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Methods of Use

Massage

Use no more than 10 drops of essential oil to 20 ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of essential oil should be no more than 10 drops. (The normal dilution is 2 ½ % ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to the water in the vaporizer pan. (Candle vaporiser to not leave burning unattended)

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 6 drops of essential oils in a bowl of hot water.

Please refer to our Aromatherapy Essential Oils Safety Guide and Dilutions Charts.