

Methods of Application

There are several ways to use essential oils safely. Here are a few ideas!

Diffuse: Diffusion is the safest way to enjoy essential oils. Place 3-5 drops essential oils in the water of a diffuser. You can also use a tealight diffuser if you add your 3-5 drops of oil into a carrier oil before you place them into the diffusing bowl. Rejuvenate the atmosphere!

Room Spray: Add 10 drops of essential oil for every ounce of water in a small spray bottle. (for example, a 4 oz bottle would take 40 drops of essential oil, then fill the rest with water.) Fresh, clean and relaxing!

Bath: Add 10 drops essential oil to 1c. of epsom salt. Add the salt mixture to running water. So soothing!

Steam Inhalation: Add 1-2 drops to a large bowl of hot steamy water, cover your head with a large towel and lean over the bowl. Close your eyes and breathe deeply for a few minutes. Great for sinus colds!

Lotion: Add 5-10 drops of oils to an ounce of unscented body lotion and apply. It will hydrate your skin, boost immunity, and smell amazing!

Massage or Body Oil: Add 5-10 drops of essential oils to 1 ounce of jojoba, coconut, vitamin E, or almond oil and get relaxed and rejuvenated!



Honest Aromas

Dilution Guidelines

1% Dilution: 5-6 drops of total essential oils added to 1 oz of carrier. This dilution is best to use when dealing with a compromised immune system, sensitive skin, children, or the elderly. **Safest dilution rate.**

2% Dilution: 10-12 drops of essential oil total into 1 oz. of carrier. For everyday use in lotions, body oils, room sprays, baths, etc. A good starting point when dealing with general good health in a patient.

3% Dilution: 15-18 drops of essential oil total into 1 oz. of carrier. This is used for acute situations where you will only be using the blend on a small area of the body for a short period of time.

Think about using unscented lotions as a carrier for quick absorption.

Think about using oils such as jojoba, vitamin e, sweet almond, etc., for a longer, slower absorption over time.

Use spray or a salt bath for an area like the feet that may have a fungus issue. It will dry faster and not prolong fungus.

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