

## BLENDING TECHNIQUES

There are an infinite number of combinations for blending pure essential oils and you can target specific conditions through personalized formulations. The synergistic effect of a pure essential oil blend provides a power and vibrancy to a formulation that can not be achieved by using the individual essential oil components. The goal for blending is to combine pure essential oils that complement each other and possess compatible therapeutic properties. Creating blends requires a comprehensive knowledge and understanding of the unique therapeutic and chemical properties for each essential oil. Additionally, there are many reference books available that provide formulations and guidelines for custom blending.

A 2% dilution of essential oils in a vegetable base oil or cream is recommended for a safe and effective blend. This equates 12 to 15 drops of an essential oil blend to one ounce of a vegetable base oil or unscented cream.

A 1% dilution should be used on children, pregnant women, the elderly and those with health problems. This equates 6 to 8 drops of an essential oil blend to one ounce of a vegetable base oil or unscented cream.

It is suggested that beginners use no more than 5 oils at one time for a safe and effective therapeutic blend. Pure essential oils are delicate and highly volatile substances. To avoid oxygen, heat and moisture from altering the composition, store blends in 1) dark glass bottles, 2) in a cool environment and 3) away from light. Also cap the essential oils and blends tightly to prevent oxidation from occurring.

### SUGGESTED DILUTIONS FOR CUSTOMIZING APPLICATIONS:

#### MASSAGE AND BODY OILS

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Body massage will assist the passage of essential oils into the body to relieve muscle aches and pain, reduce stress, improve circulation, nourish the skin and aid in the elimination of toxins. After an aromatherapy massage, the mind feels fresh and the body is rejuvenated. Do not use more than 5 different essential oils in a blend. The recommended proportion is a 2% dilution for healthy adults (12 to 15 drops to one ounce of a vegetable base oil or unscented cream). The recommended proportion for pregnant women, people with health concerns and children is a 1% dilution (6 to 8 drops to one ounce of a vegetable base oil or unscented cream). Allow the oils to penetrate for 4 to 6 hours before showering.

#### FULL BODY BATH

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A simple, fun and therapeutic treatment, aromatic baths will uplift, relax and stimulate the mind while cleansing and nourishing the body. The warm water and gentle aromas will create a mood-enhancing experience and benefit general well being. Fill the tub with warm water. Add 3 to 5 drops of essential oil to bath water and increase to no more than 10 drops depending on the potency of the oil. Place drops into the water immediately before entering the bath. Gently agitate the water to evenly disperse the oil. Relax in the bath for 10 to 20 minutes. For children 5 to 12 years old, use no more than 3 drops of essential oil and always dilute the essential oil blend with a vegetable base oil before adding to the bath water.

#### FACIAL STEAM

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Facial steam baths help to flush out dirt that is embedded in the skin, stimulate circulation and moisturize. To start, cleanse the face before treatment. Add 2 drops per one cup of boiling hot water in a large bowl. Stir water to disperse the oil. Immediately place a towel over the head and place the face 10 inches away from the bowl. Keep the eyes closed and allow skin to breathe after the treatment.

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## FACIAL OIL

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Facial oils provide the skin with vital nutrients, cleanse and restore equilibrium to the sebaceous glands. The recommended proportion is a 2% dilution for healthy adults (12 to 15 drops to one ounce of a vegetable base oil or unscented cream).

## FOOT AND HAND BATH

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Approximately 5 to 8 drops per quart of water.

## COMPRESS

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There are many therapeutic benefits from administering compresses. For example, a hot aromatic compress can be used for muscle aches, a cold compress is often used for sprains and headaches, and facial compresses will stimulate and soften the skin. Start with 2 to 5 drops placed into a large bowl containing hot or cold water. Gently agitate the water to evenly disperse the essential oils. Soak a clean cloth into the bowl and squeeze out the excess water. Apply immediately to localized area. If using a facial compress on dry, mature or sensitive skin, use warm water.

## INHALATION

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Add 3 to 5 drops to a bowl of hot water or onto a cloth. Place under the nose for maximum benefits.

## AROMATIC BODY MIST

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Place 5 to 10 drops per four ounces of water. Shake well and spray onto the body.

## ROOM SPRAY

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Place 20 drops per four ounces of water. Shake well and spray into the air.

## ROOM DIFFUSION

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Depending upon the type of essential oils used, room diffusion can create an uplifting, relaxing or sensual mood. Also, the highly antiseptic properties of the essential oils will help to purify and refresh the atmosphere. The operation and amount of oil needed will vary with different room diffuser models. Most electric models suggest starting with 10 to 15 drops. The electric fan, light bulb or candle will activate the aroma. Add more drops as needed. For lamp rings, place 5 to 10 drops into the channel. The heat from the light bulb will activate the aroma.