



moon haven

AROMATHERAPY CHEAT SHEET

Essential Oils (EOs) are powerful healers for the mind, body and soul but using them effectively can be a little overwhelming at times.

So we've put together this simple cheat sheet to help you in your aromatherapy journey.

THE BASICS

Respect your oils – remember essential oils are the concentrated essences of plants and so represent many times their weight in plant material.

There are no hard and fast rules on which oils can be blended together, there are only guidelines – it really does come down to personal preference. (for more info grab a copy of our Blending Basics Fact Sheet)

USING ESSENTIAL OILS

EOs can be used in a multitude of ways, including: diffused into the air, diluted and applied directly to the skin, used in the bath or shower, added to skin care products and products for your home.

CAUTIONS

INGESTION

As a rule we do not recommend ingesting essential oils. We have seen numerous cases of mouth and oesophageal ulcers and upset/disrupted gut biomes from the indiscriminate ingestion of EOs.

CHILDREN

EOs are wonderful for children. With newborns, start off diffusing and massaging with the milder oils like lavender and citrus at half the adult recommended rates increasing to normal strength at 5 or 6 years of age.

PREGNANCY:

. From helping to ease morning sickness to dealing with aches and pains EOs can be extremely useful in pregnancy.

As a general rule we recommend that EOs be used at half the suggested adult rate.

PREGNANCY

The internet is full of conflicting advice telling pregnant women what's safe and unsafe to use during pregnancy. Very few of these claims are based on scientific knowledge.

According to the well regarded National Association for Holistic Aromatherapy (NAHA), essential oils are generally safe to diffuse and use diluted on the skin during pregnancy. They are a proven help for combatting nausea, headaches, fatigue, swelling, insomnia, anxiety etc.

Toxicity has been documented when high doses of pennyroyal, parsley and common sage oils have been ingested or used undiluted.

We do not recommend using these and do not sell these oils at Moon Haven

EPILEPSY

Some epileptics are sensitive to smells and so we recommend that you use common sense when first using EOs with these individuals. Strong scented oils (like peppermint and rosemary) used in high doses have been known to trigger epileptic episodes in a small number of sufferers.

If you are at all concerned, then we recommend that you avoid using these oils or only use them in very small dilutions until the effects on the individual are known.

PHOTOSENSITISATION

Some oils can cause skin to burn when exposed to the sun.

Do not exceed the following combined dilutions if you plan on going out into the sun within 12 hours of application to the skin.

Essential Oil	Dilution -30 ml Base
Bergamot	1 drop
Grapefruit	24 drops
Lemon	12 drops
Lime	4 drops
Bitter Orange	8 drops

ORDER ONLINE WWW.MOONHAVEN.COM.AU



moon haven

RECOMMENDED DILUTIONS

EO BOTTLE DROP RATE

Moon Haven's 10 and 50ml Essential Oil bottles are fitted with a dripolator which dispenses most oils where 20 drops is approximately equivalent to 1 millilitre (1 ml).

MASSAGE

The recommended essential oil concentrations when massaging the body is 2.5% and no more than 1% for the face. For pregnant women and young children, we recommend that you use half of these concentrations.

Body Part	20ml Base/Carrier Oil	100ml Base /Carrier Oil
Face 1%	5 drops EO	20 drops EO
Body 2.5%	10 drops EO	50 drops EO

DIFFUSION

The number of drops to add to a diffuser is dependent on the size of the room to be scented. For example, a small bedroom may only need 3 or 4 drops, while a large room may need upwards of 10 drops to be effective.

Note This information is supplied as a guide only and is not a substitute for sound medical advice from your health practitioner of choice



For the past 18 years Leonie Gully – Moon Haven's clinical aromatherapist and founder has worked with her clients on a daily basis, helping to enrich their lives using the wonderful combination of

herbal and aromatherapy practices

© 2018 moonhaven.com.au

SIMPLE FORMULATIONS

SALT SCRUB

Mix together 4 drops of selected EOs, 10 ml (2 tspn) of your choice of cooking oil with 20 ml (1 tblspn) of fine salt. Use as a gentle scrub while in the shower and rinse off.

ROOM SPRAY

Mix 10ml (200 drops) of your choice of EOs with 20 ml of Vodka OR 1 pea sized drop of detergent OR 10 ml of Solubiliser (available from Moon Haven) in a 100 ml spray bottle. Add water to make 100ml. Shake before use.

SCENTED BATH

Mix up to 8 drops of EOs with 20 ml of full cream milk. Stir into bath water. The milk helps the EO to emulsify and mix in the water.

PERFUME

Combine 20 drops of your choice of EOs with 5 ml of your choice of carrier oil (grapeseed, rice bran, sunflower, jojoba, almond etc). Apply to pulse points at wrist sides and back of neck. Take care to avoid using photosensitising oils if using during the day.

BODY SPRAY

Mix 75 drops of your choice of EOs with 30 ml of Vodka OR 3 ml of Solubiliser (available from Moon Haven) in a small spray bottle. Add water to make 50ml. Shake before use.

WORKSHOPS

Leonie regularly runs workshops at the Moon Haven Cottage and Online, where she shares aromatherapy and herbal hints, tips, shortcuts & knowledge gained from nearly 20 years daily practical experience. To learn more, go to www.moonhaven.com.au/workshops

For further information and many more articles check out our website or call us on **1800 005 059**

ORDER ONLINE WWW.MOONHAVEN.COM.AU