

# How To Use Essential Oils



for more information contact

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Authorised Distributor for Young  
Living Essential Oils

## **1. Direct Application**

- Apply directly to the skin. Dilute oils if necessary.
- Oils penetrate skin. Rapid absorption delivers benefits throughout the body within minutes.
- When trying new oils, always test a small area of skin before applying over the body

## **2. Direct Inhalation**

- Put several drops into the palms of your hands or on a tissue.
- Cup your hands over your nose and mouth.
- Breathe deeply.

## **3. Massage**

- Mix 10-12 (5 for children) drops of your favorite essential oils with one ounce of massage oil base or V-6 Vegetable Mixing Oil and apply to the body.
- Use pre-mixed massage oils - Ortho ease, Ortho Sport, or Sensation Massage Oils.
- Try the Raindrop Technique.

## **4. Wear As A Perfume Or Cologne**

- Apply pure, natural essential oils.
- The oils are superior alternatives to synthetic fragrances and deodorants.

## **5. Personal Care Items**

- Young Living shampoos, toothpaste, lotions, creams, and scrubs are infused with benefits of therapeutic-grade essential oils.
- Cleanse, refresh, and rejuvenate with gifts from nature - essential oils.

## **6. Bath**

- Add 2-3 drops of essential oils to the special Bath Gel Base.
- Apply the mixture to warm bath water.
- Try the Aqua Essence Bath Packs. Just open a drop into your tub.

## **7. Difusing**

- Set a mood or cleanse the air with mists of beauty and protection.
- Young Living's diffuser is specially designed to disperse a fine mist of essential oils into a room.
- The diffuser will not heat or burn the oils, ensuring the full benefits of therapeutic-grade essential oils.

## 8. Humidifier/ Vaporizer

- Lavender Oil is ideal for nursery or baby's room to soothe and calm with a beautiful aroma.
- Oils such as Peppermint, Lemon, or Frankincense are other favorites to use in the vaporizer.

## 9. Dietary Supplements

- High quality nutritional blends are essential to your daily diet.
- Young Living supplements are infused with the benefits of therapeutic-grade essential oils.
- Always consult with a health professional before consuming essential oils directly from the bottle.

## 10. Create A Compress

- Rub 1-3 drops of oil on desired location.
- Cover the area with a hot, damp towel. Cover the moist towel with a dry towel.
- If a burning sensation occurs, apply V-6 Vegetable Mixing Oil or any pure vegetable oil to the location.

## 11. Cleaning

- A Few drops of essential oil may be added to the dishwasher or washing machine to add a clean, fresh smell.
- Some essential oils create an environment that is unfriendly to germs and bacteria.
- Favorites include

## 12. Cooking

- Many essential oils make excellent food flavorings. Only one to two drops is equivalent to a full bottle of dried herbs. To maximize their benefits, add them after cooking, to avoid undue heat.

It is not our intent, to diagnose, prescribe, make medical claims, to practice medicine in any form, or to encourage anyone else to do so unless they are properly licensed to perform such functions. For these things you need to see a physician or other appropriate licensed health care professional. Healing is a holistic spiritual term, not a medical one.