



Top Quality Essential Oil Brands

**A practical guide to discovering
trusted, high-quality essential oils**

Helping You Make Informed Choices

Essential oils are a beautiful part of Yahuah’s creation, derived from plants given to us for nourishment, healing, and restoration:

"And Elohim said, 'See, I have given you every plant that yields seed which is on the face of all the earth, and every tree whose fruit yields seed, to you it is for food.'" – Genesis 1:29

This guide was created as a follow-up to a [Wellness Webinar](#) in 2024 where we discussed the benefits of essential oils and how they can support the Set Apart Walk. Naturally, attendees wanted to know where to purchase high-quality oils—and that’s where this resource comes in.

What This Guide Covers

- **Trusted Brands:** Explore a curated list of essential oil companies known for quality and transparency, including alternatives to high-priced MLM brands.
 - **Quality Testing:** Learn about testing methods like GC/MS, so you can confidently assess the purity of oils.
 - **Practical Tips:** Discover simple at-home tests and red flags to watch for when choosing essential oils.
-

Table of Contents

Top Quality Essential Oil Brands.....	3
Essential Oil Quality Tests: Comparison Table.....	5
Common Testing Standards and Certifications.....	6
Understanding the CPTG Testing Method.....	7
Easy Home Tests to Determine Quality Oils.....	7
Red Flags to Watch Out For.....	9
Brands Offering Rigorous Testing.....	9
How to Choose a High-Quality Oil.....	9
Other Notable Brands.....	9

Quality Assurance and Price Overview of Top Quality Essential Oil Brands

Brand Name	Testing*	MLM**	Cost of 15ml Peppermint ^{\$\$}	Faith+	Brief Description
Plant Therapy planttherapy.com Twin Falls, Idaho	GC/MS	No	\$7.95	n/a	Affordable oils with batch-specific testing and transparency. Owned by Chris & Amanda Jones.
Eden's Garden edensgarden.com San Clemente, CA	GC/MS	No	\$8.95	Christian	Family-owned company offering high-quality oils at affordable prices. Owned by Grace Martin.
Rocky Mountain Oils rockymountainoils.com Orem, Utah	GC/MS	No	\$12.95	n/a	Offers high-quality, pure oils with transparent sourcing and testing. Owned by Michael & Phoenix Vincent
doTERRA doterra.com Pleasant Grove, Utah	CPTG***	Yes	\$26.00	Mormon	Premium oils marketed with strict proprietary quality control processes. Owned by Founders: David Stirling, Dr. Hill, & Team.

Young Living youngliving.com Lehi, Utah	Seed to Seal	Yes	\$30.00	Mormon	Pioneering MLM brand with a strong focus on purity and sustainable sourcing. Owned by Mary Young.
NOW Foods nowfoods.com Bloomingdale, Illinois	GC/IR	No	\$6.99	n/a	Affordable entry-level oils best suited for general use. Owned by NOW Foods (Family-owned).
Simply Earth simplyearth.com Hingham, Wisconsin	GC/MS	No	\$9.99	n/a	Budget-friendly oils with a charitable mission and transparent testing. Owned by Katie & Lee DeWitt.
Revive Oils revive-eo.com Sacramento, California	GC/MS	No	\$10.00	n/a	Offers high-quality, affordable essential oils with transparent sourcing and no MLM structure.

Key with Additional Notes

- **Testing*** = Quality Control Test performed.
 - All the companies listed undergo third-party independent testing except for Young Living and doTERRA, which rely solely on their proprietary in-house testing methods.
 - While marketed as rigorous, the in-house testing methods and processes of Young Living and doTERRA lack independent verification. Certain details about their testing methodologies remain proprietary, limiting full transparency.
- **MLM**** = Multi-Level Marketing company.
 - Brands that use MLM use a distributor network to sell products, which often results in higher prices. This is commonly referred to as a "pyramid scheme."
 - Only two companies listed above use MLM: Young Living and doTERRA.

