

Aromatherapy Guide

How to use Essential Oils for Wellness

Learn the basics of
using essential oils



*Consider this an initiation into the mystical
and magical plant kingdom.*





What is aromatherapy?

Aromatherapy is an ancient technique of using naturally extracted plant essences to promote wellness of the body, mind and spirit.


The emphasis of the technique is to focus on prevention rather than cure. It is your ideal partner if you wish to work on yourself to relieve fear or stress, to relax, to meditate, to find joy, to let go, to balancing your chakra and many more. The list is endless, and the path is beautiful!



What are Essential Oils?

Plants produce fragrant essences in secretory cells, using nutrients from the soil, water, light and warmth from the sun. These cells are near the surface, located in flowers and leaves.

These essences are defined as the life force energy, soul or spirit of the plant. While these essences are distilled they undergo certain chemical changes and become essential oils.



These potent plant compounds much like Ayurveda have different benefits and properties. They are used extensively for mental, physical and spiritual benefits across the world.





How to use Essential Oils Safely

Essential oils are extremely potent, concentrated and therefore it is important to use them correctly. And unfortunately as there is no governing body on Essential Oils as yet, the quality and correct usage of Essential Oils is often disregarded.

1. Make sure your Essential Oils are a 100% Pure.
2. Reach out to the brand you are ordering from and ask if the oils are GC/MS tested.
3. Dilute Essential oils before application.
4. Always do a patch test to check if you are allergic.
5. When diffusing Essential Oils always add water to the diffuser or humidifier first.
6. When adding Essential Oils to your bath water, first dilute the Essential oils in a carrier oil.
7. Dilution percentage changed depending on age.

HOW TO USE ESSENTIAL OILS



Aromatically

Diffuse these Essential Oils all around you.



Topically

Apply blended Essential oil of a specific location. Essential Oils need to be blended in 5% dilution in a carrier oil base on your skin type.



Steam inhalation

Add a drop of Essential Oil in warm water, cover your head with a towel and take in steam.

How does the Sense of smell work?

When you inhale the odor molecules of an Essential Oil, the olfactory receptors send a signal almost instantly to the brain. More specifically the limbic system or the emotional brain which is responsible for memories, breathing, blood pressure, instinctive behaviors and emotional reactions. You must have noticed how smells are so deeply linked to memory.



A man with short dark hair, wearing a teal V-neck sweater, is shown from the chest up. He is holding a small, clear glass bottle with a gold cap in his right hand and is smelling it. His left hand is open and held near his chest. He is standing in front of a wooden staircase with a metal railing. The background is slightly blurred, showing the interior of a house.

How does the Sense of smell work?

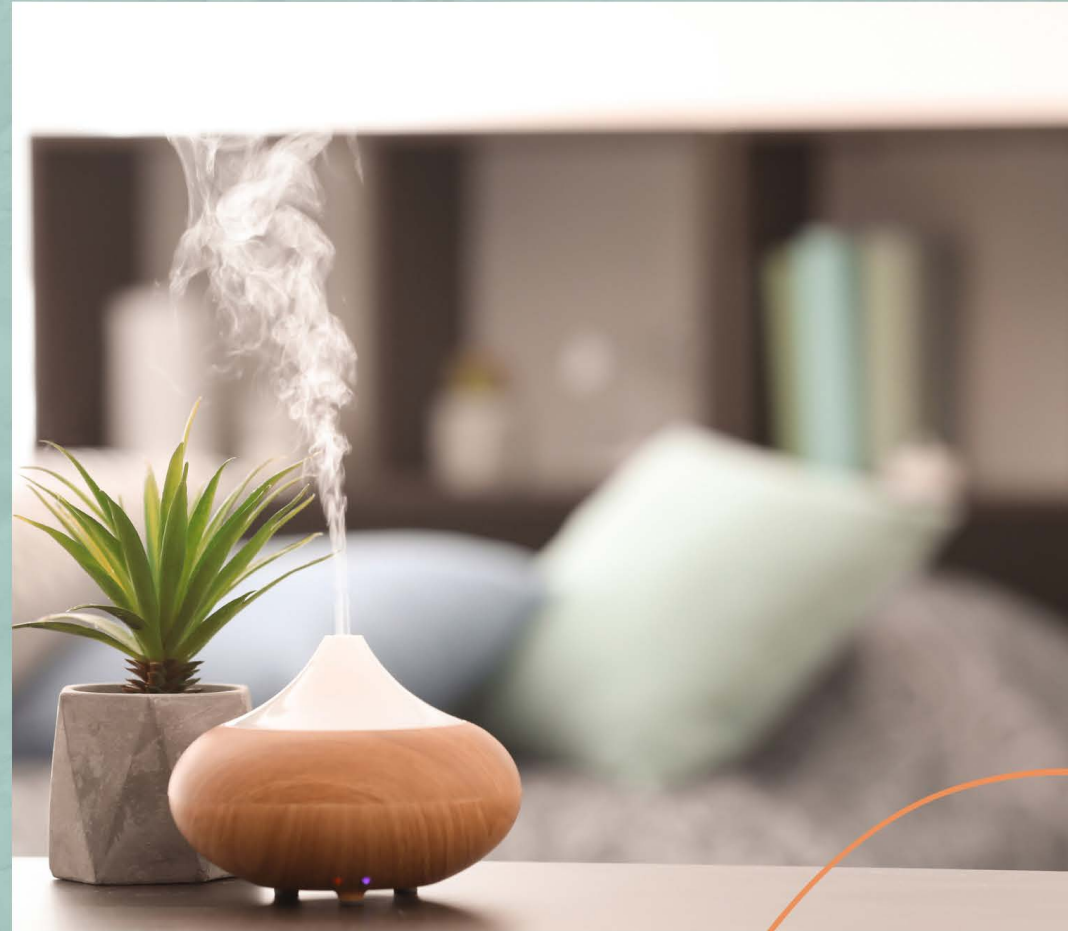
The olfactory receptors also send a signal to the cerebral cortex. Olfactory stimulation is the only type of sensory information that reaches the cerebral cortex directly. All other sensory information (visual, sound, physical feeling, etc.) makes a stop first at another portion of the brain, the thalamus. This is yet another testimony to the ability of scent to affect the way we think, learn, remember, create and express ourselves.

