

Using Essential Oils and Aromatherapy

Carol Wiley, LMP



This information is intended for educational purposes only, and is not intended to diagnose, treat, cure, or prevent any disease. Essential oils can occasionally cause side effects. Understand and take responsibility for your choices. Consult a professional healthcare practitioner as appropriate.

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Introduction to Aromatherapy

Essential oils are concentrated liquids distilled from plants.

The use of essential oils goes back to the ancient Egyptians, Romans, Greeks, and probably Chinese, but the modern term "aromatherapy" was coined by French chemist René-Maurice Gattefossé in 1928. Gattefossé wrote the first modern aromatherapy book, titled [Gattefossé's Aromatherapy](#) in the English translation.

A French doctor named Jean Valnet followed the work of Gattefossé, and during World War II, when he ran out of antibiotics, he used essential oils to treat gangrene and battle wounds. After the war, Valnet continued to use essential oils to treat illnesses and wrote [The Practice of Aromatherapy: A Classic Compendium of Plant Medicines and Their Healing Properties](#).

Valnet's book was translated into English by Robert Tisserand, an English aromatherapist who was one of the first individuals to write a book about aromatherapy in English with the publication in the 1970s of [The Art of Aromatherapy: The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs](#).

Since the 1970s, the practice of aromatherapy and using essential oils has proliferated.

Many resources already exist that list the properties of various essential oils; however, the purpose of this e-book is to show you some ways to safely use essential oils and aromatherapy in your daily life.

The rest of this introduction contains background information to help you understand the use of essential oils, then I get into specific ways to use the oils.

What is a Carrier Oil?

You will see references throughout the text about blending essential oils with a carrier oil. A carrier oil is simply any nut or vegetable oil, such as almond, jojoba, olive, grapeseed, etc. You can even use lotion as a carrier oil, but don't use anything that's already scented.

How Can You Use Essential Oils?

Here's a summary of ways to use essential oils.

- Diffusion. Use a diffuser to release essential oils into the air.
- Make a spray by adding essential oils to water and spray into the air.
- Directly inhale or "sniff" an essential oil. Some oils are too strong to sniff directly
- Massage or self-massage. Dilute essential oils with a carrier oil for massage.
- Baths.
- Compresses. Soak a clean towel in a sink of very warm water to which you have added 5-10 drops of essential oil. Wring out the towel and apply it to your sore body part. Resoak the towel when it cools and use for a total time of 20-30 minutes.
- Internal use of essential oils? I have an entire section on this topic under Essential Oil Safety.

What is a Diffuser?

Diffusers are any device that disperse essential oils into the air.

- A nebulizing diffuser pumps air through a glass chamber filled with essential oils. It's very effective in diffusing essential oils and in maintaining their therapeutic properties. The nebulizing diffuser uses no heat, and converts the essential oil into microscopic droplets that stay in the air for a long time.
- An atomizing or ultrasonic diffuser atomizes cold water and essential oils, breaking up molecules into a microscopic mist.
- A fan diffuser is efficient, quiet, and easy-to-use. A small fan blows air through a pad containing essential oils.
- A candle diffuser uses a candle to heat water containing a few drops of essential oil.
- A lamp ring is a terra-cotta ring with a grooved lip that sets directly onto a light bulb. The lip holds essential oil, and the heat from the light bulb heats the essential oil, diffusing it into the room.



[Diffuser World](#)



Note: Heat may alter or destroy certain constituents of essential oils, reducing the therapeutic benefit. For best therapeutic results, do not use a heat diffusion method.

Ways to diffuse essential oils without purchasing a diffuser:

- Bring a pot of water to steaming. Remove it from the heat and add a few drops of essential oil.
- Blend essential oils with water and spray into a room.
- Place a few drops of essential oil on a tissue or in potpourri (this process is more evaporation than diffusion).

How Do Essential Oils Affect the Physical Body?

Excerpted from [Aromatherapy – How Do Essential Oils Work?](#) by Danny Siegenthaler.

When aromatherapy oils are applied to the surface of the body, either using massage, baths, compresses, creams, or lotions, they will have an effect locally (that is, the site at which they are applied), and systemically (that is, throughout the body). The systemic effect occurs when essential oils are absorbed through the skin into the lymphatic circulation, and they are then dumped from the lymphatic circulation into the blood stream.

Once the oils are circulating in the blood, they are carried to their TARGET ORGAN(s), where they exert a therapeutic effect on the specific tissues. Every oil has its own Target Organ; for example, Juniper oil targets the urinary tract and kidneys in particular, with secondary effects on the Digestive, Respiratory and Reproductive Systems. Chamomile Oil targets the Nervous System by way of which the oil can then exert a broad effect on many other body systems, such as the Digestive Tract.

Even when essential oils are inhaled only, say in the form of a steam inhalation for a cold or as a fumigator for a background "psychological" effect, the oils will be absorbed across the mucous membranes of the Respiratory Tract and lungs into the blood stream. The oil's effect can then travel around the body very rapidly.

If essential oils are taken orally, their absorption through the mucosa of the stomach and into the blood is very rapid. Very few essential oils are actually 'digested,' which is fortunate as their therapeutic principles may well be altered if this were the case.

The reason why oils behave in this manner in the body is that the molecules of which they are composed are organic molecules and very small indeed.

Essential Oil Safety

Essential oils can be powerful, so always follow some safety guidelines.

Do you always need to dilute essential oils before using them on your skin? It depends on the oil and your sensitivity to it. For an overall massage, you always want to dilute essential oils, but you can apply some oils to small areas without dilution. If in doubt, dilution is a good idea.

Because essential oils contain no fatty acids, they do not become rancid as do vegetable oils. However, protect essential oils from the degenerative effects of heat, light, and air by storing them in tightly sealed, dark glass bottles away from heat and light. Most properly stored therapeutic-grade oils maintain their quality for years, although citrus oils have a shorter shelf life.