- doTERRA is a branch-off from Young Living. The founders of doTERRA left Young Living in 2008 to establish their own essential oil company. Their common thread is MLM.
- Both sell high-quality oils at a high price point due to MLM.
- **Faith+** = Indicates if the company has a religious affiliation or foundation.
 - doTERRA and Young Living: Both are headquartered in Utah, a state with a significant LDS (Mormon) population. Their founders are reported to be members of the LDS Church.
 - Edens Garden, founded by Grace Martin, is a faith-based company inspired by her mission trips. They partner with faith-based charities dedicated to supporting teens and young adults.
- **15ml Peppermint^{\$s}**: displays the price of a 15ml bottle of peppermint essential oil for each brand
 - Peppermint oil's popularity makes it a benchmark for comparing prices.
 - From lowest to highest cost: NOW Foods, Plant Therapy, Eden's Garden, Simply Earth, Revive Oils, Rocky Mountain Oils, doTERRA Young Living (the MLM brands are highest)
 - doTERRA sells 15ml of Peppermint for \$30 wholesale and \$34.67 retail

Essential Oil Quality Tests: Comparison Table

Abbreviation	Full Name	Companies Using	Description
GC/MS	Gas Chromatography and Mass Spectrometry	Plant Therapy, Eden's Garden, Rocky Mountain Oils, Simply Earth, Revive Oils	A detailed test that analyzes the oil's chemical composition for purity. The most widely accepted and respected method for identifying and quantifying the chemical makeup of oils. Transparent and reliable.
CPTG	Certified Pure Therapeutic Grade	doTERRA	doTERRA's proprietary quality standard. Remarkable in branding and marketing but less transparent. Relies on trust in doTERRA's internal processes. No third-party testing.

Seed to Seal	Seed to Seal Program	Young Living	<p>Young Living's quality program ensures purity from cultivation to production. Stands out for its emphasis on sustainability, sourcing, and ethical practices. However, the specifics of the testing involved can sometimes be unclear.</p> <p>No third-party testing.</p>
GC/IR	Gas Chromatography and Infrared Spectroscopy	NOW Foods	<p>A test used to analyze the oil's components and detect impurities. Effective for specific chemical profiles but less comprehensive than GC/MS for purity analysis.</p>

Common Testing Standards and Certifications

These are widely used in the essential oil industry to ensure quality, similar to doTERRA's CPTG:

1. **GC/MS Testing (Gas Chromatography and Mass Spectrometry)**
 - **What It Is:** This is the gold standard for essential oil purity testing. It identifies the chemical composition of the oil and detects synthetic additives or contaminants.
 - **Who Uses It:** Many reputable companies (e.g., Young Living, Plant Therapy, Rocky Mountain Oils) provide GC/MS test results for their oils.
 - **How to Verify:** Look for brands that publish batch-specific GC/MS reports for transparency.
2. **ISO Standards (International Organization for Standardization)**
 - **What It Is:** ISO sets international benchmarks for essential oil quality, specifying acceptable ranges for chemical profiles and purity.
 - **Who Uses It:** Some brands align their products with ISO standards to guarantee quality.
3. **Therapeutic Grade Claims**
 - **What It Means:** Terms like "100% therapeutic grade" are not regulated. They are marketing terms rather than industry-certified designations.
 - **How to Evaluate:** Rely on published test results rather than labels. A label claim alone does not guarantee quality.

Understanding the CPTG Testing Method

- **Proprietary Nature:**
 - CPTG (Certified Pure Therapeutic Grade) is unique to doTERRA and is not an industry-wide standard test. This makes it harder to independently compare with standardized tests like GC/MS or GC/IR.
 - It combines GC/MS, organoleptic testing, and other undisclosed processes, giving it a comprehensive but opaque nature.
- **Transparency:**
 - Other tests like GC/MS are widely recognized and provide batch-specific, third-party verifiable reports.
 - CPTG does not make its specifics as transparent, as the process is patented and proprietary.
- **Comprehensiveness:**
 - While CPTG claims to ensure purity, it may lack the rigorous third-party verification of GC/MS and microbial testing, which are more universally recognized for transparency.

Easy Home Tests to Determine Quality Oils

Here are some simple at-home tests to verify if an essential oil is pure, high-quality, and not adulterated:

1. Blot Test on Paper

- **What to Do:** Place one drop of the essential oil on a piece of white printer paper. Let it dry completely (overnight if needed).
- **What to Look For:**
 - If the oil leaves an oily ring or stain, it may be diluted with carrier oils or synthetic substances.
 - Pure essential oils evaporate completely without leaving a residue, except for a few heavier oils like sandalwood or patchouli, which might leave a slight mark.

