



Using Essential Oils

Inhalations

Putting essential oils on hot compress and inhaling, using diffusers, or onto hot water. Standard dose is 10 drops. Best for respiratory and sinus, headaches. Caution: prolonged inhalation of concentrated essential oils can cause headaches, vertigo, dizziness, nausea, and lethargy.

Baths: 5 - 10 drops. Put oil on water immediately before entering bath, disperse. Can be mixed with 1/2 to 1 cup sesame oil or milk, then poured into bath. Best for skin problems, circulatory problems, respiratory, stress and nervous tension, insomnia, muscular, menstrual.

Caution: essential oils in the bath can cause irritation. Use only mild, non-irritating oils for bath.

Compresses: 10 drops oil in 4 oz hot water, soak cloth, wrap. Good for bruises, wounds, muscular aches and pains, dysmenorrhea, skin problems.

Facial steam: 1 - 5 drops on hot water in a pot, cover head with a towel, steam face. Excellent for opening sinuses, headaches, skin treatment.

Massage:

Pure essential oils are about 70 times more concentrated than the whole plant.

Dilution solutions are typically 2% - 10%. 2% is 10 - 12 drops oil in one ounce carrier oil.

1% = 6 drops per oz

2% = 12

3% = 18

5% = 30

10% = 60