



Aromatherapy Relax and Improve Wellbeing

Different Ways to Use Essential Oils

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What is Aromatherapy?

“Aromatherapy is a complementary therapy that uses essential oils to improve both physical and emotional wellbeing”.

.....“Plant oils have been used as therapy for thousands of years. Essential oils are made from essences found in the flowers, leaves, roots, peel, resin, seeds and bark of some plants”.

Expert reviewer, Dinesh Kotecha, Aromatherapist

<https://www.bupa.co.uk/health-information/complementary-therapies/aromatherapy>





How does it work?



Essential Oils are absorbed through your skin or have an effect on your sense of smell by breathing them in. Oils are used in lots of different ways:

- Added to carrier oil and used in massage
- Added to a warm bath
- Added to a tissue or hot water and inhaled
- Added to natural unscented creams and moisturiser
- Added to aroma-diffusers or oil burners



Using & Storing Oils Safely

SAFETY FIRST

REMEMBER CHECK THE LABEL: There are two types of oil:

Essential oils: These are natural 100% pure oil taken from the flower/plant etc and are safe to come in contact with the skin as long as they are mixed with a carrier oil. Essential oils should be stored in glass bottles. Oils mixed with a carrier oil can be kept in a plastic bottle.

Oil Burner Oils: These oils will contain extract from the flowers/plant but are usually mixed with chemicals and artificial scents. These oils must be used in burners only DO NOT USE directly on skin.

**Keep all oils out the reach of children and pets and store in a cool, dry place
and out of direct sunlight**



Using Oils Safely On Skin

SAFETY FIRST

Using on the skin: **DO NOT** use essential oils directly onto skin as this could cause irritation, itching and burning. Essential oils **MUST** be mixed with a carrier oil such as Coconut Oil, Olive Oil, Sweet Almond Oil, Argan Oil, Grapeseed Oil and Caster Oil to name a few.



IMPORTANT

Certain essential oils can be irritating, overpowering and even harmful to people with certain conditions and should be checked first before use or avoided.

DO NOT USE ESSENTIALS OIL WITHOUT SEEKING ADVICE FIRST IF YOU ARE:

Pregnant
Diabetic

Have Allergies/Sensitive Skin
High Blood Pressure

Have Epilepsy
Asthma

How to Use Essential Oil

As mentioned previously there are lots of way to use essential oils to relax and improve your wellbeing. We are going to take a look at using oils in burners & diffusers, an aroma-bath and as a scent on your skin. If you want to try a full aromatherapy massage, then I would recommend you book a therapy session with a professional Aromatherapist who can create the right oil blends for your needs.



Oil Burners

Smell is one of our senses and a very important one. Smell can control our emotions, memories, and feelings. Certain smells can trigger feelings of peace and happiness, help us feel invigorated or calm our mind. Smell can help us rest, relax and promote sleep. Using an oil burner, diffuser or simply placing a few drops of essential oils on a handkerchief can move us towards relaxation and good wellbeing.



You can use essential oils or oils specifically made for burners. You will also need a tealight if your burner is not electronic. You need to fill the dish of your burner with a little water and then add up to 6 drops of your essential oil. You can add more water or oil to suit your sense of smell. Place your burner in a safe area where there is adequate ventilation. Do not place in a small confined space with no ventilation or you may find the smell too strong.

You can either spend time sat nearby the burner and simply relax or do an activity you enjoy such as reading, watching TV etc, or you can use it in conjunction with meditation, yoga, massage and other relaxation techniques.

Replenish water and oil as often as needed and use your burner for as long as you desire. If after a period of time you find the smell too much or you are getting a headache then it's likely your senses have had enough and time to have a break.

Remember: Do not leave an oil burner with a tealight unattended.

Diffusers

To use a diffuser you need to follow the instructions that came with your diffuser. However it is normal that a diffuser will require you to fill the water holder to the fill line and add up to 6-10 drops of essential oil. I would recommend 6 drops of oil to begin with and add more if you feel you need a stronger smell.

Depending on your diffuser you can set it for continuous vapor or intermittent, some have a timer facility which means the diffuser will automatically switch off after selected time and most diffusers will switch off automatically when the water has all been evaporated.

A Diffuser is ideal if you want to use it at night to help promote sleep as they will shut themselves off after a certain period of time (Check your Instructions). It's also safer as there is no naked flame.

You can use your diffuser in the exact same way as the oil burner, having it in the background during another activity or use during a relaxation session.



Fabric Diffusion

This is very easy and ideal if you don't have burners and diffusers. You do not need to mix your essential oil with water or oils but simply place 3 drops onto a handkerchief or a piece of fabric and then place your fabric nearby, e.g. a bedside table. You can place a few drops of oil onto a pillowcase if using Lavender for sleep or a Eucalyptus for a cold and breathing problems. However use an old pillowcase you don't mind being stained and place the drops on the edge/side away from where the face would be touching.

