep your oils cool! If you have some that are half-full, put them in smaller bottles. When essential oils are kept beyond their shelf life or are exposed to heat, light and air, they begin to oxidize. Oxidization will usually cause some kind of skin irritation. Some of the signs of oxidization are an acidic smell to the oil e. Three Helpful Ways to Know the Shelf Life of an Essential Oil Ask your essential oil seller if they can tell you when their essential oils were distilled. They should know the year and season. If not, find a new seller. This is something a reputable and serious essential oil company should know. Take a class to learn about the chemistry of the essential oils. This is a sure way to understand the shelf life of an essential oil. If an essential oil evaporates quickly, it will have a shorter shelf life and be a bigger safety concern. The first smell to arise from a blend and evaporate quickly and have the shortest shelflife. The top note fragrance is usually light, fresh, sharp, penetrating and airy. They add a brightness to your blend and create the first impressions of your blend. The aroma of top note oils reminds me of wind chimes or a flute. Top notes stimulate and clear your mind, uplifting your energy. Middle notes can have both top and base note aromas within them. They are harmonizing for your blends " middle notes provide balance both physically and energetically. They are soothing and harmonizing for the mind and body. These rich, complex oils provide a deep, warm, grounded quality to your blend. Base notes add intensity to a blend and often have an earthy aroma. The aroma rises slowly to your nose, unlike top notes, which penetrate quickly. Base notes are used to relieve stress, anxiety, and insomnia. They are calming and grounding. Most oils derived from woods, resins, and roots are base notes. With certain exceptions like Ylang Ylang and Rose, most these oils can actually improve with age. Frankincense, Patchouli, Sandalwood, Spikenard, Vetiver. Click [HERE](#) for more details!

Chapter 2 : Shelf Life Of Now Essential Oils | Essential Oils

In general, shelf life is determined by the chemical composition of the essential oils, some of which oxidize or evaporate more quickly than others. Essential oils which contain a lot of monoterpenes or oxides have the shortest shelf life, of approximately years.

Over time, however, essential oils can oxidize, deteriorate and gradually lose their therapeutic value and aromatic quality. The lifespan of essential oils can potentially vary tremendously from one botanical to the next, from one distillation to the next, and from one supplier to the next. Key factors that can directly affect the shelf life of an essential oil include the following: Some essential oil suppliers are able to share the date of distillation for each lot of essential oil they maintain. Responsible sellers store essential oils in conditions that are far superior to what we as consumers are able to do. For instance, some sellers keep their bulk oil inventory sealed, nitrogen blanketed and refrigerated or stored in a cold room to protect the oils and dramatically reduce the risk of oxidation. Therefore, an oil that was distilled a year ago but is stored under pristine storage conditions will maintain its therapeutic integrity far better than an oil that was distilled more recently but that was not stored well or was mishandled. Essential Oil Life Span: Guidelines from Robert Tisserand: Aromatherapy pioneer, essential oil expert, and Essential Oil Safety author Robert Tisserand provides an easy-to-remember rule of thumb for determining the shelf life of your essential oils. He recommends storing your essential oils in the refrigerator and bases these guidelines on proper care and cold storage halve these guidelines for oils not stored in a refrigerator: Oils that contain monoterpenes, particularly limonene, are more prone to oxidation. The more monoterpenes an oil contains, the shorter its shelf life. Most All Other Essential Oils i. Oils that contain a higher percentage of aldehydes, oxides, monoterpenols, esters, ethers, phenols or ketones. Sandalwood, Vetiver, Patchouli i. Although the aromatic quality of these oils may improve over time, their therapeutic quality can still diminish. Thus for therapeutic use, it may be wise to use within the lower threshold of 4 years. Some Cedarwood distillations have higher sesquiterpene concentrations. Throughout the Web, I see guidelines that indicate that oils that predominantly contain esters, ethers, ketones, monoterpenols, or phenols may have shelf lives between years. Joy Bowles does include a brief "Reactivity" section for each functional group that helps provide a very general idea of how reactive and how prone each functional group is to oxidation. For example, Bowles states that "Esters are generally quite stable, particularly in essential oils where there is no water available for hydrolysis As you use up the oil from a large bottle, re-bottle the oil into a smaller bottle. This reduces the "headspace," the amount of oxygen that stays in contact with the oil. See the Storing Essential Oils article for more information. Some companies are starting to put circular labels on the tops of their bottles. On the label, I jot down the date I acquire the oil and the name of the oil. Being able to view the name of the oil from above is so much easier in finding particular oils in my essential oil apothecary.

