

THE SEVEN COMMON WAYS OF USING ESSENTIAL OILS

Get the most out of your essential oil product

Below are some of the common applications of essential oils, such as using hot compresses, diffusers, or with hot water for inhalation.

1. **Inhalations:** The Standard dose is 10 drops. This method is best for respiratory and sinus issues, and headaches. Caution: prolonged inhalation of concentrated essential oils can cause headaches, vertigo, dizziness, nausea, and lethargy.
2. **Baths:** A generally safe dose is 5 - 10 drops for milder oils. Put oil in water immediately before entering bath, and disperse. Oils can be mixed with 1/2 to 1 cup sesame oil or milk then poured into a bath. A 1/2 ounce bottle is a perfect size for a bath blend. Add 2 or more essential oils together adding up to 7 or 8 drops to a carrier oil, and pour this into the tub. Be advised that some oils are not recommended for baths.
3. **Compresses:** Use 10 drops oil in about 4oz of hot water, soak the cloth in the solution, and wrap. Essential Oil compresses are great for bruises, wounds, muscular aches and pains, dysmenorrhea, and skin problems.
4. **Facial steam:** Add 1 - 5 drops in hot water in a pot, and cover head with a towel, allowing the steam to rise up to your face. Facial steams are excellent for opening sinuses, alleviating headaches, and for skin treatments.
5. **Massage:** For massage use, Essential Oils are typically diluted at 2% - 10%. For adults, a 2.5% dilution is recommended for most purposes. For children under 12, please use less (1% is generally safe).
6. **Direct Palm Inhalation:** Please be advised, this method of use should only be done with oils that can be safely applied to the skin. Apply 1-2 drops of oil to the palms of the hands, rub together gently and then inhale deeply. This is an excellent method of use for a quick and easy exposure to the anti-microbial and other therapeutic uses of essential oils.
7. **Diffusers:** There are various types of diffusers on the market, with different advantages and disadvantages.

Note: above guidelines are for reference only. Please consult your doctor or medical professional before use.