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differently—some involve water, some involve heat—so be sure to follow the directions, including how much essential oil to use.

At-Home

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By Christine Westwood

An excellent beginners
guide to the art of
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1. Do a steam inhalation with essential oils to get relief from cold and flu symptoms. A steam inhalation helps to... 2. Burn essential oils in a diffuser or aromatherapy burner during the flu season to prevent the spreading of the flu... 3. Make a compress ...

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- Untrained Housewife

Lavender Bergamot

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explains the methods of using the essential oils: massage, bathing, inhalation. compress diffuser,.. The book lists the oils and explains the benefits on a physical and psychological level and gives warnings on how some oils are inappropriate for babies, infants, children, pregnant women or people who are

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Your Hair? Warm about
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Use
(not too hot).. Blend in
about 10 drops (or to
your preference) of
lavender oil.. Apply this
blend to your hair and
gently massage your
scalp.. Wrap a warm
towel around your head,
sit back and relax for ...

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Aromatherapy is a holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit. Aromatherapy is the skilled use of essential oils, which have been

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Use
extracted from flowers,
spices, fruits, woods and
leaves for their esthetic,
psychological and
medicinal applications.

AROMATHERAPY -
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- Next, add 3-10 drops
of essential oils to the
water. You can use a
single essential oil like
lavender, or an essential

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recommended oils to
diffuse. - Usually, 6
drops of oil is enough
but sometimes you may
want more oil for a
stronger scent. You can
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For more information,
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DO: It is also helpful to note the country of origin for the oil. Most good essential oil sellers will readily supply the botanical names and country of origin for the oils that they sell.

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