Chapter 3 : What is the Therapeutic Shelf Life of Essential Oils?

Once the essential oil reaches you and you open the bottle, the clock starts ticking on shelf life. Our colleague Robert Tisserand has done a masterful job of explaining this in his blog post "Lemon on the Rocks: keep your essential oils cool."

Those promoting this notion used this example to demonstrate that essential oils had a practically unlimited shelf life. Statements such as this one are repeated unwittingly on the internet: After removing a thick waxy substance from the top of the jars, the oils were tested to reveal that the chemical constituents were in perfect condition. If shelf life is important to you, pure, unadulterated essential oils withstand the test of time! Aromatic products during ancient times would most likely have been extracted with solvents such as olive oil, which would have produced a different chemistry than distilled oils. Efficacy is determined by chemical stability, and anything that interferes with this stability will cause the oil to start the slow inexorable process of deterioration. Oxygen and extreme heat are the worst enemies of the oils. Basic Guidelines - Store the oils in moderate temperatures. If they become heated such as left in a hot car , allow the bottle to return to room temperature before opening. Robert Tisserand, author of *Essential Oil Safety: A Guide for Health Professionals* suggests that you can double the shelf life with refrigeration. Citrus oils are high in terpenes, which are very prone to oxidation. Purchase expressed citrus oils in amounts that will be used in a year or two. Citrus oils are not rich in antioxidant constituents, but when in a blend with antioxidant-rich essential oils such as Clove and Thyme , the shelf life is extended. Fractionated Coconut oil has a long shelf life, while Almond, Evening Primrose, Grapeseed and Sesame oils have relatively short shelf lives. When an essential oil oxidizes, the aroma changes. It is less fresh, progressively less pleasant aromatically, and it is not as useful therapeutically. This process is slow, taking months, as the constituents are chemically altered by atmospheric oxygen. There is also a small increased risk of skin sensitization. Realizing the variables, perhaps the best way to determine shelf life is to assume the clock starts when you first open the bottle. When protected from oxygen and when refrigerated, the oils will generally follow this approximate guideline:

Chapter 4 : P + M = E: Why there is no expiration date on Young Living Essential Oils.

The shelf life of essential oils, carrier oils and massage oils varies tremendously, and their life expectancy can be influenced by many different external factors. Despite what you may have been told or read in books, the so-called 'shelf life' of natural products can be extremely difficult to predict with any certainty because there are so.

What is the shelf life of essential oils? Do essential oils expire? These are important questions to answer. Essential oils are not cheap. Well, some of them are very affordable, but some are quite expensive, and of course the bottles are quite small. If you are into DIYing essential oils blends instead of buying blends pre-made, knowing about essential oils expiration and the shelf life of essential oils can be a big deal. And I have a lot. So for all of the other money-saving-bulk-buying folk out there, here are the facts on the shelf life of essential oils. Several things can affect the shelf life of essential oils and can cause them to not be as effective. Essential Oils are volatile oils they easily evaporate – that is why you smell them and they can oxidize. The oxygen reacts with the oil and oxidizes it, in the same way that exposure to the air causes an apple to turn brown. If you are changing the chemical composition of an essential oil, then you basically have a different essential oil than you thought you had. The properties that you bought it for might not be in the essential oil any longer and there will be new properties – some of which might not be desirable. That is the main reason why it is recommended to store your essential oils in colored bottles, which apparently help to minimize this effect. There were decreases in certain constituents and new constituents resulted. So technically the oil was a totally different oil after this exposure. Source Fennel Oil has been shown to oxidize more quickly in light than in dark. Source Heat Heat also can affect essential oil shelf life, however this has not been as widely studied. Robert Tisserand, considered by many to be the foremost expert on essential oil safety, recommends keeping your essential oils away from heat and in cool areas, ideally in the refrigerator. Source Heat would cause the volatile compounds to evaporate more quickly, but of course the lid of the bottle would need to be removed in order for this to happen. It appears, from the studies that have been done, that the effect of heat on an essential oil will vary depending on the components of that specific oil with components such as citral, citronellal, and oils that are high in monoterpenes seeming to be more greatly affected by heat exposure. Apparently, those essential oils that are extracted using CO₂ are more prone to damage from heat than other essential oils, though the reason for that is not yet known. Source Time One more thing that can affect essential oil shelf life is time. However, once you open the bottle, the deterioration begins and it is progressive with time. As you expose the essential oil to any of the above assaults, over time, the essential oil will change. If you regularly open your bottle to use the oils, then the effect will occur more quickly. Additionally, as you have less of a particular essential oil left in a bottle, it will be exposed to more oxygen and the effect on the remaining oil will be greater. There are some essential oils that get better with time, Patchouli being one of them. Are Old Essential Oils Dangerous? Essential oils are made up of different components. There are lighter components and heavier ones. The lighter components are the ones that evaporate first and so that would leave behind the heavier components. Typically, the lighter components are the ones that are gentler on the skin. Additionally, the chances of getting sensitized to the oil increase as well. As I mentioned in this post on Emulsifying Essential Oils , you can greatly minimize the chances of sensitization in general. And as I mentioned above, when essential oils are exposed to light, heat, and oxygen, the components change. So what you end up with is a different oil than what you started out with. So yes, old essential oils can be dangerous. What is the Shelf Life of Essential Oils? I have a few ideas about how you can safely use essential oils for a more natural approach to beauty, home care, and healing. Conclusion Essential Oils are pretty stable, but you need to take care how to store them. Better safe than sorry. Of course, you need to be careful to buy pure oils in the first place. Personally, I buy oils from several different sources. Years ago, I started looking for a quality essential oils company that I could trust. Please stay tuned for that information. Come join our Healthy Living Community on Facebook!

