



How to use essential oils

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Diffusion

The most common way to use the essential oils is to diffuse them by means of ultrasonic diffuser, aroma-lamp, or reed diffuser. This method is effective to relieve ailments and to perfume your home with natural fragrances beneficial for health. Normally, there are no contraindications for the domestic animals, if you have them, but it is preferable to always keep your door open for them to leave if they feel like it (especially cats).

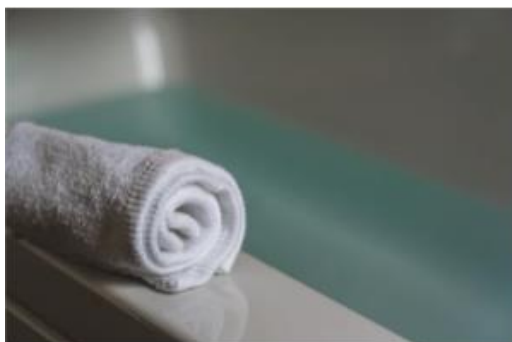
Directions: always follow the manufacturer's instructions in terms of regular cleaning and drying your diffuser or aroma lamp, as well as the volume of water and essential oils to add. The general recommendation for the intermittent use is 30 minutes ON, 30 minutes OFF.



Inhalation

This is the fastest, the easiest and the most effective way to benefit from the essential oils. Use it for any kind of emotional issue: to calm yourself down (lavender) or to energize (citruses). Certain essential oils are known to be effective to balance hormones, to relieve nausea, prolonged stress, or depression. You can instantly feel the effect since the inhaled molecules penetrate directly into your brain and the action signal follows immediately.

Directions: sniff directly from the bottle or put 1-2 drops on the cotton pad and inhale from it. Keep the bottle tightly closed in order to avoid oxidation. Store essential oils in a cool dark place (e. g. refrigerator).



Taking a bath (to be diluted)

A warm bath with essential oils is a very pleasant and therapeutic experience. We get the benefits by both inhaling the oils and by absorbing them through the skin. Important: oil and water do not mix. Therefore, well diluting your oils is necessary in order to avoid the risk of skin burning. The aromatic baths can relieve a great number of conditions, such as insomnia, sore muscles, jet lag etc. You can also treat yourself to a warm foot bath. It is an excellent procedure for tired feet, dermatitis, and dry skin.

Directions: mix 5-10 drops of essential oil with 1 tbsp. of vegetable oil, or a shower gel / shampoo and disperse thoroughly in the warm water. Take a bath for 20 mins.



Skin application (to be diluted)

Essential oils are highly concentrated and should never be applied neat on skin or near eyes. For safe skin application they are always diluted in a carrier oil, such as jojoba, coconut, olive, almond, etc. The aroma massage is effective to treat pain, relieve headaches, strengthen the immune system, improve digestion, etc. Essential oils have also proven to be effective for hair and scalp treatments, for example to strengthen hair follicles and get rid of frizz. To do hair masks it is recommended to always warm up the vegetable oil before mixing it with essential oils and applying.

Directions: mix 5-6 drops of essential oil with 1 tbsp. of vegetable oil. Massage into skin with light gentle movements. To do a hair mask, double the quantities. Leave to penetrate during 30 mins, then wash your hair as usual.



Domestic cleaning

There are many essential oils with strong antibacterial and antimicrobial properties that can help you to keep your home clean in a natural manner, for example: tea tree, eucalyptus, lemon, lavender, thyme, peppermint. You can add them to your domestic cleaning products or make your own products altogether. Some simple recipes of all-natural multipurpose cleaners are available at my website. With essential oils, your cleaning routine can turn into a pleasant ritual.

Directions: add a couple of drops of essential oil to your domestic cleaning products; to the paper tissues box or inside of the toilet paper roll for the air freshening effect.