1. Always read and follow all label warnings and cautions.
2. Keep oils tightly closed and out of the reach of children.
3. Skin test oils before using. Dilute a small amount and apply to the skin on your inner arm. Do not use if redness or irritation occurs.
4. If redness, burning, itching, or irritation occurs when using an essential oil, stop using it immediately. Flush the area with carrier oil.
5. Keep oils away from eyes and mucous membranes. If essential oil gets into eyes, flush with carrier oil immediately (water may not remove essential oils).
6. Consult a professional before using any essential oil while pregnant.
7. Bergamot, orange, and all citrus oils make skin more sensitive to ultraviolet light. Do not go into the sun with these oils on your skin.
8. If you have any medical condition, certain oils may be inappropriate. Get professional advice.
9. Don't buy perfume oils thinking they are the same thing as essential oils. Perfume oils do not offer the therapeutic benefits of essential oils. **Be selective of where you purchase your essential oils.** The quality of essential oils varies widely from company to company.

Allergies or Sensitivities to Essential Oils

Are you concerned about allergies or sensitivities to essential oils used in aromatherapy? To help you understand what might be happening, I adapted the following information from "Sensitivities to Essential Oils" by David Stewart, PhD, DNM, from [The Raindrop Messenger, a free e-newsletter](#).

You can be sensitive to essential oils in a couple of ways, but an allergic reaction is not one of them. Allergies are erroneous immune responses to proteins, peptides, and amino acids - all nitrogen compounds, none of which are found in essential oils.

You can have an allergic reaction to a vegetable oil, such as olive, corn, peanut, walnut, almond, etc., because these oils are cold-pressed and can contain small amounts of proteins. Some essential oil blends on the market also contain one of these carrier oils. So read your labels. What may appear to be an allergic reaction to a blend of essential oils may be due to a carrier oil in the blend.

You can also have an allergic reaction to citrus oils, which are cold pressed from the rind, rather than steam distilled.

Some oils are extracted by solvents, such as onycha, jasmine, and neroli. Strictly speaking, they are not true essential oils. Technically, they should be called absolutes. You can have a true allergic reaction to solvent-extracted oils because, like the citrus oils, they have not passed through a distillation process and can contain traces of proteins, peptides, or amino acids.

Because of the nature of distillation by heat, steam, and water that true essential oils must undergo, they do not contain the necessary compounds to trigger allergies because these compounds do not pass through the distillation process.

Hot Oils

Some oils are naturally hot, such as oregano, thyme, mountain savory, cinnamon, and cassia. If burning or irritation occurs to the skin from such oils, promptly rub vegetable oil over the essential oil. The same thing applies if you get an essential oil in your eyes. Don't use water; use a vegetable oil for immediate relief. Pour it directly in the eyes.

Detox Reactions

As for sensitivities to essential oils that produce a skin rash or other allergic-like symptoms such as headaches or nausea, this is always a detox reaction. While allergic reactions get worse and worse with each exposure to the offending substance (allergen), detox reactions eventually get less and less severe with each exposure to an essential oil until it disappears completely once the toxins are cleared from the system.

If you have a detox reaction from an essential oil, back off from using oils for a while and increase your water intake and, perhaps, get into a cleansing routine for a month or so, going light on the use of essential oils for a while. With this kind of sensitivity, the oils are detoxing you too rapidly for the colon and kidneys to handle, so the toxins come out through the skin as the third avenue for excretion. It is better to keep the rate of detox down to levels that are flushed out through the kidneys and colon, if possible.

Adulterated Oils

One other source of sensitivity that may be blamed on essential oils actually has to do with perfume and food grade oils. True therapeutic grade essential oils are grown organically, harvested in proper ways and times, distilled gently at minimum temperatures and pressures, and bottled without any ingredients removed or added. However, some aromatic oils sold in retail stores and other places are perfume or food grade oils.

A true therapeutic grade essential oil contains hundreds of compounds, all necessary in a proper balance for them to possess healing power. Only a few of these compounds contribute significantly to aroma and/or taste. When essential oils are used for fragrances or flavors, the only compounds that matter to commercial users are the ones that have smell or taste. Hence, fragrance and food grade oils are always incomplete in their composition, containing only part of the chemical profile of a complete therapeutic grade oil. Furthermore, they are usually adulterated with synthetic compounds or diluted with petrochemicals to increase their volume and profitability.

You can have reactions to such oils, but these are not reactions to true essential oils. Such reactions are due to the adulterants in the oil.

For more information about essential oils, reactions to them, and allergies, see [Chemistry Of Essential Oils Made Simple](#).

Internal Use of Essential Oils?

Is it safe to take essential oils internally? It's a controversial topic.

First, some background. The world of aromatherapy has three main schools of thought:

- The British school teaches the dilution of essential oils and their application (often through massage) for relaxation and balancing. Almost everyone who follows this line of thought advises against taking essential oils internally.
- The German school relies mostly on the aroma of the oils, rather than direct application.
- The French school treats essential oils as medicine, including internal use of essential oils.

Many people believe that essential oils Generally Regarded As Safe (GRAS) or certified as Food Additives (FA) by the FDA may be safely taken internally as dietary supplements, as long as the oils are therapeutic-grade.

If you are considering internal use of essential oils, follow these guidelines:

- Know why you want to use the oil and what you expect from it.
- Make sure the essential oil is GRAS or approved as a food additive.
- Make sure you use only therapeutic-grade essential oils. A lesser quality oil may be harmful or ineffective.
- Use common sense. Essential oils are potent. One drop may be enough. You can overdose on anything. Discontinue use if you feel any adverse effect.

In this e-book, except for cooking, I am not going to recommend taking essential oils internally, but will note that I have found a drop of peppermint oil to do wonders for digestive upset. Consult a professional and make your own decision.

Therapeutic-Grade Essential Oils

For best results using essential oils, you want to use high-quality or therapeutic-grade essential oils. What makes a therapeutic-grade essential oil?

- Growing the proper variety of plants on uncontaminated land.
- Using proper cultivation methods.
- Harvesting with knowledge and care. For example, the time of the day that a plant is harvested can affect its quality.
- Extracting the oils in the proper way.
- Testing the oils to make sure they contain the desired components.

Steam distillation is the most common way to extract essential oils; however, distillation is as much an art as it is a science. Subtle differences in distillation equipment and processing conditions can translate into huge differences in essential oil quality.

I have come across sources that say that only 2% of the essential oils sold in the United States are therapeutic grade.

For more details about therapeutic grade oils, see chapter 5 of the [Essential Oils Desk Reference](#).