Chapter 5 : Do Essential Oils Expire? What is the Shelf Life of Essential Oils?

Shelf Life of Essential Oils I made a chart of all the info to print out and tape to the inside of my linen closet door where I keep my essential oils, and even though I really made it just for me, I figured I would share it with you too.

We are asked this very often and there is a couple of answers that will work for you and your oils. Most essential oils have a shelf life of 2 to 5 years and several have a shelf life of well over 5 years, but then there are those that are pretty much expired when they are even less than 2 years old. Thankfully there are just a handful of those. No essential oil though has to be tossed out even if you know it is past its therapeutic effective shelf life. You can always use them for cleaning, freshening and scenting. They may not be as potent at killing germs or fungus but will still be able to disinfect to varying degrees. In Therapeutic Aromatherapy, essential oils used to treat any ailment or condition should be the freshest oils you can purchase. Or they should definitely fall within the years since being purchased if that is their shelf life. There are other factors that can determine if your oils are still in the therapeutic ranges. The majority of essential oils fall in the year shelf life. But there are many factors that can shorten the shelf life. And they have to do with storage and use. If you buy a larger bottle of essential oils you should not leave the cap off while you are blending. Keep it shut except when measuring it out. Too much headspace can further deteriorate your oils. Oxidation will destroy most essential oils and each time your bottle is opened new oxygen enters it. Combine that with heat and your oils will deteriorate very quickly. Citrus and Pine essential oils have the shortest life span and should be replaced every 12 months if you are using them for any health ailment. Citrus oils that are used for uplifting and alertness need to be fresh. Pine oils used for congestion and upper respiratory ailments need to be fresh too. Do not use old Citrus or Pine oils on the skin as they age because some of the constituents become strong skin sensitizers and could cause unwanted rashes or other problems. They can still be used for scenting. They can still be used in mop buckets too, but may not have the disinfecting properties as when they are under a year of age. As for essential oils that have long shelf lives usually, they are the thicker ones, such as Cedarwood, Sandalwood, Patchouli, Vetiver and a few others. Exception to this thick oil quality will be the essential oil of Rose Otto. If not, it too will lose many of its wonderful properties. And worse yet, Rose Otto is so volatile it will easily evaporate out of a tightly capped bottle unless kept refrigerated. As for Carrier oils The majority have a shelf life of around 2 years when stored in the refrigerator. They will start to go rancid even earlier if not kept in a cool place also. Some carrier oils such as Borage and Evening Primrose we no longer carry these as they kept going bad and it was not cost effective to keep tossing them away are extremely susceptible to oxidations and after months will need to be tossed. Keep these refrigerated and tightly capped in a bottle. If you should need to add these to a blend or skin formulation we suggest you purchase some that are in the soft gel capsules and use those in your blend. They are less likely to have gone rancid, provided they were kept refrigerated. The latest research shows each of those oils have well over 5 years shelf life. So our suggestions are the following: Use the OLDER oils for cleaning and scenting realizing they may not possess all the properties as fresher oil would. If you use carrier oils for massage and they are not Jojoba or one of the Coconut oils then you should throw them away after 1 year of sitting on your shelf. The carrier oils may have gone rancid and even though the essential oils added to them may have a longer shelf life, the essential oils will not extend the life of the carrier oil. Both, Wheat germ oil or Vitamin E, are ineffective preservatives for carrier oils as both will go rancid very quickly and also due to their odor will alter the finished products! Buy smaller quantities of essential oils and carrier oils that can be used up each year! Just remember as good as it is to have a large variety of essential oils and carrier oils on hand, you need to take stock of your inventory. Write dates on the bottle when you open them up and try to use them within 1 year of opening or better yet purchasing, to get the most therapeutic use of your valuable essential oils. Do not expect oil that has sat on your shelf for 3 years or more to provide the same therapeutic actions as one that is less than a year old. Applies to essential oils and carrier oils too. All the products listed in the article are available at our Shopping Site - see link below. Please do not use my information without my permission. For all your aromatherapy needs please visit us on line:

