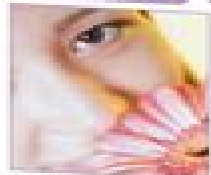




WHAT IS AROMATHERAPY?

- Aromatherapy is a holistic approach to health, using the aroma from pure essential oils extracted from leaves, stems, fruits, flowers, leaves, bark, seeds, berries, or roots of plants, trees, and herbs to treat various ailments.
- Concentrated essential oils carry the same physiological, psychological, and spiritual healing properties as the plant from which they are derived.



HOW ESSENTIAL OILS WORK

- Essential oils are highly concentrated.
- Plant properties are able to treat a number of ailments.
- Breathing odors stimulates various psychological and physiological responses.
- When they are massaged into the skin, tiny oil molecules pass into the body and are utilized; depending on the oil, it can take from 20 minutes to 2 hours to work.



BUYING & STORING

- Buy oils in dark glass bottles.
- Buy in small quantities and blend with carrier oils.
- Buy only pure and undiluted oils.
- Place bottles to collect quality.
- Buy from a reputable source.
- Heat, light, and oxygen deteriorate oil; store oils in a cool, dark place in colored glass bottles (do not use plastic).
- Shelf life varies from 6 months to 2 years; refrigerate to maximize shelf life.
- Do not leave bottles open.



USING ESSENTIAL OILS

BLENDING OILS

- Use from 4 to 7 oils; test combinations of oils on cotton ball before mixing larger batches.
- Label and store in colored glass bottle.

MASSAGE OILS

- Relieve stress.
- Relax and soothe aching muscles.
- Ease general pain.
- Add essential oil to carrier oil.
- Use 2 to 3% dilution (2 to 3 drops of essential oil to 100 drops of carrier oil); always massage towards the heart (slide hands lightly over surface veins).
- Relax Massage Oil
- Massage face with light upward strokes.
- Foot & Leg Massage Oil
- Apply liberally and squeeze foot gently with fingers and thumbs.

NEBULIZATION & INHALATION

- Clear congestion associated with colds or sinusitis.
- Steam Inhalation
- Add 2 to 4 drops of oil to bowl of very hot water; lean head over bowl and inhale for 1 to 5 minutes.
- Water: Do not use for young children or if asthmatic.
- Vaporizers
- Add 2 to 4 drops of oil to vaporizer filled with water.
- Mentholcrisid
- Add 1 drop of oil and swirl as required.
- Inhale from Bottle
- Hold open bottle below nose and inhale.



COMPRESS (HOT & COLD)

- Add 5 drops per cup of water.
- Apply cold compress for acute inflammation (such as headaches, swellings, sprains).
- Apply hot compress for chronic pain (such as muscular pain, labor, cramps); mix 2 to 3 drops of oil with 1/2 pint (700 ml) of hot or cold water; lay small cloth on cooler surface, and place cloth on affected area until cold compress is warm or hot (compress has disappeared heat (re-apply as needed)).

ROOM FRAGRANCES

- Add 20 drops per 4 oz (120 ml) of water.
- Disinfect room, add relaxing aroma to room, and deodorize unwanted smells.

Bowl Method

- Add 2 to 4 drops of oil to bowl of hot water; set in room until water cools.

Spray Container

- Add 4 drops of oil to 1/2 pint (400 ml) water in bottle.

Oil Burner

- Follow manufacturer's directions; add 2 to 3 drops of oil to water on top burner, and heat over candle.

Light Bulb Ring

- Follow manufacturer's directions; place 2 to 3 drops of oil on ring and place on light bulb.

Scented Fire

- Place 1 drop of oil on each log before lighting.

Vacuum Cleaner

- Place 3 to 4 drops of oil on cotton balls; place in vacuum bag.