Baths

There is nothing better when you are in need of relaxation than a warm bath to help you unwind and relieve stress. By adding essential oil to your bath you will amplify this relaxation and feeling of wellbeing.

As essential oil will come in contact with the skin it's advisable that you mix the essential oil with a carrier oil. Many people will actually just add the essential oil directly to a bath without carrier oil which is personal choice but for the sake of skin safety a carrier oil is recommended, especially if using for a child. However to add oils to a bath you simply need to run a full bath first without the oils with warm water. DO NOT make it too hot as oils will evaporate straight away. Then either add 6-8 drops essential oil blend (with carrier oil/diluted) or 3-6 drops if using essential oil only (no carrier oil/undiluted). Start with less and add more if you feel it's necessary. Mix into the water thoroughly.



Skin Scent



Another way that essential oil can aid wellbeing and relaxation is to wear it on the skin. The scent of particular oils can change how we react and feel during a day. For example if you are finding concentration hard during a day a small dab of Orange and Lemon oil on the skin can invigorate the senses and aid concentration.

To use oils in this way, your essential oil **MUST** be mixed with a carrier oil so it's safe on the skin and does not irritate. Use only one drop of your desired oil and dab it on the inside of your wrists or just behind your ear. You can reapply the oil if and when the smell wears off.



How to make your own oil blend



What you will need:

- Quality Essential Oil
- Clean Plastic or Glass bottle
- Kitchen towel/Tray to protect your work surface
- Dropper/Pipette With Measure (optional)
- Measuring jug
- Carrier oil such as:
 - Olive Oil
 - Coconut Oil
 - Sweet Almond Oil
 - Argan Oil
 - Grapeseed Oil
 - Caster Oil





How to make It

For use with children over 12 months old and adults

Step 1: Place your oils and bottles on a tray or kitchen paper to protect your work surface. Based on using a 20ml clean bottle, add 15mls or 3 teaspoons of carrier oil to your clean bottle using a dropper/pipette or measuring jug. If you are making the oil blend to use immediately and not store for future use, you can just simply use a glass measuring jug. (DO NOT use a plastic kitchen jug, as essential oils will stain, leave residue smell and leave the jug unusable in the kitchen)

Step 2: Using a dropper/pipette or the essential oil bottle's own dripper feed add 4-5 drops of essential oil to the carrier oil. If you are using more than one essential oil, for example Orange and Lemon Oils then add 2 or 3 drops of one oil and 2 drops of the other.

Step 3: Mix thoroughly using a spoon or place lid on bottle and shake vigorously to mix the oils.

3 drops of essential oil to 10 ml of carrier oil

4-5 drops of essential oil to 15 ml of carrier oil

6 drops of essential oil to 20 ml of carrier oil

15 drops of essential oil to 50 ml of carrier oil

30 drops of essential oil to 100 ml of carrier oil



Essential Oil Recipes For Diffusers, Baths & Skin Scent



Peaceful Sleep Lavender Oil

6 drop undiluted for burners & diffusers
3 drops undiluted for fabric diffusion
6-8 drops diluted for baths
3-6 drops undiluted for baths
1 drop diluted for skin scent



Focus & Concentration Peppermint, Lemon & Rosemary Oils

2 drops of each undiluted for burners & diffusers
1 drop of each undiluted for fabric diffusion
6-8 drops diluted for baths
2 drops of each undiluted for baths
1 drop diluted for skin scent



Cold & Flu Season Eucalyptus, Tea Tree & Lemon Oils

2 drops of each undiluted for burners & diffusers
1 drop of each undiluted for fabric diffusion
6-8 drops diluted for baths
2 drops of each undiluted for baths
1 drop diluted for skin scent

Energy & Motivation Boost Orange & Lemon Oils

2 drops of each undiluted for burners & diffusers
1 drop of each undiluted for fabric diffusion
6-8 drops diluted for baths
2 drops of each undiluted for baths
1 drop diluted for skin scent



Comfort & Warmth Clove, Cinnamon & Orange Oils

2 drops of each undiluted for burners & diffusers
1 drop of each undiluted for fabric diffusion
6-8 drops diluted for baths
2 drops of each undiluted for baths
1 drop diluted for skin scent



Relaxation & Meditation Bergamot, Lavender & Rosemary Oils

2 drops of each undiluted for burners & diffusers
1 drop of each undiluted for fabric diffusion
6-8 drops diluted for baths
2 drops of each undiluted for baths
1 drop diluted for skin scent