Chapter 6 : Shelf Life of Essential Oils - Hopewell Essential Oil

Most essential oils have a shelf life of 2 to 5 years and several have a shelf life of well over 5 years, but then there are those that are pretty much expired when they are even less than 2 years old.

Essential Oil Shelf Life: Sep 15, Essential Oils The first thing that we do when we wake up is make a cup of coffee. We both like to add heavy cream. Yesterday, we poured the cream in the coffee, and it curdled. We checked the expiration date and the cream still had about 11 days till expiration. Of course we threw it out. Searching in the back shelves of the fridge, we found a container of heavy cream that had expiration date 10 days before. We took a chance and poured it, and to our delight it was still good. This prompted a discussion on shelf life and essential oils. The topic of the shelf life of essential oils is hot in the world of aromatherapy these days. And there is absolutely truth to shelf life of oils depending in part due to the chemistry. BUT there is a whole lot more to it than that! When do essential oils expire? This is, of course, untrue. When looking at it in this context, it seems that that overgeneralization about shelf life is a bit off. The shelf life of an essential oil is governed in part by its chemical stability, and anything that interferes with this stability will cause the oil to start the slow process of deterioration. And here is where the tangible variables come in. We also believe that there are energetic variables that contribute to the shelf life of an oil but that is yet another story. Shelf Life Begins at the Seed The story begins when and how the seed is sowed, so to speak. Here are some but not all of the factors that will have an effect the lifespan of an oil: This is our process in sourcing our oils and extracts: We have close relationships with all of our distillers and have known them for years and years. We do not purchase from essential oil brokers. When we receive them, we energetically detox them this may sound funny or woo-woo to some of you, but believe us it really makes a difference. We then decant the oil into ounce amber bottles in a ceremonial manner. We nitrogen cap our oils which means that there is no air in the bottle and this prevents oxidation. We store all our oils in refrigerators between 35 ° and 40 degrees. We do not pre-pour our oils into the smaller bottles. We hand-pour the oils when an order comes in from a 4-ounce pouring bottle. This means that the ounce bottle is opened only 8 times or less. Which is very important, actually. Robert Tisserand wrote a blog a while back about keeping oils cool. When lemongrass oil was intentionally oxidized, it lost almost all of its antibacterial activity Orafidiya Then you will know when your oil is past its shelf life.

Chapter 7 : Essential Oil Shelf Life | Aromatherapy Oil Shelf Life

Most citrus peel essential oils, except Bergamot, consist of 90% or more monoterpenes, and thus are oils that have the shortest shelf life. Other oils that generally consist of over 80% monoterpenes include Angelica Root, Cypress, Frankincense, Pine and Spruce oils.).

Today, I want to go over how to store essential oils properly and talk a bit about shelf life. Plastic can be fine for carrier oils, but not essential oils. Typically cool, dark cabinets are best. My bathroom is tiny and gets super hot and steamy when the shower runs, so I keep mine in my bedroom. Over time, the essential oils will actually soften and destroy the rubber. As you might remember from the first blog post in this EOs series, essential oils are volatile compounds. This means they turn from liquid to gas rapidly at room temperature. The air inside the vacant space encourages oxidation and this will shorten the shelf life of the essential oil.

