

# Safe & Effective Use of Essential Oils



# What is Aromatherapy?

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. It involves the use of essential oils, which are aromatic compounds extracted from plants, to enhance physical and emotional health. Aromatherapy is often used to improve mood, relieve stress, and boost energy levels, making it a popular complementary therapy in wellness practices and for personal use. Essential oils, when applied topically in the correct way can assist the body in physical change as well.



# Ways To Use Oils Effectively

## Methods of safe essential oil application:

**Massage/Body oil:** 2.5-10% dilution, 15-60 drops per ounce of carrier oil such as grapeseed (*Vitis vinifera*), olive (*Olea europaea*), jojoba (*Simmondsia chinensis*), sesame (*Sesamum indicum*), sweet almond oil (*Prunus dulcis*).



**Inhaler:** Use up to 20 drops on an organic cotton pad and place in inhaler tube.

**Baths:** Mix 2-12 drops (depending on the essential oil) into a tsp of 1 tsp dispersing agent.\* Add to bath and stir just before entering water.

**Steam inhalation:** Add up to 6 drops of essential oil into boiling water. Cover head with towel and breathe through the nose. Keep eyes closed! **Aromatic spritzers:** Add up to 15 drops to 1 tsp of dispersant\* per ounce of distilled water. Shake before using.

**Diffusion:** Check the aromatherapy diffuser manufacturer's guidelines for instructions for use, before adding an essential oil blend. *It can be more effective to run oils in a diffuser for shorter periods of time (ex. 20 minutes), a few times a day, than to run it constantly. Too much of even a good thing can overwhelm the body. Less is more when it comes to essential oils.*

**Creams/Lotions/Gels:** 1-10% dilution, 6-60 drops per ounce of carrier base.

**\*Dispersing agents:** Emulsifiers such as natural bath gel, polysorbate, solubol, coconut emulsifier, etc.

# Ways To Use Them Safely

- Keep all essential oils out of reach of children and pets, and use caution around pets, leaving the door open, if they need to go to another part of your home.
- If irritation occurs, discontinue use.
- Avoid contact with eyes.
- Use essential oils in a well, ventilated area.
- Avoid internal or undiluted use unless you are working with a qualified aromatherapist or healthcare practitioner. *Some MLMs encourage internal use, but this is controversial among Certified Aromatherapists. Essential Balance highly discourages internal use.*
- Store essential oils and vegetable oils away from light and heat.
- Before using an essential oil, become familiar with its uses, safety and therapeutic properties.
- Ensure all essential oils you purchase are authentic essential oils.
- Angelica root (*Angelica archangelica*), bergamot (*Citrus × bergamia*) and most citrus essential oils are photosensitive. Do not use photosensitizing essential oils prior to going into the sun or a tanning booth. Severe burning may occur.



## ***Special Cautions for Children, Elderly & Pregnancy:***

- Use low concentrations (<1%) for children, during pregnancy, and for the elderly.
- Avoid or use special caution in infants and children under the age of 10. Essential oils are only appropriate for children's use in highly-diluted form under the guidance of a knowledgeable professional, or included as a minor percentage in a professionally-formulated essential oil blend.



For more specific instructions on safe use of essential oils in your home, book an Aromatherapy Consultation [HERE](#).

This ebook is for informational and educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional or physician.

The information in this ebook was provided by NAHA, The National Association for Holistic Aromatherapy, with some additional personal opinions added. Those opinions are italicized.