

Essential Oil Methods of Application

Massage/Body Oil

Massage and/or body oils are a combination of one or more vegetable and/or herbal oils with essential oils. ([see Most Common Base Oils used in Aromatherapy](#))

RECOMMENDED DILUTIONS for Massage Oils

For infants and young children:

.5-1% dilution = 3-6 drops of essential oil per ounce of carrier

For adults:

2.5% dilution = 15 drops of essential oil per ounce of carrier

3% dilution = 20 drops of essential oil per ounce of carrier

5% dilution = 30 drops of essential oil per ounce of carrier

10% dilution = 60 drops of essential oil per ounce of carrier

In general, aromatherapy oil based blends are useful for:

- Stress/anxiety
- Headaches/migraines
- Insomnia
- Chronic or acute pain relief
- Arthritis & rheumatism (sub-acute phase)
- Chronic muscular/joint aches and pain
- Pregnancy and childbirth massage
- Reducing inflammation
- Enhancing immunity
- Relieving muscle spasms
- Relax and soothe the nervous system
- Aid in the treatment of sprains, strains, and repetitive movement injuries
- And much, much more...

Facial Creams, Lotions and Oils

You can purchase unscented facial creams or body lotions to add essential oils to or create a facial oil by using a variety of vegetable/herbal oils and then adding essential oils into the mix. Or learn how to make your own creams and lotions!

Facial oil/cream dilution rates

For adults:

Sensitive skin: .5 to 1 percent dilution = 3 to 6 drops per ounce

Normal, healthy skin: 1 to 2.5 percent dilution = 6 to 15 drops per ounce

In general, aromatherapy facial oils and creams are utilized to:

- Enhance wound healing
- Influence and slow aging of skin
- Scar reduction and improve appearance
- Support and enhance immune cells of the skin
- Balance sebum production
- Aid the process of detoxification in the skin
- Increase local circulation
- Improve tone of skin
- Encourage hydration of the skin, when used in conjunction with hydrosol/water or cream.
- Soften and soothe the skin
- Address emotional issues

Baths

Add 2 – 12 drops (depending on essential oil) into a teaspoon of honey, whole milk, vegetable oil or other dispersing agent then add to bath once you are in the bath.

In general, aromatherapy full-body baths are useful to:

- Reduce stress/anxiety
- Alleviate muscular aches, pains, and tension
- Soothe mental or physical fatigue
- Stimulate circulation
- Enhance lymph circulation
- Reduce pain and stiffness
- Increase local circulation
- Improve tone and health of skin
- Aid detoxification

Steam inhalation

Place 3-7 drops of essential oil into boiling water. Some essential oils to consider include: Eucalyptus sp. (either *E. globulus* or *E. radiata*), Thyme ct. linalol (*Thymus vulgaris*), Lemon (*Citrus limon*), and Tea tree (*Melaleuca alternifolia*). Cover head with towel and breathe through the nose. Keep eyes closed!

Steam inhalations are indicated for:

- Congestion in upper respiratory tract (cold or flu)
- Sinus infection or sinusitis
- Enhancing respiratory function

Aromatic Spritzers

An aromatic spritzer is a combination of essential oils and water. Often a dispersant such as solubol is used to diffuse the essential oils within the water. Aromatic spritzers can be used as room fresheners, to cleanse the air, to uplift and energize, to scent space, or used during a massage or esthetic practice: e.g. sprayed on face cradles to keep respiratory passages clear.

To make: Add 10-15 drops of essential oil (1-3 different essential oils) per ounce of water. Shake before using or add dispersing agent (e.g. solubol)

In general, aromatic spritzers are useful for:

- Room and air freshener
- Body sprays over which an aromatic blend will be applied
- Reducing undesirable odors in the air
- Enhancing breathing
- Soothing a variety of emotional states

Diffusion

Depending on diffuser type, use as directed.

Aerial dispersion via electric diffuser can be used for:

- Environmental ambiance
- Stress/anxiety reduction
- Insomnia or sleep disorders
- Mood or motivation enhancement
- Increase alertness
- Purify and improve air quality
- Reduce airborne pathogens

Different types of inhalation

Direct inhalation

Direct inhalation refers to the technique of sniffing or inhaling an essential oil directly from a bottle, a handkerchief or a cotton-ball. Direct inhalations are most commonly employed for the relief of emotional distress and as supportive therapy for the relief of respiratory congestion or other respiratory ailments. Direct inhalations are also used for their effect on the nervous system.

Direct palm inhalation

Direct palm inhalation refers to the technique of sniffing or inhaling an essential oil/s or synergy directly from the palms of your hands. Direct palm inhalations are most commonly utilized for the relief of emotional distress, to uplift and transform one's consciousness, or simply to relax and breathe. It can be used as supportive therapy for the relief of respiratory congestion or other respiratory ailments.

Direct from bottle: Create a synergy (undiluted essential oils) utilizing 3-5 essential oils and place in a small bottle. Have client waft bottle under nose while taking deep inhalations. This can be done 3-4x a day or as needed.

Smelling salts: Create a synergy with a total of 20-30 drops utilizing 3-5 essential oils and place in a 10ml (1/3 ounce) bottle. Once the synergy is in the bottle, fill the remainder of the bottle with either fine or coarse sea salts. Have client waft bottle under nose while taking deep inhalations. This can be done 3-4x a day or as needed.

Handkerchief/Cotton-ball: Place 2-4 drops of essential oil or synergy on the tissue or cloth. Hold cloth in the palms of your hand and take 2-3 deep inhalations through the nose. If using a cotton ball, gently waft the cotton ball under the clients' nose. This technique can be used 2-3x a day or as needed.

Inhaler tubes: Inhaler tubes are designed using 100% essential oil/s saturated on a cotton pad. ****NOTE:** Please be sure to use organic cotton pads. You can purchase these at a local health food store and cut the desired size to fit tube. Cotton is considered a 'dirty' crop, meaning it is heavily sprayed with pesticides. It is recommended to replace the cotton pad that comes in the tube with a certified organic cotton pad.

To make: Choose 2-3 essential oils to work with based upon a specific purpose. Decide how many drops of each essential oil so it adds up to 15 to 25 drops. Place drops of each essential oil in a small glass bowl/cup then place pad from inhaler into the bowl to absorb the essential oils. Use tweezers to move pad around a bit and then remove pad with tweezers and place in inhaler tube. Close inhaler tube and it is ready for use.

In general, Inhaler tubes or smelling salts are useful for:

- Relieve stress
- Uplift mood
- Relieve nausea
- Support hormonal balance
- Support healthy breathing
- Reduce nasal congestion
- Emotional support