Skin, Hair, and Nail Care

Using essential oils for skin, hair, and nail care avoids the possibly toxic ingredients in many products on the market. [Making Aromatherapy Creams and Lotions: 101 Natural Formulas to Revitalize & Nourish Your Skin](#) recommends the following essential oils as a starting point:

- For oily skin: cypress, lemon, tea tree
- For dry skin: carrot seed, helichrysum, rose
- For normal skin: geranium, lavender, myrtle
- For sensitive skin: German chamomile, lavender, neroli

Note: Lemon and other citrus oils increase your skin's sensitivity to sun.

Skin Care Aromatherapy Recipes

Dry Skin Wash

Mix with 2 tablespoons of avocado oil:

10 drops sandalwood oil
10 drops bois de rose oil
10 drops lavender oil

Moisturizing Cream for Dry Skin

4 fl. oz. almond oil
3 fl. oz. rosewater
1/2 oz. beeswax
10 drops rose
5 drops lavender
4 drops bergamot
8 drops patchouli
8 drops sandalwood

Melt the wax and the almond oil in a double boiler. Reduce the heat and add the rosewater gradually in a thin stream, while vigorously stirring the mixture. As soon as the water is incorporated, remove from heat. After the mixture cools and turns creamy, stir in the essential oils.

Toner for Normal Skin

Add the following essential oils to 2 fluid ounces of distilled water:

6 drops lavender
1 drop clary sage
1 drop chamomile
4 drops lemon

Pour into a spray bottle. Essential oils and water will separate, so shake the bottle vigorously before spraying this refreshing blend onto clean skin.

Reviving Face Mask

Mix with 1 tablespoon of iced water:

2 drops petit grain oil
2 drops lemon oil
2 drops ylang ylang oil

Mix with enough crushed almonds to make a paste. Apply as a face mask. Let dry, then rinse off.

Oily Skin Facial Mask

Mix 3 tablespoons of white corn meal and almond meal (freshly ground raw almonds are better). Add the following essential oils:

10 drops lavender
5 drops bergamot
3 drops of clary sage

Add enough rosewater or orange flower water to make a wet paste. Using circular motions, gently massage the mixture onto your face, avoiding the soft tissues under the eyes. Leave the mixture on for 15 minutes, and then rinse off with warm water. Finish the treatment by splashing cold water on your face to close your pores.

Problem Skin Wash

Mix with 1 tablespoon of borage oil and 1 tablespoon of flaxseed oil:

10 drop myrrh oil
10 drops Palma Rosa oil
10 drops frankincense oil

Acne

If you want to use essential oil for acne, start with tea tree oil. You can dab it directly on a blemish. A study published in the *Medical Journal of Australia* showed tea tree oil to be just as effective as benzoyl peroxide for treating acne.

Other oils that you can dab directly on blemishes are lavender and bergamot. If you use bergamot, avoid sun exposure for 24 hours after applying the oil to your skin.

Clove Oil is very potent and has both burning and purifying properties, so always blend it with carrier oil before applying it to acne.

Rosewood Oil works best on oily skin by helping reduce sebum production. If you have dry or sensitive skin, do not use rosewood oil due to its strong drying properties.

For an acne treatment blend, mix 0.75 oz of jojoba oil with:

8 drops tea tree
6 drops bergamot
4 drops lavender

Apply to face every evening, massaging around the pimple.

Mix recipe with cream for daytime use (never go into sun while using this blend). You can also add a few drops of carrot oil to the mixture.

Hair Care

Try the appropriate aromatherapy hair care remedy recipe by adding the essential oils to your shampoo.

Normal Hair

3 drops lavender
1 drop rosemary or lemon

Oily Hair

3 drops juniper
5 drops lavender
2 drops rosemary

Dry Hair

2 drops ylang ylang
2 drops juniper

Dandruff

4 drops lavender
2 drops tea tree

Hair Treatment

Mix with 1 tablespoon olive oil:

2 drops rosemary oil
1 drop lavender oil
1 drop bay oil

Use to massage scalp or apply to hair and rinse.

Hair Loss (Alopecia)

A [randomized double-blind](#), placebo-controlled trial of 86 people with alopecia using thyme, lavender, rosemary, and atlas cedarwood essential oils concluded that aromatherapy is a safe and effective treatment for this kind of hair loss.

To stop hair loss, [Aromatherapy: A Complete Guide to the Healing Art](#) recommends basil, cedarwood, peppermint, rosemary, spikenard, and ylang-ylang essential oils and this hair growth formula:

50 drops (1/2 teaspoon) rosemary (or a mix of the suggested oils)
1/2 cup aloe vera gel
1 tablespoon apple cider vinegar
1 tablespoon jojoba oil

Blend in a container and label. Use nightly. Shake well and massage a little into scalp for 10 minutes.

Note: If you have high blood pressure, use rosemary with caution as some sources believe it may raise blood pressure.

Jojoba oil is an herbal remedy for hair loss that has been used successfully in people who suffer from skin conditions. Aloe vera was used by Native Americans and people in the Caribbean and India to maintain healthy hair and prevent hair loss.

Nail Care

Thanks to [The Very Essence newsletter](#) for these nail care recipes.

Quick Nail Growth Oil

10 drops frankincense
10 drops lemon
10 drops myrrh

Combine all essential oils in a small vial or bottle.

How to use: Apply with a tiny paintbrush to bare nails twice a day.

Nail Butter

2 tablespoons beeswax
2 tablespoons cocoa butter
3 tablespoons jojoba oil
1 tablespoon grapeseed oil
4 drops each: rose, carrot, rosemary, geranium, and sandalwood essential oils

Combine beeswax, cocoa butter, and jojoba oil in a double-boiler and warm on low heat until cocoa butter and beeswax melt. Remove from heat and add the essential oils. Stir well. Let cool slightly and pour into jars.

How to use: Use a Q-tip swab or orange stick to get a small amount of the cream from the jar. Apply to nails and massage with your fingers.

Aromatherapy Baths

An aromatherapy bath can be a great way to relax. You can even make your own bubble bath:

1 cup distilled water
1/4 cup unscented liquid castile soap
2-1/4 teaspoons liquid glycerin
3 drops essential oil of your choice

Mix all ingredients in a container and then pour under running water in tub.

Make Your Own

To make your own aromatherapy bath, you just need to know a few aromatherapy bath basics:

- Use only non-irritating essential oils in the bath.
- If in doubt about any essential oil, first spot test it on your skin.
- Blending essential oils with carrier oil or milk before adding to the bath will help the oils disperse better in water.
- If you are pregnant or have a medical condition, consult a professional healthcare practitioner.