SHOWER & BATH OILS

- Aromatic Bath
- Depending on oils used, it can dry out skin, relax, or revive; pour water first, then add 3 to 15 drops, depending on oil (for children, dilute oils well and use smaller quantities).
- Foot Baths
- Add 2 to 3 drops of essential oil to hot water; soak feet for 10 to 20 minutes.
- Showers
- Add 2 to 3 drops of oil to sponge or wash cloth; rub over body.

OTHER USES

- Scars
- Place 4 to 6 drops of oil on rocks before turning on steam.
- Mouthwash
- Add 1 to 2 drops to bottle of mouthwash.
- Body Perfumes
- Dilute diluted essential oil on body.



Aromatherapy Quick Guide

EW Minium



Aromatherapy Quick Guide:

Quick Reference Guide for Using Essential Oils ,2005 Quick Reference Guide for Using Essential Oils Connie Higley,Alan Higley,1998 *Aromatherapy Easy Guide for beginners* ,2015-02-24 Aromatherapy is a therapeutic method that makes use of aromatic essences also called essential oils to treat various ailments in the physical mental and spiritual In aromatherapy the use of essential oils through the various methods of absorption allows to get into the deepest spheres that constitute an individual those that characterize its psychic functions Aromatherapy easy guide for beginners is a practical guide for those who approach to aromatherapy Aromatherapy is a multifaceted healing art which use the essential oils of aromatic plants and trees to promote health of body and serenity of mind This e book sets out to prove that the basic principles on which aromatherapy is based are no less valid today It contains the profile of 10 common essential oils and also an introduction to common ailments and the use of aromatherapy in skincare Chapters include Introduction to Holistic Medicine Brief history method of absorption essential oils Chemistry and aromatherapy essential oils safety Base oils aromatic waters and herbal oils The skin essential oils in skincare Profile of 10 essential oils Common ailments The Aromatherapy Guide Kevin Farrow,1998 *Aromatherapy Reference Guide Library* KG Stiles,2025-04-15 ESSENTIAL OILS REFERENCE GUIDE LIBRARY 6 Book Healing Bundle Comprehensive Aromatherapy Guide for Natural Healing Essential Oil Chemistry Therapeutic Blending Unlock the power of essential oils with this best selling six book aromatherapy bundle a must have reference library for anyone interested in natural remedies holistic wellness and mind body healing Whether you re a beginner exploring how to use essential oils for common ailments or a practitioner seeking to deepen your understanding of essential oil chemistry this complete guide is your go to resource WHAT S INSIDE BOOK 1 Essential Oils Quick Reference Guide for Over 100 Common Ailments Discover over 100 conditions and how to treat them with essential oils Covers support for body mind emotions and spirit including stress sleep skin issues immune support and more BOOKS 2 4 Essential Oil Chemistry Series Formulating Blends that Heal Deepen your understanding of essential oil chemistry the foundation of true aromatherapy Each book offers a concise overview of chemical families their therapeutic properties and practical applications for formulating synergistic blends Book 2 Alcohols Sesquiterpenes Esters Ethers Book 3 Aldehydes Ketones Lactones Book 4 Monoterpenes Oxides Phenols BOOK 5 Aromatherapy Healing Power of Scent Blending Secrets 18 Aroma Classifications Explore the energetic and emotional aspects of scent with expert guidance on how to blend for physical emotional and spiritual transformation BOOK 6 Chemistry of Essential Oils Quick Reference Summary A user friendly summary of the 12 chemical families with their aromatic qualities healing actions and safety notes for quick blending guidance WHAT READERS EXPERTS SAY I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience combined with her compassionate passion to assist and facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA NYT Bestselling Author of Choices and Illusions Highly recommended for anyone interested in

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Reference Guide for Using Essential Oils Abundant Health, Connie Higley, Alan Higley, 2001-02-01 **Reference Guide for**

