



Aromatherapy User Guide

SAFE HANDLING AND STORAGE

Hygieia Aromatics essential oils are 100% pure and high quality. They are safe when used as directed. Their quality and purity make them very potent. Handle with care. Avoid getting into eyes. Keep away from children and vulnerable adults. Clean up spills promptly. Work in well ventilated area. Always test topical preparations on inside of elbow to determine sensitivity. Always use Hygieia Aromatic essential oils according to this guide.

Essential oils should be stored in original amber glass containers, away from heat and light. Caps should be tightly closed when not in use. When stored properly, essential oils have a shelf life of several years.

APPLICATION METHODS

Inhalation Applications

Cotton/Tissue: Place up to 4 drops on cotton ball or tissue. Pin on clothing or place inside a pillow case. Cotton ball/tissue can be placed on fan or vent blow aroma into the room. Place 10-20 drops on cotton and place in a small jar, open and inhale when needed.

Hands: Drop up to 2 drops into palm, briefly rub hands together and cup hands over mouth and nose. Take several deep breaths. This is a direct method of inhalation that should be used in emergencies or when fast action is needed.

Baths: Add 10 drops to a warm bath just before bath time. Warm steam will diffuse aromas for inhalation and essential oils will also penetrate skin.

Spray: Spray aromatic sprays into air or on linens or clothing. 12 drops can be added to 240 ml (about 8 oz) of water. Bottle needs to be shaken vigorously before each use. Spray several pumps into atmosphere.

Topical Applications

Massage: Use 1-3% for full back to full body. Use up to 6% for smaller area such as neck, hands or feet. Dilute essential oils or blends to a particular strength according to this chart.

1 % essential oil	2% essential oil	3% essential oil
1 drop/5 ml (1 tsp)	2 drops/5 ml (1 tsp)	3 drops/5 ml (1 tsp)
3 drops/15 ml (1 tbsp)	6 drops/15 ml (1 tbsp)	8 drops/15 ml (1 tbsp)

Essential oils can also be added to an entire bottle of carrier to create a premixed solution for a patient.

Compress: 4 drops can be added directly to a warm, wet, rung out wash cloth. Place cloth on areas such as forehead, neck, low back or any other areas that would benefit.

Baths: Add to full bath at 10 drops per full bath. For hand and foot baths, add 6 drops per gallon of water.