

How to Use Essential Oils

INHALATION	TOPICAL	INTERNAL
<p>Inhalation: Place 1 drop of Essential Oil in the palm of one hand, massage palms together and hold the hands a safe distance way from nose, close eyes and gently inhale.</p>	<p><i>For Children, Elderly, Thin/Fair skin and Pregnancy</i></p> <p>1% Dilution: Add 5 – 6 Total drops of Essential Oil(s) for every 1 ounce of carrier oil or natural lotion. Shake well before using. Massage on location. Store in cool, dark place.</p>	<p><i>Suggested Use, using Truly Pure Essential Oils</i></p> <p>In a pint (16 oz) glass filled with water, blend 1 Teaspoon of raw Agave or local maple syrup with 1 drop of Essential Oil, stir well, sip slowly.</p>
<p>Cotton Ball: Place 1 - 3 Total drops of an Essential Oil on a cotton ball, place cotton ball just under nose and gently inhale. Place cotton ball in zipped, plastic bag to preserve and re-use.</p>	<p><i>For Daily use, Massage, Face or Body</i></p> <p>2% Dilution: Add 10 – 12 Total drops of Essential Oil(s) to every 1 ounce of carrier oil or natural lotion. Shake well before using. Massage on location. Store in cool, dark place.</p>	<p><i>Suggested Use, using Truly Pure Essential Oils</i></p> <p>In a pint (16 oz) glass filled with boiling water, blend 1 Teaspoon of raw Agave, pure maple syrup or raw honey with 1 drop of Essential Oil, stir well, gently inhale vapors, sip slowly.</p>
<p>Cold Air Diffusing: Place 20 – 30 Total drops of Essential Oils in the glass nebulizer of a cold-air diffuser. Use a timer and set to diffuse for 10 minutes every hour on the hour.</p> <p>* Keep diffusers out of reach of children and pets.</p>	<p><i>For Pain, Acute Injury, Illness or Infection</i></p> <p>3% Dilution: Add 15 - 18 Total drops of Essential Oils to Every Ounce of carrier oil or natural lotion. Shake well before using. Massage on location. Store in cool, dark place.</p>	
<p>Steam Inhalation: Place boiling water in glass bowl, add no more than 1 or 2 drops of Essential Oil; cover head in a tent-like fashion with a towel, close eyes and inhale gently for 10 – 15 minutes.</p> <p>* Asthmatics should use caution with this method</p>		
<p>Blank Inhaler: Add 15 total drops of Essential Oil(s) to a blank cotton wick, drop the wick inside the tube and click on the bottom to seal; place the inhaler at the edge of the nostril, gently inhale.</p>		

BATH:

Blend 5 Total drops of Essential Oil(s) for every 1 ounce of a Natural Bath Gel or Castile Soap (I recommend Dr. Bronner's Baby Mild castile soap). Shake well before using, place 1 – 2 Tablespoons into bathtub. Note: Essential Oils are not soluble in water.

CLEANING:

In a 32 oz spray bottle, add 1 cup white distilled vinegar and 20 – 30 total drops of Essential Oil (Lemon, Pine, Purification*, Citrus Fresh*, Christmas Spirit*). Shake well before using. Effective for cleaning counter tops, linoleum floors, toilets, tubs and showers. Shake well before using. Avoid direct eye contact. * = Young Living essential oil blend.

SAFETY:

1. Never drop Essential oils in the ear
2. Vary Essential Oils that are used and diffused
3. Keep essential oils out of reach of children and pets
4. Avoid using essential oils during the first trimester of pregnancy
5. Store essential oils in cool, dark place, away from heat and light
6. Keep cold-air diffusers and essential oil burners out of reach of children and pets
7. Avoid direct sunlight or UV rays within 12 hours of applying citrus essential oils; citrus essential oils are photosensitive
8. Avoid direct eye contact; in the event of Essential Oils making contact with eyes or mucous membranes, place a few drops of a carrier oil on a cotton cloth and using the cloth to wipe away Essential Oils from eye or mucous membranes
9. Use caution with the following essential oils: Black Pepper, Cinnamon, Clove, Lemongrass, Melissa, Oregano, Peppermint, Thyme ct carvacrol, Thyme ct thymol, Wintergreen as they are irritating to mucous membranes and can cause skin irritation.
10. Avoid placing the following Essential Oils on or around the mouth of Children 5 years and younger: Basil, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Laurel Leaf, Myrtle, Peppermint, Ravintsara, Rosemary ct camphor, Tea Tree (Melaleuca alternifolia).

RESOURCES:

Essential Oils: <https://www.youngliving.org/amy>

Glassware: SKS Bottle @ <http://www.sks-bottle.com/GlassBottles/GlassBottles1.html>

Diffusers, Essential Oil bags, blank Inhalers: Abundant Health @ <http://www.abundanthealth4u.com/>

Carrier Oils (dilute Essential Oils): Castor Oil, Grape seed oil, Jojoba, Olive oil, Sweet almond oil, V-6 Mixing Oil (Young Living)

Natural Lotion: Unscented Aromation from Elizabeth Van Buren @ www.elizabethvanburen.com (When asked, please note that Amy Jane Stewart referred you. Thank you.)



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