

YOUNG LIVING INDEPENDENT DISTRIBUTOR #1159

<http://www.aromaassociates.com>

Methods of Application of Essential Oils

Direct Application

Direct application onto the skin is one of the easiest ways to use essential oils. It is also a highly effective method since essential oils can easily pass through the lipid membranes of cell walls. They are able to penetrate cells and disperse throughout the body within minutes. The bottom of the feet is a good place to apply oils directly because many nerve endings are found there and the pores of the skin are large in that area. Before you start, remember to test a small area of the skin first. Apply one oil or blend at a time. When layering oils that are new to you, allow 15-30 minutes between each oil to give the body a chance to respond before applying a second oil.

The longer essential oils stay in contact with the skin, the more likely they are to be absorbed, so don't wash them off too soon. To reduce evaporation and enhance penetration, it helps to layer Rose Ointment - a mixture of beeswax, vitamin E, and other natural ingredients - on top of the essential oils. It also helps seal and protect cuts and wounds. AromaSilk Body Lotion may be used for larger areas.

Carrier oils extend essential oils when they are applied to a large area. When massaging, the carrier oil helps lubricate the skin, as well. Some suggested carrier oils are:

- Almond • Grapeseed (cold-pressed) • Jojoba • Olive • Sesame • Wheat germ

When applying essential oils to children, always use a carrier oil. Lavender oil does not require dilution as long as it is not lavandin or genetically-engineered lavender. Add 15-30 drops of essential oil to one ounce of a quality carrier oil and mix well.

How to Dispense Essential Oil

Hold the bottle of oil 1 to 4 inches above the fingers or palm of the other hand. Tip it over and wait for the oil to drip out. Then, massage the oil onto the desired area. Oil can also be dropped directly over the body in this way. Some essential oil is thicker than others and requires a gentle shake. Never touch the center of the drop dispenser – let the oil drip from the edge freely. Layering

Multiple oils can be applied, one at a time, using a technique called layering. For example, if marjoram is used on a sore muscle; it is massaged into the tissue until the area is dry. Then the next oil is applied - perhaps peppermint, until the oil is absorbed. Then the third oil, possibly basil, until the oil is absorbed.

Massage

Mix 3-4 drops of essential oil with tsp. of Massage Oil Base or V-6 Mixing Oil to create a custom massage oil. Young Living also carries pre-mixed massage oils - Ortho Ease, Ortho Sport, and Sensation Massage Oils.

Raindrop Technique is a form of massage using highly antibacterial essential oils. It was developed as a result of research indicating that many forms of spinal misalignments are caused by muscle spasms and inflammation-producing bacteria and viruses. The oils for Raindrop Technique can be purchased in a kit or singly. For more information on Raindrop Technique, [Click Here](#)

VitaFlex is a specialized form of hand and foot massage that is very effective in delivering the benefits of essential oils throughout the body. Essential oils are applied to the areas of the feet and hands that correspond to the systems of the body needing attention (similar to the reflexology points).

Acupressure

1-3 drops of essential oil can be applied to acupressure points. Using an auricular probe with its slender point (available under "Accessories" in the Order information) can enhance the application. Dip the probe into a drop of oil in your hand, then press the point firmly and release. This technique can be used along the acupressure points and meridians or used on the reflexology or Vita Flex points. Once the small point stimulation is complete, the general area can be massaged with same oil.

Diffusion

Diffusing essential oils is a perfect way to improve your home, work, or living environment. Diffusing can purify the air and neutralize mildew, cigarette smoke or other odors as well as protect you and your family from viruses and bacteria. For more information on diffusing . . [Click Here](#)

Inhalation

- Place 2 or more drops into the palm of the left hand; rub clockwise with the right hand. Cup hands together over the nose and mouth and inhale deeply.
- Add several drops of an essential oil to a bowl of hot (not boiling) water. Inhale the vapors that rise from the bowl. A towel can be placed over the head and bowl to increase the intensity of the vapors.
- Apply a few drops of essential oil to a cotton ball, tissue, natural-fiber handkerchief, or clay necklace and inhale periodically.
- Apply 2 or more drops of oil anywhere on your upper body, such as chest, neck, sternum under nose and ears or wrists. Breathe in the fragrance throughout the day.

Compress

Hot packs are an excellent way to get deeper penetration of an essential oil:

- Rub 1-3 drops essential oil on the desired location.
- Cover with a hot, damp towel.
- Cover the moist towel with a dry towel for 10-60 minutes. Warming or burning sensations may be experienced as the oil penetrates. If burning becomes uncomfortable, apply V-6 Vegetable Mixing Oil, Massage Oil Base, or any pure vegetable oil.

Cold packs are advised for anyone with neurological problems (never hot packs) or for swelling and inflammation.

- Rub 1-3 drops essential oil on the desired location.
- Cover with a dry towel.
- Cover towel with cold water or ice packs.
- Keep the cold pack on until the swelling diminishes.

Warm compress for children, the elderly, or those with sensitive skin:

Use water temperature that is about 100+deg; F (just slightly warmer than body heat). If there are neurological conditions, use cool water.

- Place 5-15 drops of essential oil into a basin of warm water.
- Agitate the water and let it stand for 1 minute.
- Place a dry face cloth on top of the water to soak up the oils that have floated to the surface.

Adding to Bath

Since oil does not mix with water, they need to be mixed with a dispersing agent. Mixing 2-3 drops of oil with some Bath gel base or Epsom salt will help the oils disperse evenly and prevent stronger oils from stinging sensitive areas.

Shower

The RainSpa shower head (available in "Accessories" on the Order Form) has a specially attached receptacle that may be filled with essential oil salts. This allows the essential oils to benefit the skin and to create a wonderfully fragrant shower. To use the shower head, add several drops of essential oil to bath salts or Epsom salt and fill the receptacle. The RainSpa shower head has a bypass feature that can be turned on for use with bath salts or turned off.