



How to Use

TOPICAL, AROMATIC, INGESTION

Essential Oils

HOW TO USE ESSENTIAL OILS

There are three ways to use essential oils: topically, aromatically and by ingestion.

Topical application

One of the best places to apply essential oils is the bottom of the feet – which have over 2,000 pores and some of the largest pores on your body.

Many oils can be applied directly to the skin, a method defined by the term NEAT. However, you should use caution if you have sensitive skin. Other oils are considered “hot” and should be mixed with a carrier oil prior to topical application. Always skin test an essential oil before using it. Each person’s body is different, so apply oils to a small area first as a safety precaution.

You can also use them to create your own products. Things like room sprays, hand soap, body wash, lotion, foot soaks, bath bombs, and more.

Look on the essential oil bottle for suggested dilution ratios. Remember to always dilute when using essential oils on children. A guideline for application would be for children 2-12 years of age: 1-2 drops of oil for every 1 tsp of carrier oil. For babies: 1 drop of essential oil for 1 TBSP of carrier oil.

Essential oils should be applied on location, chakras, and/or vita flex points.

WHAT ARE CARRIER OILS?

Carrier oils are nutty or fatty oils, like coconut oil, almond oil, jojoba oil, or avocado oil. They are used to dilute essential oils to make it easier to use on a larger area of the body (like the back) and help to time release the essential oils to make them last longer.

Carrier oils should also be used for people with sensitive skin as applying an oil neat, or undiluted, may cause skin irritation or an allergic reaction. If you apply an oil neat and the skin starts to burn simply apply a carrier oil to the area.

Carrier oils are also suggested for use on children.

Mixing an essential oil with a carrier oil does not diminish its effectiveness.

Aromatically through Inhalation

Essential oils are the fastest way to reach the mood center, through the limbic system of the brain, making them fantastic for mood support especially when used aromatically. They are absorbed through blood vessels in the lungs and can circulate through your body within seconds.

The simplest method is to inhale the oil directly from the bottle. Just open the bottle up and breath in. Or apply 1-3 drops on the palms of your hands, rub them together, and cup over your nose and breath in slowly.

Use a diffuser to disperse the oil molecules into the air in a micro-fine vapor. A diffuser does not heat the oils which can damage their therapeutic properties.

Ingestion and as a dietary supplement

Some essential oils can be taken as a dietary supplement but others cannot. This is where the quality of the essential oil is super important. Remember not all essential oils are created equally so read the product label carefully.

Consult with a qualified specialist if you have in depth questions regarding the ingestion of oils.

You can put essential oils in an empty vegetable capsule and take them as a pill. Veggie capsules can be purchased at a health food store. Open them up, add 1-3 drops of essential oil then put in a few drops of olive oil and close back up.

Add a drop of essential oil to water or a cup of tea. Make sure to use a glass or stainless steel drinking vessel.

Essential oils can be used in cooking and baking. They are very potent, so a little goes a long way.

Health & Vitality
ZONE

Heidi VanZandt • 315-775-8292
heidi@healthandvitalityzone.com
healthandvitalityzone.com



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