



### **Deepening Practices for Modules 4 & 5:**

1. Read all files and oil monographs.
2. Start using some of the respiratory oils in a diffuser, using only one oil at a time.
3. If you find the oils beneficial, try using them in a steam inhalation, using only one oil.
4. Use one of the respiratory oils with low dermatotoxic risk in a shower or bath.
5. After you have become familiar with the oils as single notes, make a simple synergy of two or three oils. Use this in the diffuser, bath, steam inhalation or application in oil or salve.
6. Make a more complex formula, using the method of first making the synergy and then adding additional oils from specific therapeutic categories.
7. As you are using the oils a step at a time, notice their various effects, physically, mentally and emotionally. Discontinue if any irritation or adverse reactions develop.
8. If you have a specific respiratory condition, use the appropriate oils and methods for self care.