Easy Aromatherapy Bath Recipes for Women

Blend the essential oils with one teaspoon of carrier oil or milk and add the blend to your bath.

PMS Relief Bath

5 drops bergamot
3 drops geranium
1 drop rose

For PMS Fluid Retention

2 drops lavender
4 drops juniper.

PMS Mood Improvement

2 drops neroli
2 drops clary sage
2 drops ylang-ylang
a handful of sea salt.

To Relieve Water Retention

3 drops cypress
2 drops lemon
1 drop peppermint

For Cystitis

3 drops sandalwood
3 drops tea tree oil
1 drop chamomile

For Yeast Infection

6 drops lavender
4 drops tea tree oil

To Relieve Hot Flashes

4 drops geranium
2 drops lemon
1 drop peppermint

The following aromatherapy bath recipes are adapted from [The Very Essence newsletter](#).

Bath Melts

1/4 cup cocoa butter
2 tablespoons sweet almond oil
10-20 drops essential oil (lavender, clary sage, or chamomile)
4 oz. jar
tissue paper (optional)
candy or soap molds

Put cocoa butter in a glass measuring cup; place measuring cup in a frying pan that has 1-inch of hot water (not boiling) in it. Turn burner on low.

Use a popsicle stick to stir every couple minutes until cocoa butter is just melted, 5-10 minutes. Add almond oil and stir. Turn off burner and remove measuring cup from frying pan.

Let mixture cool slightly, then add essential oils.

Place the soap or candy molds on a cutting board or cookie sheet. Carefully pour the mixture into the molds. Lift cookie sheet/cutting board with molds (prevents spilling) and put it in the freezer for 15-20 minutes or until bath melts have solidified all the way through. Do not allow to freeze or they will crack.

Remove solidified melts from freezer, and pop the melts out of the mold. Optional: wrap each bath melt in tissue paper before putting them into the jar.

How to use: Place one or two (depends on how strong an aroma you want) bath melts in a hot bath and enjoy!

Aromatherapy Bath Salts

1 cup of Epsom Salt or Sea Salt
5-10 drops essential oil (see blend ideas below)
8 oz. jar/container

In a small bowl, mix together all ingredients until essential oil is evenly dispersed. Fill jar and label.

How to use: Add 1/4 to 1/3 of a cup to hot bath water. Optional: Add 1 tablespoon yogurt and 2 teaspoons honey to your bath also.

Skin Softening Aromatherapy Bath Blend

6 drops geranium
6 drops frankincense
3 drops myrrh

Soothe Anxiety Blend

10 drops lavender
6 drops ylang ylang
4 drops bergamot

Limber Limbs Arthritis Blend

8 drops juniper
8 drops lavender
4 drops cypress
3 drops rosemary

Aromatherapy Massage

Of course, there are plenty of options for aromatherapy massage. Here are just three recipes.

Although these aromatherapy massage oil recipes use almond and jojoba oils, you can substitute other carrier oils as desired. Mix oils together in a tightly capped bottle. Shake well before using.

Relaxing Massage Oil

8 tablespoons almond oil
2 tablespoons jojoba oil
20 drops sandalwood essential oil
15 drops lavender essential oil
5 drops clary sage essential oil

Clary sage makes this blend good for cramps, PMS, and menopause discomforts.

Uplifting Massage Oil

8 tablespoons almond oil
2 tablespoons jojoba oil
20 drops lavender essential oil
8 drops basil essential oil
4 drops lemon essential oil
4 drops pine essential oil
1 drop nutmeg essential oil

Passion Massage Oil

8 tablespoons almond oil
2 tablespoons jojoba oil
25 drops sandalwood essential oil
10 drops ylang ylang (or jasmine) essential oil
5 drops patchouli essential oil

[More aromatherapy massage oil recipes.](#)

Cleaning with Essential Oils

Using essential oils for cleaning lets you avoid the possibly toxic ingredients of commercial cleaners.

When mixing sprays, use distilled or filtered water because the chlorine in tap water will deteriorate essential oils. Always shake well before spraying.

Kitchen Deodorizer

In a spray bottle, combine 4 ounces of water with 20 drops lime essential oil, 10 drops cedarwood essential oil, and 5 drops eucalyptus essential oil.

Kitchen Surface Cleaner

For a final rinse, combine 2 pints water with 5 drops bergamot essential oil, 3 drops lemon essential oil, 1 drop eucalyptus essential oil, and 1 drop thyme essential oil.

Kitchen Floor Cleaner

For a final rinse, combine 2 pints water with 4 drops pine essential oil, 3 drops lemon essential oil, and 2 drops niaouli essential oil.

All-Purpose Cleaning Spray

Mix 2 parts filtered or distilled water with 1 part white vinegar and about 10 drops of lavender essential oil.

Scouring Gel

Mix 2 parts natural dish soap with 1 part baking soda and several drops essential oil of your choice. Place all ingredients in a squeeze bottle and shake.

Tip: When wiping down surfaces, you can just add a few drops of lemon essential oil to your sponge or cloth.

Air Fresheners

The problem with many scented air fresheners on the market is that they use inferior grade scents or essential oils. You can easily make your own aromatherapy air freshener.

When making and using a spray, always shake well before each use to thoroughly mix the water and oils. Also, use distilled or filtered water.

Room Cleansing Spray

In a spray bottle, combine 1/2 cup water, 30 drops bergamot, 25 drops lemon, and 5 drops peppermint.

Antimicrobial Room Spray

In a spray bottle, combine 1/2 cup water, 30 drops lemon, 20 drops thyme, and 10 drops eucalyptus.

Invigorating Spray

In a spray bottle, combine 1/2 cup water, 6 drops bergamot essential oil, cedarwood essential oil, and 3 drops rosemary essential oil.

General Air Freshening

In a spray bottle, combine 1/2 cup water with one of the following blends:

- 20 drops grapefruit essential oil, 15 drops geranium essential oil, and 10 drops pine essential oil
- 20 drops lime essential oil, 20 drops lemon essential oil, and 10 drops juniper essential oil

Sources: [Pure Scents for Well Being](#) and [Pure Scents for Vitality](#).

Spiritual Uses of Aromatherapy

Aromatherapy can help you contact the spiritual because it helps you focus and concentrate, relaxes mind and body, and opens the heart.

