



HOW TO USE AROMATHERAPY OILS

There are a number of ways that you can incorporate the transformational healing effects of Aromatherapy into your life, and here are the more common methods used to do this;

Bathing

Add 5-10 drops of pure essential oil to your bath, but halve the quantity if the bath is for someone who is very young or frail.

Vapourisation

Fill the well of your burner to the top with water and simply add 7 drops of essential oil into it. Either 7 drops of an individual oil or a combination of up to 3 oils, though the quantity should still be 7.

Massage

Add 1 drop of essential oil, to every 2ml of carrier oil. Because of the strength of essential oils, they must be applied to the physical body in a diluted form.

Inhalation

Add 2-3 drops of essential oil to a bowl of very hot water, and inhale the vapours to clear a headache, congestion or to cleanse the skin. To lengthen the treatment you can put a towel over your head, so that the vapours don't escape too quickly.

Compresses

Add 3-5 drops of essential oil to a bowl of water. Soak your cloth or flannel in the water, then squeeze out the excess and apply the cloth to the affected area. Use hot water for treating muscular aches and pains, and to draw out impurities.



Beauty Treatments

Essential oils can be added to simple creams, lotions, toning waters and carrier oils. These are generally very quick and easy to make at home in your kitchen, where you will find that you will probably already have most of the ingredients anyway. These are great fun to make and enjoyable to use, they also make very thoughtful and inexpensive gifts for special people.

Hair Care

Essential oils can be added to your existing shampoo to address symptoms such as lifelessness, lack of shine, dandruff and hair loss. Hair rinses are simple to make and use, simply add 1 or 2 drops of the appropriate essential oil to a 90 or 100ml bottle of tepid water. Let it sit for 24 hours, or until you next wash your hair, then after washing, conditioning and rinsing, pour your fragrant rinse water through your hair. Not only do the chosen oils work on the issues they have been selected for, they also leave a delightful aroma in your hair, that swishes out into your aura every time you move!

