

How To Use Essential Oils

1) Inhalation

This application is simple and can be done just about anywhere. Carry your favorite essential oils with you wherever you go so you can stop and inhale them whenever you need to feel calm and uplifted, or are exposed to germs and illness. For direct inhalation simply open a bottle of essential oil, place it below your nose and inhale deeply. You can also apply a drop or two of essential oil onto a cotton ball and inhale. After you are done inhaling the aroma you can use the scented cotton ball to refresh or deodorize your purse, drawer, car, or pair of shoes.

2) Bath

Aromatic baths are a luxurious way to relax, pamper the skin or to feel better when sick or tired. Essential oils need to be mixed with a natural emulsifier before adding them to the bath water. Natural emulsifiers include: sea salts, milk, honey, carrier oils such as almond, olive etc.

5-10 drops of essential oils mixed with ½ - 1 cups of salt or emulsifier is generally considered safe.

Aromatic baths are excellent for skin problems, circulatory problems, respiratory symptoms, stress and nervous tension, insomnia, muscular and menstrual pains.

Caution: overuse of essential oils in the bath can cause irritation. Use only mild, non-irritating oils for bath, such as lavender, roman chamomile, clary sage, frankincense, eucalyptus. This is only a partial list of skin safe oils.

3) Compresses

Compresses are great way to apply essential oils to bruises, wounds, aches and pains, or skin problems. Mix 10 drops of essential oil in 2 cups of hot water. Soak a clean cloth and wrap area to be treated. Leave the compress on for 10-20 minutes. Reapply wrap if needed. Lavender, Helichrysum, Tea Tree, Cypress, Marjoram, Rosemary, Ginger and Roman Chamomile are some oils that could be used depending on the type of application.

4) Facial steam

Add 1 - 5 drops essential oil to a pot of hot water. Cover head with a towel and allow steam to circulate inside the towel. This practice is excellent for opening sinuses, easing headaches, and invigorating the skin. Eucalyptus, Peppermint, Rosemary, Neroli, Petitgrain, Palmarosa, Rose and Frankincense are great for facial steams.

5) Massage

Pure essential oils are ***much more*** concentrated than the whole plant and fresh or dry herb, which is why we recommend diluting essential oils before applying them to the skin. Dilutions are typically 2% - 10%. For adults, a 2.5% dilution is recommended for most purposes. For children under 12, 1% is generally safe.

1% blend = 6 drops essential oil per oz carrier oil

2% blend = 12 drops essential oil per oz carrier oil

2.5% blend= 15 drops essential oil per oz carrier oil

3% blend = 18 drops essential oil per oz carrier oil

5% blend = 30 drops essential oil per oz carrier oil

6) Aromatherapy Diffusers

Essential Oil Diffusers or Aromatherapy Diffusers offer a safe and easy way to fill your home or office with essential oils.