Shelf Life of Essential Oils If you follow all the above storage guidelines, essential oils are good for an average of years. That will vary, however, by type of essential oil. As a general rule of thumb, buy in small batches and replace your essential oils after three years, with some exceptions. In fact, the aromatic quality of Patchouli, Vetiver, Sandalwood and Ylang ylang can actually improve with age. Citrus oils are on the other end of the spectrum, and are the quickest to spoil with a typical shelf life of 9 months to 1 year. In general, the more monoterpenes in an essential oil, the shorter the shelf life. For example, adding essential oils to rosehip seed oil to make a nourishing facial oil. In most cases that means the shelf life is shortened. You can store carriers and blends in the refrigerator to keep them as fresh as possible, but my best recommendation is to just not buy base oils or essential oils in bulk. Small quantities for maximum freshness is the way to go. A great way to slow the rate of oxidization in blends using a carrier oil is to add an antioxidant like Vitamin E. Rip the gel open and press the Vitamin E into your facial oil and massage blends. Visited 1 time, 1 visit today.

Chapter 8 : What is the Shelf life of Essential oils & Carrier Oils?

The topic of the shelf life of essential oils is hot in the world of aromatherapy these days. And there is absolutely truth to shelf life of oils depending in part due to the chemistry. BUT there is a whole lot more to it than that!

The shelf life of essential oils, carrier oils and massage oils varies tremendously, and their life expectancy can be influenced by many different external factors. The truth is that essential oils and carrier oils are not the same as milk or bread, which follow a predictable and rapid path toward spoiling over a known period of time. The shelf life of a natural oil is governed by its chemical stability, and anything that interferes with this stability will cause the oil to start the slow, but inexorable process of deterioration known as oxidation. Heat, sunlight and air can all have a detrimental effect on the chemistry of essential oils, carrier oils, and mixtures of both such as massage oil blends. In addition, the complex and varying chemistry of natural essential oils means that the rate of deterioration will be different for every individual botanical species of oil, even when kept under ideal conditions. This means that some oils will last far beyond what many books claim, whilst others may deteriorate earlier than stated. To help you with all of this, these basic guidelines will show you how to extend the life expectancy of all of your essential oils, carrier oils and massage oils. You have invested your money in all your aromatherapy products, so it certainly makes sense to look after them properly, thereby ensuring their therapeutic properties are not weakened or lost. Storage is the key. Providing the oils were fresh when you purchased them from your supplier in the first place, correct storage is most definitely the key to preserving the freshness and potency of your oils. This can not be stated strongly enough, and to learn more about this crucial subject see our page dedicated to essential oil storage. Both essential and vegetable oils do not like extreme, or repeated changes in temperature, and when not in use should be stored in a cool dark place, away from direct sunlight and other sources of variation in temperature. Never leave oils in a place where the sun will shine directly on them - like in your car or on a window shelf in the bathroom, for example. Chain reaction If you fail to remember this, your oils will begin to spoil much sooner than they should due to the action of them continually heating up and cooling down. Once the process of deterioration has begun it can not be stopped, and like a chain-reaction it gathers speed according to the intricate balance of the oils chemical constituents. However, these simple house-keeping practices must still be observed if the bottles are to have any chance of doing their job properly. Leaving any oil, in any colour of bottle, for any length of time in the sun is condemning it to an early death! Here are some basic guidelines giving an indication as to the length of time a given oil should remain in good condition. Just remember these can only ever be basic guidelines and not firm, fixed periods after which the oil should be considered to have expired. There are simply too many variables for this to be considered an exact science. Essential oils Apart from a few exceptions, all steam distilled essential oils have a shelf life of at least 2 years, and even more when stored properly. Tea Tree, Pine and Fir oils are the above exceptions, and typically have a shelf life of around 12 to 18 months due to certain components in their natural chemical composition. Cold pressed citrus oils have the shortest shelf life of all essential oils due to a high proportion of components called terpenes which are more prone to oxidation. Therefore extra care should be taken to store them safely away from sources of heat. If they were fresh when you purchased them from your supplier, you can expect citrus oils to remain in good condition for 9 to 12 months, and even longer when cared for properly. If you normally buy them in 10ml sizes, immediately decant them into two 5ml bottles and this will protect one bottle from oxidizing for longer. Due to their chemical makeup, essential oils do not turn rancid like vegetable oils, they simply degrade gradually into a state where the therapeutic properties become diminished. Your nose will tell you that something is seriously wrong long before the point when the oils become unsuitable to be added to carriers for use on the skin. Carrier oils Most cold pressed carrier oils used in aromatherapy typically have a shelf life of between 9 and 15 months, again depending on the particular oil in question and how well it is stored. Grapeseed oil has perhaps one of the shortest shelf lives at around 6 to 9 months, with Borage, Carrot and Evening Primrose oil close behind at around 10 to 12 months. These oils in particular are susceptible to damage caused by temperature changes. At the other extreme, Coconut and Jojoba oil which is really a liquid wax will keep for many, many years. Carrier