In [The Fragrant Heavens](#), Valerie Ann Worwood discusses the blocks that may prevent people from praying and communicating with divinity. For each of these blocks, she suggests some essential oils that may clear the block.

- Fear: frankincense, cypress, cedarwood, Roman chamomile, sandalwood, basil, ginger, bergamot, cinnamon.
- Guilt: jasmine, pine, rose otto, juniper, clary sage benzoin, clove.
- Unworthiness: frankincense, cedarwood, sandalwood, neroli, ylang ylang, clove, cardamom, mandarin, geranium.
- Unwillingness to receive: rose otto, neroli, roman chamomile, lavender, mandarin, orange.
- Inability to let go: pine, carnation, lemon, coriander, frankincense, cypress, cardamom, myrtle, juniper.

According to Worwood, "Which essential oils you use for spiritual purposes is very much up to you. This is a personal journey, and a matter of personal choice... For each person a fragrance will resonate at a different tone and rate. Find which oils or blends resonate with you and keep those fragrances close to your heart."

Worwood also discusses using essential oils for the chakras as a way to help balance body, mind, and spirit.

- Crown Chakra: neroli, rose, frankincense
- Brow Chakra: rosemary, juniper, hyacinth, lemon, pine, angelica seed
- Throat Chakra: chamomile, linden blossom, cypress, petitgrain, basil, peppermint, hyssop, rosewood, rosemary
- Heart Chakra: rose maroc, bergamot, melissa, ylang ylang, mandarin, tangerine, geranium, jasmine, lavender

- Solar Plexus Chakra: juniper, cedarwood, coriander, black pepper, lime, hyssop, marjoram, cardamom
- Sacral Chakra: sandalwood, clary sage, fennel, cardamom, elemi, benzoin
- Base Chakra: myrrh, patchouli, vetiver, rosewood, thyme, balsam de peru

Choose essential oils appropriate to your mind, body, spirit, and character.

If you are at all interested in the spiritual aspects of aromatherapy, I highly recommend [The Fragrant Heavens](#).

Another interesting book is [Aromatherapy for Healing the Spirit](#), which mostly looks at essential oils from a Traditional Chinese Medicine point of view. It also has a few pages about essential oils and astrology. Here's a brief summary:

Sun: Source of light and life; linked to the heart and circulatory system. Essential oils: rosemary, laurel, and frankincense.

Moon: Reflects yin energy; linked to digestion and nourishment, pancreas, and mammary glands. Essential oils: jasmine, coriander, and clary sage.

Mercury: Related to the nervous system, thyroid gland, and speech and hearing. Essential oils: fennel and caraway.

Venus: Pertains to the skin, parathyroid gland, and female reproductive system. Essential oils: rose, geranium, lemon, and benzoin.

Mars: Reflected in blood, muscles, adrenal glands, and male reproductive system. Essential oils: ginger, juniper, and other pungent essential oils.

Jupiter: Represents bodily growth, liver, and anterior pituitary gland. Essential oils: Hyssop and orange.

Saturn: Governs bones, posterior pituitary gland, and aging process. Essential oils: cedarwood.

Essential Oils as Aphrodisiacs

For centuries, people have used scents to seduce, arouse the body and mind, and set the mood for sex.

Let's look at essential oils that may act as aphrodisiacs:

- Cinnamon has been chosen in studies as a favorite scent by both men and women. Brian researcher Daniel Amen, MD, says that cinnamon is the most powerful aphrodisiac for men. Other spicy essential oils for sex include ginger and nutmeg.
- Jasmine is seductive and sedating. It has been used in India as an aphrodisiac for centuries.
- Patchouli is another Indian aphrodisiac. It has a balancing, grounding component in its earthy fragrance that helps to ease anxiety.
- Rose is harmonizing, comforting, and romantic. (Cleopatra seduced Marc Anthony with it.)
- Sandalwood is close to human personal scent and creates an exotic, sensual atmosphere.
- Vanilla. In the early 20th century, a sex researcher found that workers in a vanilla factory were constantly sexually aroused from being around the scent.
- Ylang ylang is sweet and exotic. It is used for impotency and frigidity.

Myrrh, myrtle, and neroli may also be good for aromatherapy in the bedroom. Because scent is such a personal preference, you may have to experiment to see what works best for you and your partner.

Creating Abundance with Aromatherapy

Here are some essential oil blends along with accompanying affirmations from aromatherapist Francoise Rapp to help you create abundance in various areas of life.

Abundance of Love

2 drops rose
2 drops jasmine
5 drops sandalwood

Affirmation: The divine presence within fulfills me with love. Love is present in all the steps of my life.

Financial Abundance

4 drops basil
3 drops peppermint
3 drops patchouli

Affirmation: I welcome the gifts of money and financial prosperity that come naturally to me. I live in a constant flow of financial abundance.

Joy and Happiness

5 drops orange
3 drops lemon
4 drops grapefruit

Affirmation: I am joy and all areas of my life are a reflection of pure happiness and growth.

Abundance of Health

3 drops lavender
4 drops sage
3 drops ravensara

Affirmation: My spirit enjoys all its gifts and I embody them. Health is a reflection of my inner emotions. I decide now to live joyfully and gracefully.

Cooking with Essential Oils

Cooking with essential oils is an alternative to using dried herbs and spices. Make sure you use only pure, high-quality oils.

Some essential oils may be too strong to use a whole drop. In this case, use the toothpick method: Place the end of a wooden toothpick onto the dropper of an essential oil bottle so that a little oil adheres to the toothpick. Then use the toothpick to stir the oil into the food or liquid.

- Add ginger, cinnamon, clove, or nutmeg to cookie dough using the toothpick method.
- Add lemon, orange, mandarin, or tangerine essential oil to a sponge or bundt cake recipe.
- Add peppermint or spearmint oil to chocolate cake, brownie, or frosting recipes.
- Add oregano, majoram, thyme, or basil to tomato sauces for pizza, spaghetti, or lasagna using the toothpick method.
- Add nutmeg, cinnamon, clove, or ginger essential oil to pumpkin pie or spice cake recipes.
- Make tea using lavender, Roman chamomile, orange, lemon, or peppermint. Mix 2 drops of the essential oil with 1 teaspoon blue agave and stir into cup of warm water.

Here are some resources to help you safely cook with essential oils:

[Culinary Corner: Cooking with Essential Oils](#)

[Cooking With Essential Oils](#)

[How to Cook with Essential Oils](#)

[The Essential Oil Cookbook](#)

Aromatherapy Suggestions for Specific Conditions

The following suggestions do NOT replace the advice of a qualified healthcare practitioner. Use common sense and consult a professional as appropriate.