2. Water Test

- **What to Do:** Add a drop of the oil to a clear glass of water.
- **What to Look For:**
 - Pure essential oils will not dissolve in water and will float on the surface.
 - If the oil mixes with the water or creates a cloudy appearance, it may be adulterated or diluted with water-soluble solvents.

3. Freeze Test

- **What to Do:** Place the essential oil bottle in the freezer for a few hours.
- **What to Look For:**
 - Pure essential oils generally do not freeze solid because of their chemical makeup.
 - If the oil freezes completely, it may contain additives or water.

4. Smell Test

- **What to Do:** Take a small whiff of the oil from the bottle.
- **What to Look For:**
 - Pure essential oils have a strong, natural, and complex aroma.
 - Synthetic oils or diluted oils may smell overly sweet, chemical-like, or flat compared to a pure oil's rich scent.

5. Comparative Drop Test

- **What to Do:** Compare how a drop of your oil falls compared to a known pure oil.
- **What to Look For:**
 - A pure essential oil has a specific viscosity and will drop from the bottle at a consistent rate.
 - Thicker or unusually thin oils may indicate impurities.

6. Price and Packaging Check

- **What to Do:** Examine the cost and labeling of the oil.
- **What to Look For:**
 - Real essential oils are typically not cheap because of the cost of extraction. If the oil is too inexpensive, it might be synthetic or diluted.
 - Look for clear labeling with botanical names, extraction methods, and country of origin.

7. Research Specific Oils

- Some essential oils naturally vary in characteristics:
 - Citrus oils are cold-pressed and may leave slight residue.
 - Viscous oils like sandalwood and vetiver may behave differently than lighter oils like lavender.

While these tests can provide insight, they are not definitive. For guaranteed purity, purchase oils from reputable companies that provide **GC/MS test results** (Gas Chromatography and Mass Spectrometry) for each batch.

Red Flags to Watch Out For

1. **Unregulated Terms:** Labels like "100% pure" or "100% therapeutic grade" are not regulated. While they sound impressive, they don't necessarily guarantee the oil is high-quality or pure.
2. **Cheap Prices:** Pure essential oils, especially those that require a lot of plant material (like rose or sandalwood), are costly. Very cheap oils are often synthetic or diluted.
3. **Lack of Testing Transparency:** Companies unwilling to share batch-specific test results or third-party verification may not have rigorous quality control.

Brands Offering Rigorous Testing

If you're comparing essential oil brands, here are some alternatives known for rigorous standards:

1. **Plant Therapy:** Provides GC/MS reports for every batch of oil, earning a strong reputation for transparency.
2. **Rocky Mountain Oils:** Consistently provides GC/MS test results for all their oils.
3. **Eden's Garden:** Known for affordability and transparency, with GC/MS testing each batch.
4. **Young Living:** Offers Seed to Seal® quality assurance, ensuring testing and control from plant cultivation to final production.
5. **doTERRA:** Utilizes its proprietary CPTG® (Certified Pure Therapeutic Grade) testing

How to Choose a High-Quality Oil

- Look for third-party GC/MS testing.
- Research the company's sourcing and distillation practices.
- Avoid oils with vague labels or overly generalized claims.

Always prioritize evidence over marketing claims, especially with companies who have no independent, third-party quality assurance testing; i.e., accountability.

Other Notable Brands

This document highlights some of the most well-known and trusted essential oil brands, but it is not an exhaustive list of all quality options. Here are a few other notable brands worth exploring:

- **Selah Essential Oils:** Dedicated to providing 100% pure, ethically sourced essential oils.
- **Heavenly Oils:** Known for handmade anointing oils since 1998.
- **Scent of Solomon:** Specialists in premium biblical oils and incense resins.

Thank you!

This resource was lovingly created by **Yahudah Living** to equip and inspire you in the Set Apart Walk. We pray it blesses you and helps you on your journey to wellness and living according to Yahuah's Word.

We encourage you to explore more of what Yahudah Living has to offer:

- Visit our website for additional resources: www.yahudahliving.com
- Stay connected through our webinars, blogs, and community: <http://yahudahliving.com/webinar>
- Watch insightful content on our YouTube channel: youtube.com/yahudahliving

If you have questions or need more support, we're here for you. Reach out at yahudahliving7@gmail.com.

All esteem to the Most High, Yahuah, for great things He has done!

Yahudah Living

A Lifestyle of Praise unto the Most High