Essential Oil *diffusion*

Essential Oils when diffused, can be used r to address a number of everyday worries such as stress, cold, congestion, anxiety, depression and clearing indoor air of pollutants.

Basis different properties and personal likes and dislikes specific diffuser blends can be created that can make your indoor environments cosy, uplifting and comforting.

Just get yourself a diffuser and some 100% Pure essential oils to get started!



Essential Oil *diffusion*



To Diffuse Essential Oils you can use either

- Tea light candle Ceramic Diffuser
- Electric Ceramic Diffuser
- Humidifier (Latest technology - Most recommended)

Depending on the size of the room add 5 - 10 drops of Essential Oil into water that has been added into this diffuser.

Essential Oil *Application*

Essential Oils when applied correctly, can be used to address a number of everyday worries such as Skincare, haircare, acne, dandruff, pain relief, inflammation, massages, repelling insects etc.

When using Essential oils on skin, they need to be diluted in a carrier oil such as coconut, jojoba, apricot etc. These oils are usually chosen based on your skin type.

The dilution percentage should be no more than 5% for adults, for eg. in 50 ml of a base/carrier oil such as Jojoba add a maximum of 40 drops of essential Oils and apply.



Essential Oil *Application*



End use	Dilution range
Facial cosmetics	0.2-1.5%
Body massage	1.5-3%
Bath & body products	1-4%
Specific problems	4-10%
Pain, wounds	5-20%

DILUTION GUIDELINES *for Essential Oils*

These values are approximate and have been rounded to whole drops.
For blends, numbers represent total number of drops of all oils combined.
Does not imply that all these dilutions are safe for all essential oils in all situations.

5%	15	22	30	45	75	90
4%	12	18	24	36	60	72
3%	9	13	18	27	45	54
2%	6	9	12	18	30	36
1%	3	4	6	9	15	18
.5%	1	2	3	4	7	8
Volume of base oil	10ml	15ml 1/2 oz	20ml	30ml 1 oz	50ml	60ml 2 oz

What is the difference between an Essential oil & a carrier oil?



- Essential Oils are very strong plant extracts that cannot be applied directly to skin due to their potency. All Essential oils need to be diluted in a base/carrier oil when applied on skin.
- Carrier Oils/base oils come from the oils of seeds, nuts, and kernels. They are rich in two main groups of essential fatty acids: omega-3 and omega-6. In skin care, these acids are known for their abilities to nourish the skin.
- Carrier oils dilute and carry essential oils to the skin for absorption. Each carrier oil offers different beneficial properties such as the promotion of cell regeneration, calming inflammation, providing vitamins and minerals, and moisturizing the skin.



What are base oils?

*Which base oil is
specifically good for
your skin type?*

How to choose a base oil for your skin type

- When choosing a base or carrier oil for your facial skin its most important to first understand your skin type. Broadly your skin type can be broken into Oily, sensitive, dry and combination skin.
- Its best to choose a base oil which is low on the comedogenic scale. Oils that are low on the comedogenic scale do not block your pores.
- Some great examples of oils low on the comedogenic scale are hemp seed oil, pomegranate seed oil and jojoba oil.
- When choosing a base/carrier oil for application on body and massage going for a locally available oil makes most sense. For indian skin, Sesame, Apricot, Walnut and Coconut are great choices.

Never use undiluted essential oils on your skin!

Make sure to dilute them in a carrier oil that works best for your skin type.. When in doubt stick to Jojoba as a base oil as it works very well for all skin types and does not get rancid or spoilt soon.

Steam Inhalation

When dealing with a cold or Congestion

Fill a small basin with hot water and add a drop of either (Eucalyptus, Peppermint, Cinnamon Essential Oil)

Cover your head with a towel and take in steam for 5 minutes at max. Do this twice a day, ideally in the morning and when going to bed.

When dealing with a cough

Fill a small basin with hot water and add a drop of either (Thyme essential oil)

Cover your head with a towel and take in steam for 5 minutes at max. Do this twice a day, ideally in the morning and when going to bed.



Thank you!