

HOW TO USE ESSENTIAL OILS AROMATICALLY



1

AROMATHERAPY DIFFUSER



Diffuse 4-10 drops of essential oils in the morning, throughout the day, or right before going to bed.



QUICK INHALATION FROM PALM

2

Place a drop in your palm, rub the palms together, bring palm to nose and inhale the aroma.

3

SHOWER AROMATHERAPY



Drip 2-3 drops onto the floor of a hot shower, away from the water path. The steam will disperse the aroma.



ROOM SPRAY & AIR FRESHENER

4

Make a homemade room spray using 6-10 drops of essential oil per 1 oz of water. Shake well before spraying into the air.

5

AROMATHERAPY INHALER



Add 6-15 drops of essential oils to an aromatherapy inhaler, breathe in the scent.



Of Aromatherapy Blends How To Use Essential Oils And Flower Remedies

D Kirk



Of Aromatherapy Blends How To Use Essential Oils And Flower Remedies:

Whispering the Secrets of Language: An Emotional Journey through **Of Aromatherapy Blends How To Use Essential Oils And Flower Remedies**

In a digitally-driven world wherever screens reign great and immediate transmission drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words usually get unheard. However, situated within the pages of **Of Aromatherapy Blends How To Use Essential Oils And Flower Remedies** a fascinating literary prize pulsating with fresh thoughts, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within ab muscles material of each and every word. Within the emotional depths with this moving evaluation, we will embark upon a genuine exploration of the book is primary styles, dissect its charming writing design, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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