Some oils may work better for you than others. Some people may have adverse reactions to certain oils. You may need to experiment with different oils to find which ones are most effective for you.

Sources used:

[Aromatherapy for Dummies](#)

[Aromatherapy Massage](#)

[Aromatherapy: A Complete Guide to the Healing Art](#)

[Healing With Aromatherapy](#)

[Pure Scents for Well Being](#)

[Essential Oils Desk Reference](#)

Adrenal Fatigue

You can use the following essential oils for adrenal fatigue:

- Spruce essential oil (and also Canadian black spruce) may support depleted adrenal glands. You can add it to blends and apply it to the skin over the adrenal area.
- Pine essential oil has been called one of the most effective oils for fatigue. You can blend this oil with Black Spruce for a synergistic effect on adrenal function.
- Cedar oil from Atlantic cedarwood can gently stimulate the body's metabolism. Unlike the regenerating effect of the spruce and pine essential oils, cedar oil can provide a long lasting stimulation.
- Peppermint essential oil has a clarifying and uplifting aroma. As with cedar, add it to adrenal formulas for mild stimulation and mental clarity.
- Citrus oils such as orange, bitter orange, lemon, and lime are considered to uplift and bring about a light attitude. Because these oils also have a relaxing effect, they can lower stress levels - the primary culprit of adrenal fatigue.

For regenerative support without any actual stimulation, mix 25 drops black spruce and 25 drops pine essential oils in one ounce of hazelnut oil. To use, rub over the kidney area one to three times daily.

For a gently stimulating body oil blend:

50 drops spruce
50 drops pine
25 drops cedar
25 drops of a citrus oil of your choice
4 ounces hazelnut or other carrier oil

Use this blend over all your body after a shower. Caution: Do not apply to areas that will be exposed to direct sunlight in the following two days.

Adapted from [Fighting Adrenal Fatigue With These Easy Essential Oil Blends](#) by Misty Rae Cech, ND, owner of [Ananda Apothecary](#).

Arthritis

Many types of arthritis exist, but they all have one thing in common: inflammation and pain in the joints. Essential oils can often help lessen that inflammation and pain.

Aromatherapy Bath for Arthritis

3 drops rosemary
3 drops marjoram
2 drops ginger

Add essential oils to your hot bath and enjoy the soak. You can also just soak your feet or hands in a basin of water with one drop of each of those oils.

Blend for Joint Pain

10 drops black pepper
2 drops rosemary
5 drops marjoram
5 drops lavender

Dilute the essential oils 50/50 with a carrier oil and rub into the joints.

Athlete's Foot

For athlete's foot, tea tree oil works against fungus. Add a few drops to a washcloth and wash and thoroughly dry your feet.

Here are two other suggestions.

Foot Powder

Place 1/4 cup cornstarch in a plastic bag, then add

25 drops tea tree or eucalyptus oil

8 drops clove oil

8 drops peppermint oil

Close the bag and mix well with your fingers (through the outside of the bag). Apply as needed to your feet.

Essential Oil Blend for Athlete's Foot

8 drops tea tree

4 drops peppermint

2 drops mountain savory

Blend essential oils with a carrier oil and apply to feet.

Be sure to keep your feet as cool and dry as possible to present an inhospitable environment for fungus.

Also consider an overall yeast/fungus eradication program--consult a naturopath or other holistic healthcare practitioner.

Blood Pressure

Aromatherapy for high blood pressure can be a useful addition to your program of stress management, good nutrition, and exercise.

First, if you have **high blood pressure**, it is generally recommended that you AVOID some essential oils:

- hyssop (contains pinocamphone)
- rosemary (very stimulating)
- sage (contains thujone)
- thyme (may increase blood pressure)

You can use the following essential oils to help lower blood pressure:

- ylang ylang
- clary sage
- lavender
- lemon
- orange
- geranium

Diffuse an oil or sniff it directly. Aromatherapy massage using these oils is also great, especially since massage itself often lowers blood pressure.

For a bath oil, blend 4 drops geranium and 1 drop orange essential oil in 1 teaspoon carrier oil and add to your bath.

If you are trying to avoid or get off medication, be sure to work with your doctor. For a research study, see [The Effect of Aromatherapy Treatment on Raised Arterial Blood Pressure](#).

If you have **low blood pressure**, sniffing cypress or rosemary essential oil may raise your blood pressure. *Aromatherapy for Dummies* suggests the following aromatherapy chest rub:

12 drops rosemary essential oil
5 drops geranium
4 drops cypress
1/4 cup white wine

Blend all the ingredients in a clean jar and rub on chest once a day. Store away from light and heat.

Cellulite

Combine the following oils and rub directly on cellulite once a day.

5 drops cypress
5 drops geranium
5 drops grapefruit
5 drops bergamot
2 drops juniper
2 drops fennel
2 ounces vegetable oil

(Apparently this essential oil blend is not pleasant smelling.)

You can also add 4-5 drops of any of these essential oils to a bath:
cypress, geranium, juniper, and mandarin.

Another blend:

10 drops grapefruit
5 drops lavender
3 drops helichrysum
3 drops patchouli
4 drops cypress

Blend 50/50 with a carrier oil.

Allow 4-6 weeks of daily use to start to see results. Exercise and a nutritious diet are also important.

Colds and Flu

To help prevent colds and flu, diffuse eucalyptus essential oil to clean and purify the air.

Another prevention option is to take a "winter bath" once or twice a week with an aromatherapy blend to boost your immune system. Add the following essential oils to two teaspoons organic vegetable oil:

15 drops ravensara
8 drops rosemary
6 drops thyme.

Pour a package of Epsom Salts into a bathtub of water and add the blend. Soak in the bath for at least 20 minutes to breathe in the vapors, adding more hot water as needed for steaminess. When you get out of the bath, wrap yourself warmly and have a hot herbal tea prepared with echinacea and ginseng.

Aromatherapy for Colds

Do you already feel a cold coming on? To help relieve the sore, achy feeling, take a hot bath with the following aromatherapy recipe once or twice a day:

15 drops ravensara
10 drops of rosemary
8 drops thyme
8 drops eucalyptus

Blend with two teaspoons organic vegetable oil.