oils will go rancid eventually due to the presence of unsaturated fatty acids which tend to oxidise quickly if not stored properly. However, this process usually takes up to a year and these products should have been used long before such a long period. This is one very good reason to buy smaller sizes of these products more regularly, rather than the one purchase of a larger size. If you are not going to use the oil quickly it can be a false economy. Body oils The shelf life of a body massage oil is typically around 6 months, although good storage conditions will extend this further, and the fridge is again a useful place to store them until they have been used up. Just how long your blend will stay therapeutically active will depend upon which carrier oil you have used, and of course which essential oils you have added. It almost goes without saying that blends of citrus oils will have a shorter lifetime than most other essential oils. In reality, a massage oil containing only citrus oils would be very unusual so this would be a very extreme case. Quinessence Massage Oils contain natural vitamin E to protect against oxidation, and in reality they provide a shelf-life well beyond that which is stated on the bottle. Our factory has a temperature controlled warehouse which maintains the optimum storage conditions for all our oils, raw materials and finished products. The high turnover of our stock ensures that everything you purchase from Quinessence is fresh and therapeutically active. Caveat Emptor - buyer beware All of these guidelines assume that the products are fresh when you originally purchase them. Bear in mind that many oils can originate on the other side of the world and may have already taken 3 months to reach a distributor. Such oils may well have passed through the hands of several traders before finally arriving at your suppliers premises. The storage conditions used by everyone in the supply chain will have a major influence upon the condition of the oil before you have even purchased it. There are many variables that influence the shelf life of essential oils, and this serves to highlight the importance of dealing with a supplier that you really trust. Specialist aromatherapy suppliers often have regular deliveries of oils, so this aspect is less of an issue than if you buy your oils from pharmacies and health food stores. If you are only able buy your essential oils from a store for some reason, be sure to avoid those that are displayed on shelves under hot lighting or in direct sunlight. One final telling sign to watch out for - rows of bottles sitting on shelves that have accumulated a visible layer of dust! Remember, the shelf life of essential oils can be extended quite easily. Choose your source of supply very carefully, and after purchasing your oils simply take good care of them. In turn, they will serve you faithfully and bring you the results that you desire and deserve, for much longer. Discover easy ways to create a beautifully relaxing, fragrant haven â€” right in your own home! To learn how, simply enter your details below to receive your Free Aromatherapy Tips Ebook download plus a subscription to our Free Newsletter containing exclusive discounted Special Offers, Expert Articles, Skincare Tips, Recipes and much more.

Chapter 9 : EOs How to Store Essential Oils + Shelf Life Info | Pumps & Iron

Shelf Life of Oils. The shelf life of an oil will vary based on heat. If you refrigerate an oil, its shelf life will increase. If you have a large amount, you can freeze the rest of it if you know you will not use it for a while.

Get creative In a recent post, I went over the easy things you can do to prolong the shelf life of your oils. They include things like storing them properly, getting the right containers, and keeping out of heat and direct sunlight. While these are all good and well, the question first is, how long do essential oils last in the first place? Maybe this is the same with you. We all have our favorites, but it is best to try and use your oils before they expire. Do essential oils expire? If so, how long do essential oils last before then? The oil then loses its therapeutic value and aroma, and may not provide as many healing benefits as fresh oil. Different essential oils have different lifespans that are influenced by various factors. Even an oil of the same type may differ between suppliers and batches. For the best quality and longest lasting oils, be sure to use one of the top essential oils brands. Consider that all these things affect the shelf life of your oil: Oils from companies that use the best botanicals and storage methods, and who import oil from experienced distillers, usually have the longest shelf life. Brush up on your chemistry! Feel free to read through or take a look at a specific oil you might have questions about. This keeps the oils pure and well balanced throughout their entire lifespan. They, however, should be used sparingly, because while they are calming and cooling in nature, they can irritate the skin if they oxidize. Oils with phenols years Wintergreen Oregano Thyme These oils are also called phenolics and have antiseptic, antibacterial, and disinfectant qualities. These oils can irritate the skin and mucous membranes with prolonged use. Oils with ketones years Rosemary Verbenone Helichrysum Camphor These oils are most often used for treating respiratory infections like the common cold and cough. Because they trigger a circulatory effect in the body, they are also helpful at healing wounds. Oils with esters years Roman Chamomile.