Essential Oils Connie Higley, 1998 **Essential Oils** Chantal Even, 2020-07-31 This book consists of two titles which are the following Book 1 If you're wondering what essential oils can do for you then you are at the right place This book takes into consideration the many effects of the various essential oils that are available on the market today It goes over some excellent utilizations of these oils for someone's mental and physical health For example which essential oils help you sleep better Which ones reduce anxiety And which ones can elevate your mood Get the answers and learn why millions of people have made essential oils a part of their healthy daily routines Book 2 This is a nice quick guide to help you understand the application of essential oils You will learn what carrier oils are and why they are so important to mixing the right kinds of oils Also you will understand more about using essential oils for the following purposes How to treat allergies How to soothe the skin or treat eczema Treating bug bites Why you should use lavender for certain symptoms or health effects Making your migraines or headaches disappear faster Many of these health benefits have been studied and backed up by science Some may work better than others and some depend on the individual being treated but in a general sense they can definitely help

Astrology Survival Guide: Practical Insights for Understanding Yourself & Life Cycles KG Stiles, 2025-04-15

Unlock the Secrets of the Stars with Astrology Survival Guide Practical Insights for Understanding Yourself Life Cycles by KG Stiles This book is designed for those who don't just want to understand astrology but want to engage with it Astrology Survival Guide offers hands on practical tools that integrate astrology with meditative practices essential oils and crystals empowering you to align with cosmic rhythms through conscious intention Whether you're a beginner or an experienced astrology enthusiast this guide provides a holistic approach to understanding your zodiac sign and navigating life's cycles If you're seeking a deeper connection with the stars and a more balanced empowered life this book is your roadmap for personal growth and transformative change What You'll Find Inside Detailed Zodiac Personality Profiles Gain a clear understanding of the unique traits that shape your personality life path and potential for growth Healing Crystals Gemstones Discover the best crystals to amplify your strengths and bring balance to your energy Essential Oils Blends Learn which oils

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Aromatherapy and Subtle Energy Techniques Joni Loughran, Ruah Bull, 2000 Writing for lay people and professionals alike the cofounders of a system of energy healing show how to combine two forms of alternative healing to restore a sense of well being and balance 33 illustrations

The Complete Guide To Clinical Aromatherapy and Essential Oils for The Physical Body Elizabeth Ashley, 2014 Let me ask you What s the most important thing you are looking for from your book about aromatherapy and essential oils Clear advice from an expert in their field An easy to navigate guide Comprehensive data of many oils and how to use them Value for money It seems to me that you may fit into one of three categories A complete beginner to essential oils who wants to learn how to treat themselves and their family safely A student or professional aromatherapist looking to grow their already ample aromatherapy bookshelf A distributor for an aromatherapy multi level marketing company such as Young Living or Doterra who wants to better understand their product Am I right This book written by a professional aromatherapist with 21 years experience has a little something for each of you Instructions on recommended oils for 60 different ailments Information on 104 essential oils and their safety data referenced from Tisserand Essential Oil Safety Data for Health Professionals 2013 Facts on how to use 16 different carrier oils including coconut oil tamanu and also St Johns Wort Recipe blends by another 13 professional aromatherapists including a blend to use in labour by a midwife using

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The Essential Oil Quick Guide Ashley Quiroz, 2018-04-14 Aromatherapy is a growing sector of the all natural health and beauty industry and it s easy to see why Incorporating essential oils into your routine can support many facets of health One of the most common misconceptions is that high quality essential oils always break the bank however that s not the case Aromatherapy can be affordable without forgoing quality Here is your quick guide to fitting essential oils into your budget and how to use them

500 Formulas for Aromatherapy Carol Schiller, David Schiller, 1994 Explains how to mix pure essentials oils with sesame or another carrier oil and describes the benefits of aromas from allspice to ylang ylang

The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body Marlene Jones, 2011 Learn to create recipes for cleaning around your home and how to use essential oil mixtures for essential beauty baths bath salts shampoos and more

The Aromatherapy Encyclopedia , Angel Prayers & Affirmations: A Sacred Guide to Divine Connection, Healing Energies & Essential Oils KG Stiles, 2025-04-15 Step into the sacred presence of angels and begin your journey of divine transformation Angel Prayers Affirmations is your

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