Pour a big package of epsom salts into the bathtub and add your aromatherapy blend. Soak in the bath for at least 20 minutes to breathe in the vapors, adding more hot water as needed for steaminess. When you get out of the bath, wrap yourself warmly, and then have a hot soup such as Miso Green Onion, Hot and Sour, or good old Chicken Soup.

Other essential oils you can use in a bath include cypress, peppermint, tea tree, lavender, cedarwood, and myrrh.

Steam

When your head is stuffed and congested or you can't stop coughing, use steam. Steaming lets warm, moist air into your head and lungs.

Pour boiling water into a metal or glass bowl, then add your essential oil. Drape a towel over your head and position your face 10-12 inches above the bowl, as the heat permits.

Essential oils you can use include cypress, eucalyptus, peppermint, tea tree, lavender, rosemary, and frankincense.

Sleep

To help you sleep with a cold, use a humidifier or vaporizer in the room. The humid air helps keep your air passages moist. Add some essential oil if your vaporizer has the proper insert for adding essential oils. If it doesn't, use a small ceramic dish next to the steam outlet (not over), close enough that the dish warms up from the steam, but does not block the steam's path.

You can also place a couple of drops of the oil on a cloth close to your pillow for an extra boost. Or use a diffuser.

Eczema

Essential oils for eczema: cypress, German chamomile, frankincense, geranium, juniper, lavender, melissa, or sandalwood. Blend with an unscented carrier oil or skin cream and apply two to four times a day.

Note: It's always a good idea to patch test any essential oil blend to make sure it's not irritating to your skin condition.

Another consideration: Cleansing the liver often helps clear up skin conditions. [Liver Health Tips](#).

Weeping Eczema

To make a compress for weeping eczema, add 4 drops birch essential oil to a bowl of cool water. Dip compress in the water and then apply to affected area. Reapply every 15 minutes.

Weeping eczema essential oil blend:

10 drops thyme
10 drops cajeput
1/2 ounce calophyllum
1 ounce rosehip seed oil

Apply to lesions 4 times a day.

Dry Eczema Essential Oil Blend

15 drops German chamomile
1/2 ounce calendula
one ounce aloe vera gel

Mix thoroughly and shake before use. Apply to lesions 4 times a day. (If the aloe vera gel is from a fresh plant, keep this blend refrigerated.)

Fibromyalgia

According to Linda L. Smith, Director of the [Institute of Spiritual Healing & Aromatherapy](#), the following essential oils are most useful in treating the symptoms of fibromyalgia:

For pain relief:

lavender, sweet marjoram, petitgrain, Roman and German chamomiles, clary sage, lemongrass, helichrysum, peppermint, ginger, and black pepper.

Lavender with peppermint and helichrysum is a good blend to use for inflammation. Other essential oils with anti-inflammatory effects include nutmeg, balsam fir, white fir, and wintergreen.

For stress/anxiety relief:

rose, frankincense, clary sage, sweet orange, bergamot, grapefruit, ylang ylang, sandalwood, neroli, sweet marjoram, petitgrain, tangerine, lavender, geranium, jasmine.

For peaceful sleep:

lavender, neroli, jasmine, marjoram, Roman chamomile, valerian.

For headaches:

lavender, peppermint, marjoram, basil, Roman chamomile.

For increased circulation:

geranium, ginger, black pepper, peppermint, lemongrass, rosemary.

For massage, blend up to 10 or 12 drops of essential oil in one ounce of carrier oil. Take into account the mental, emotional and spiritual effects of the oils, as well as their physical properties, to make the blend more appropriate for you. You might need to experiment with different blends before you find the one that works best.

You can also diffuse the essential oils or use them in the bath.

Insomnia

For a general insomnia massage, blend

6 drops bergamot
5 drops lavender
5 drops sandalwood
2 drops chamomile
1 drop frankincense
1 drop rose (optional)
2 ounces vegetable oil or lotion

You can also add one tablespoon of the above blend to your bath or add 5 drops of any single oil to your bath. Or put a few drops on a tissue and place it by your pillow when you go to bed.

Other possible essential oils for insomnia include marjoram, neroli, orange, and petitgrain.

Headaches

Before using essential oils, check with your healthcare practitioner to be sure your headaches are not caused by a serious medical condition.

- Lavender and sweet marjoram both help relieve the intensity of pain.
- Roman chamomile is generally soothing and relaxing.
- For sinus congestion related headaches, eucalyptus and peppermint have decongestant properties.
- Marjoram can be useful for headaches associated with menstruation.
- Melissa or rosemary may help relieve a migraine.

You can use the following aromatherapy recipes as a preventative measure and to help ease your pain. Add the essential oils to two teaspoons of carrier oil.

Blend #1: Aromatherapy for headaches due to negative emotions

3 drops Roman chamomile
8 drops lavender

Massage your forehead, temples, neck, and shoulders.

Blend #2: Aromatherapy for headaches due to muscular tensions

4 drops lavender
5 drops peppermint

Massage your forehead, temples, neck, and shoulders.

Blend #3: Aromatherapy for headaches due to nervous tensions

3 drops Roman chamomile
3 drops neroli
5 drops marjoram

Massage your forehead, temples, and solar plexus gently. Breathe in deeply and slowly. Pour 15 drops into your bath and soak for at least 15 minutes.

Memory

If you feel forgetful, and want to try aromatherapy to improve memory, sniffing or diffusing spicy essential oils such as cinnamon, cardamom, rosemary, peppermint, or basil may be helpful.

Memory-Improving Blend 1

10 drops lemon
5 drop rosemary
3 drops sage
1 drop cinnamon

Memory-Improving Blend 2

5 drops basil
10 drops rosemary
2 drops peppermint
4 drops helichrysum

To use these blends for massage, dilute with carrier oil.

Menopause

The essential oils most suggested to help balance hormones are lavender, neroli, rose, and geranium.

As a general menopause formula, use this blend to massage the solar plexus in a clockwise direction:

6 drops neroli
3 drops mandarin
2 drops clary sage
1 ounce carrier oil.

For a body lotion to help relieve the symptoms of menopause:

6 drops geranium
6 drops lavender
2 drops neroli
1 drop rose
1,500 units vitamin E
2 ounces of your favorite lotion, cream, or oil.

