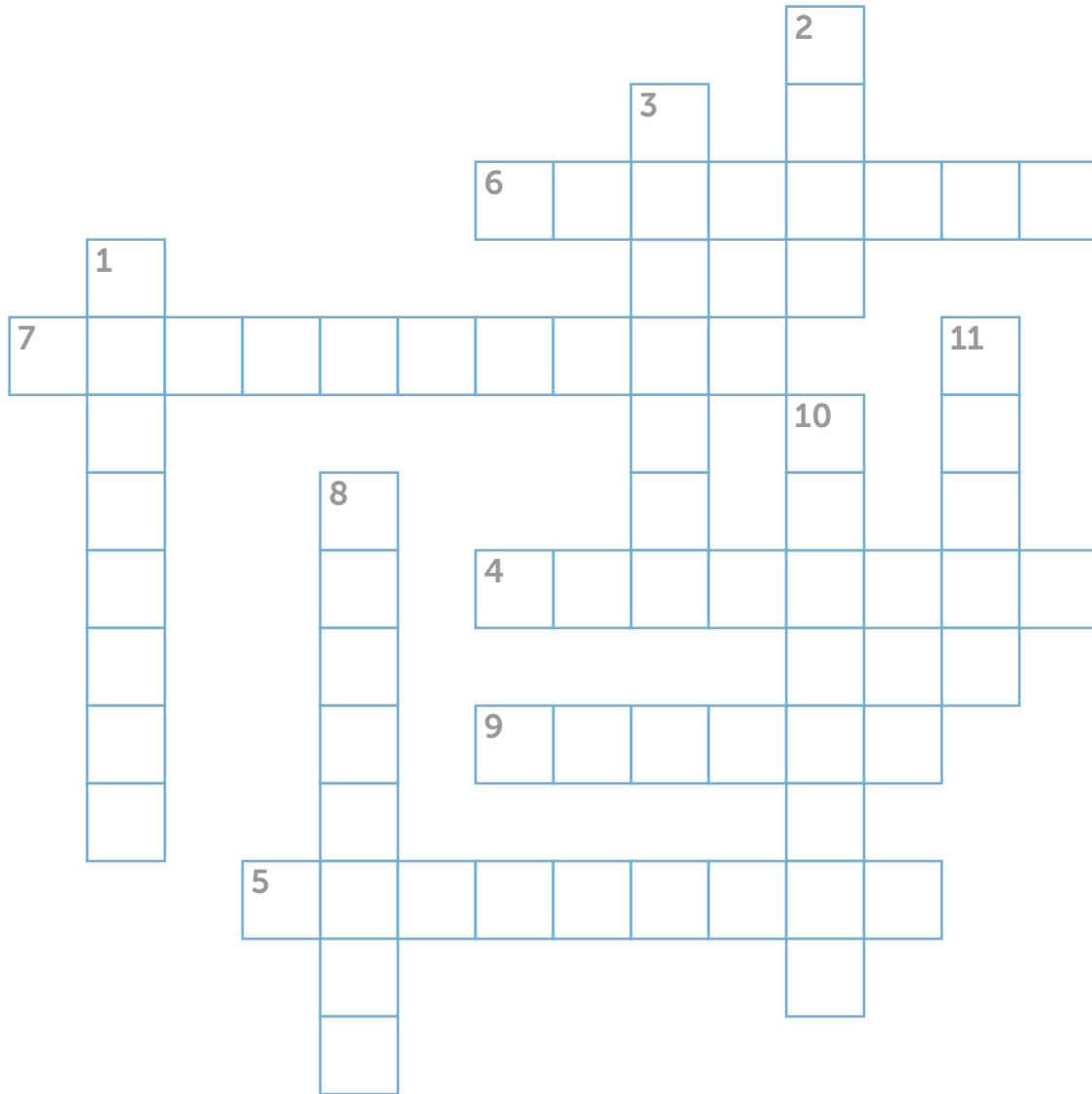


Essential Oil Crossword Puzzle



Across

4. The act of mixing an essential oil with a carrier oil so its effects are not as concentrated in one area
5. _____ oil: potent oils that have been extracted from various plant components including the flower, leaves, stem, or root
6. Application method: inhaling an essential oil or its aroma
7. A vegetable oil, wax, fat, or other oil that an essential oil is mixed with
9. _____ Essentials: A contemporary guidebook to the therapeutic use of essential oil

Down

1. A widely recognized oil known for its calming properties
2. Refers to applying an essential oil by itself, without diluting it in a carrier oil
3. Application method: applying essential oil directly on the skin
8. Aromatherapy device used to disperse essential oils
10. Application method: ingesting an essential oil, typically through the mouth
11. Well-known oil used for its antiseptic and energizing properties