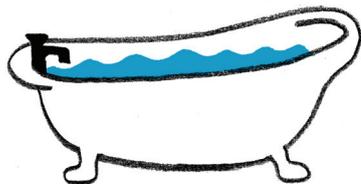


PRODUCT USAGE GUIDE

AROMATIC BATH



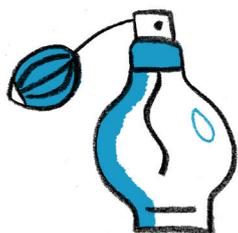
An easy, enjoyable way of using oils is to dilute 6-10 drops maximum of essential oil in a teaspoon of milk or vegetable oil and add to bath. Relax and inhale the vapour. For a child's bath or those with sensitive skin add 2 drops only and dilute in a teaspoon of milk or vegetable oil such as almond or grapeseed before adding to the bath. A footbath has many of the benefits of a full bath whilst saving time and water.

COMPRESS

Fill a basin with water, sprinkle in 4 drops of oil, dip a cloth in the water, squeeze out and apply. Compresses may be used hot for arthritic/rheumatic pain or cold for headaches, sprains etc.



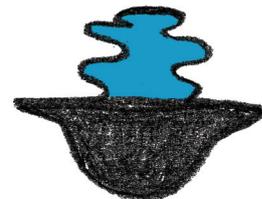
PERFUMES



Some oils such as Rose, Neroli, Jasmin, Patchouli, Sandalwood and Ylang Ylang can be used as perfumes. Dilute a few drops in a little carrier oil to apply

INHALATIONS

Add 2 to 4 drops of oil into a bowl of steaming hot water and inhale. Oils may also be inhaled by putting a few drops on a tissue.



VAPORISATION



In an oil burner the heat from a tea light candle can be used to vaporise a few drops of essential oil. Depending on the size of the room and ventilation add between 5 and 15 drops to the bowl of the burner and fill with water. Note: never leave a tea light unattended or beside curtains. Electric diffusers are available on our online shop.

MASSAGE



Often the most effective way of using essential oils is by massage. As the oil passes through the skin into the blood stream, the therapeutic actions of the oil and the massage combine together and enhance each other's effectiveness. Note: See below for dilutions

BLEND YOUR OWN MASSAGE OILS

Using pure essential oils and a vegetable carrier oils, you can make your own blend for massage or for a body oil

CARRIER / BLENDING OILS

SWEET ALMOND OIL (cold pressed and unrefined) This rich, nourishing oil makes an ideal base to which to add essential oil for body massage.

JOJOBA OIL (Cold pressed and unrefined) A liquid wax with a long shelf life, it has restorative properties, makes an excellent facial oil, good for dry skin. It is highly absorbent and deeply moisturising and also a good choice for muscle and joint massage blends.

IMPORTANT!

DIFFERENT COMPANIES USE DIFFERENT SIZE DROPPERS

Atlantic Aromatics supply oils with a dropper, which give a relatively small drop. This means the drops are easy to control, allowing specific dispensing and accuracy when following recipes. Most importantly this provides added safety.

QUANTITIES OF ESSENTIAL OILS TO USE ARE:

| <i>10ml carrier</i> | <i>50ml carrier</i> | <i>100ml carrier</i> |
|---------------------------|---------------------------|----------------------------|
| For 1% blend add 5 drops | For 1% blend add 25 drops | For 1% blend add 50 drops |
| For 2% blend add 10 drops | For 2% blend add 50 drops | For 2% blend add 100 drops |
| For 3% blend add 15 drops | For 3% blend add 75 drops | For 3% blend add 150 drops |

Note: When oil is already diluted e.g. Jasmin in light coconut, add a minimum of 25 drops to 10ml of carrier.

CORRECT DOSAGE/QUANTITY = SAFETY

Massage blends should be between 0.5% and 3% depending on the situation.

For young children, the elderly, during pregnancy and when dealing with skin conditions, use a smaller amount (generally 1% or less). For babies, approximately 0.5% (Lavender and Camomile are the two essential oils recommended for use with babies).

CAUTION

Essential oils are highly concentrated and potent and hence dosages should be strictly adhered to. During pregnancy specific oil applications should be used only under the guidance of a qualified Aromatherapist or medical practitioner. Apart from Camomile or Lavender, oils should not be used for babies (under 2 years) and infants (under 3 years). Oils should be diluted in vegetable oil before use in a child's bath in case they rub oil into their eyes. Oils should not be taken internally or, in most cases, applied undiluted to the skin. People with sensitive skins should dilute essential oils in vegetable oil or milk when using in the bath. Citrus oils such as Bergamot and Lemon should not be applied to the skin, even diluted in a massage oil, before exposure to strong sunlight or on a sun bed. A skin reaction could occur. Oils are inflammable and should be kept out of reach of children.

TIPS FOR PRACTICAL HOME USE...

SHOWER

A few drops (3-6) of citrus oil such as Lemon, Grapefruit, Mandarin, or Orange on the floor of the shower (away from the plug hole) makes a very refreshing start to the day. For an evening shower try Lavender or Camomile. Any of the oils good for respiratory ailments i.e. Tea Tree, Eucalyptus, Thyme (linalool) should be used in this way after or during a cold.

CAR

Keeping a bottle of a stimulating oil in the car can be very useful. Peppermint for instance is refreshing and good for nausea. A few drops on a tissue and inhaled is a simple and easy method of use. Alternatively, you can sprinkle a few drops on the carpet floor. This is also useful for dispelling unwanted odours. Ensure you select an oil that you like and avoid overly relaxing oils like Lavender and Camomile (not a good idea while driving!).

ROOM FRESHENER

Using an Atomiser and an empty bottle you can make an effective, natural room freshener. Choose oils with fresh and zesty aromas e.g. Bergamot, Grapefruit, Lemon, Mandarin, May Chang Summer Blend or Orange. Blend the oils in water or in a floral water (5ml essential oil into 100ml of water is a good strength). Always shake vigorously before using to disperse the oil. To help promote restful sleep or to calm overexcited children use Camomile or Lavender; For a party - Orange, Sandalwood or Ylang Ylang; For a sick room – antiseptic oils like Lemon or Tea Tree; For study – Basil or Rosemary.

MATTRESS

We generally don't clean mattresses. When changing the bed sheets and turning the mattress, 10-20 drops of Lavender and / or Tea Tree oil will freshen and help deter unwanted inhabitants!

MOP

To freshen up the mop add 4-6 drops of Citronella, Lemon, Lemongrass or May Chang Summer Blend to the water in the bucket.

CLOTHES FRESHENER

Whilst ironing, use the atomiser to spray Lavender Water or Rosewater, this will lightly scent and freshen clothes

HOOVER

To freshen up the house, put 10 drops of Lemon, Lemongrass or other strong smelling oil of your choice onto the filter inside your Hoover. As soon as you turn on the machine you get a wonderful fresh smell as you move around the house or office. Citronella oil is a good choice during the summer months to help deter insects.

DISHCLOTH & FRIDGE

Dishcloths and sponges can become a little stinky. Rinse cloth thoroughly and add a few drops of Lemon oil. Rinse again lightly, this will freshen and disinfect. Wiping out the fridge with this will help dispel unpleasant odours

RADIATOR

A few drops of oil on a tissue put over the radiator gives an instant aroma in a room. This is useful with elderly people or young children (where the flame from a burner could be a concern), or when you are travelling, B&B, Hotel etc. Lavender and Camomile are good for bedrooms, whereas Bergamot or other citrus are livelier and suit the rest of the house

STORAGE

Essential oils will keep for at least a year (and in most cases longer) provided they are stored in a cool dark place.