Hot Flashes

10 drops lemon oil
5 drops peppermint oil
2 drops clary sage oil
1 ounce aloe vera gel

Mix ingredients well. Dab or spray on your wrists, face, or neck when you feel a hot flash coming on.

Another option for hot flashes is to have a bottle of lavender essential oil with you at all times and dab it on your inner wrists or temples as needed.

Other essential oils that may ease hot flashes are basil or thyme. You can inhale, use in a bath or foot rub, or mix with massage oil. Or place a few drops of an essential oil on a tissue or cotton ball and place in plastic wrap. Inhale this portable hot flash remedy any time a flash strikes.

Essential Oils for Menopause Symptoms

Here are some suggested essential oils for relief of menopausal symptoms. Make a massage oil, use in the bath, or diffuse. Experiment to see which ones work best for you.

Anxiety - bergamot, chamomile, jasmine, lavender, ylang-ylang

Depression - bergamot, neroli, melissa

Emotional ups and downs - bergamot, chamomile, jasmine, neroli

Headaches - chamomile, lavender, peppermint

Fatigue - Energizing essential oils such as ginger or other stimulating oils such as peppermint or nutmeg.

Insomnia - lavender

Irritability - A grounding and balancing essential oil such as patchouli or a sedative oil such as cardamom.

Mood swings - Grounding and balancing essential oils such as patchouli or soothing essential oils such as lavender.

Night sweats - clary sage

Poor Memory - An energizing essential oil such as coriander or ginger.

PMS and Menstrual Cramps

If you want to try aromatherapy for PMS, single essential oils that might be useful are clary sage, sage, anise, fennel, ylang ylang, neroli, and bergamot.

PMS Massage

10 drops geranium oil
6 drops chamomile oil
3 drops clary sage oil
3 drops angelica oil
2 drops marjoram oil
2 ounces carrier oil

Blend the oils and use for either self-massage or massage from a friend or professional.

Relaxing PMS Relief Bath

Blend the following essential oils with one teaspoon of oil or milk and add the blend to your bath: 5 drops bergamot, 3 drops geranium, 1 drop rose.

If PMS has you feeling depressed or apathetic, try this bath blend:

5 drops bergamot
1 drop chamomile
1 drop rose
1 teaspoon oil or milk

Menstrual Cramps Muscle-Relaxing Massage Oil

12 drops lavender
8 drops ginger
4 drops marjoram
4 drops chamomile
1 ounce vegetable oil

Mix the oils and rub over the cramping area as needed.

Other essential oils that may relieve menstrual cramps are clary sage, geranium, jasmine, marjoram, melissa, roman chamomile, and rose. Add 8 drops essential oil to four teaspoons carrier oil for a massage. Or take a relaxing warm bath with 4 drops of added essential oil.

Pregnancy

For information about essential oil use during pregnancy, I'm going to refer you to two books:

[Aromatherapy and Massage for Mother and Baby](#)

[Aromatherapy During Your Pregnancy](#)

Varicose Veins

Varicose Vein Compress

3 drops chamomile
3 drops lavender
3 drops helichrysum
1 drop neroli
1 ounce distilled witch hazel

Mix ingredients. Soak a soft cloth in the solution, wring out, and apply to the varicose veins.

Varicose Vein Blend

3-4 drops geranium
1 drop wintergreen
1 drop cypress
1 drop helichrysum

Dilute with carrier oil and apply gently to varicose veins.

Pets and Essential Oils

Aromatherapy for pets can help get rid of bad odors, boost your pet's immune system, fight off bacteria and viruses, prevent yeast and mold growth, and repel insects.

You may also be able to treat mild ailments, such as skin inflammations, itchy skin ear infections, rashes, bad breath, flatulence, and motion sickness.

Precautions

When using aromatherapy for pets, remember that an animal's sense of smell is much more acute than yours. Tearing eyes, sneezing, pacing, or whining are all signs that aromatherapy is too overwhelming for your pet. Cats may lick themselves excessively and dogs may rub their head on the ground to escape the smell.

Also be aware that some pets may have allergies to essential oils. Use a mild solution at first and observe the results.

Always dilute essential oils before use. You can add a few drops of the essential oil to any base oil, such as almond oil, olive oil, and jojoba oil.

You can also dilute essential oils in distilled water in a spray bottle and mist the pet or the pet's bedding. Or use water and a mixture of aloe, witch hazel, or cider vinegar. The traditional recommendation with aromatherapy for pets is to use 20 to 30 drops of oil for each eight ounces of liquid. Any less might not be effective and any more might be toxic.

Cats

Some essential oils may be toxic to cats. Get more information at these sites:

<http://aspenbloompetscare.com/2005/10/using-essential-oils-with-cats.htm>

<http://www.healingtouchforanimals.com/essentialoils.htm>

http://naturalmedicine.suite101.com/article.cfm/do_essential_oils_kill_cats

http://www.suite101.com/blog/oilsdragon/essential_oils_and_cats

Flea and Tick Repellant

Essential oils are effective flea and tick repellents, nearly as effective as toxic sprays and powders. You can try these oils: peppermint, citronella, lavender, eucalyptus, lemon, geranium, bay, and myrrh.

Make your own flea and tick spray by combining about 25 drops of any of the suggested oils into eight ounces of water. Shake the mixture well and spray it on your pet, being careful to avoid the eyes. You can also spray this mixture anywhere that you think bugs may be breeding.

Reference: [Holistic Aromatherapy for Animals: A Comprehensive Guide to the Use of Essential Oils & Hydrosols with Animals](#)

Young Living Essential Oils

As I mentioned in the introduction, using high quality essential oils is important. I use and distribute Young Living Essential Oils because I am convinced of their quality.

Young Living's line of pure, therapeutic-grade essential oils and unique essential oil blends are sourced from the world's finest plants. The oils are not diluted with chemical and synthetic additives and are carefully prepared to maintain plant integrity.

The Young Living Therapeutic Grade (YLTG) Promise is that every essential oil Young Living distills or sources has the highest naturally occurring blend of constituents to maximize the desired therapeutic effect.

Please visit my [Young Living Essential Oils site](#).

You can purchase products as a customer, or if you are either interested in a business opportunity or want to receive wholesale pricing for yourself, you can sign up as a distributor by simply purchasing a Start Living Kit.

You can also [contact me for information](#), visit my [Aromatherapy and Essential Oils Blog](#), or [follow me on Twitter](#).

I welcome comments or suggestions about the content of this e-book

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