

# How to Use Essential Oils

There are lots of ways to use essential oils. Simply choose the method that suits you best and enjoy!

## How to use essential oils

### Oil Burner (also known as a diffuser or vaporizer)

Oil burners are also known as diffusers or vaporizers - they use heat to vaporize the oil. Fill the bowl with water and add 1-6 drops of essential oil to the water. Either light the candle or switch on the power on electric models. Heat for 10 minutes making sure that the water does not all evaporate. Clean the bowl after use.

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### Light Bulb Ring

This is a ring made from non-porous material which fits over the bulb of a standard table lamp. Place 1-5 drops of oil in the ring and carefully place it over a cold bulb. Turning the lamp on heats the ring and releases the oils into the air. Be careful not to spill oil on the bulb as essential oils are flammable. Again clean after use.

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### Water Spray

This method allows you to spray scented water around the room. Use a plant spray filled with water, and add 4 drops of oil for every 300ml of water. Shake the mixture and spray it around the room avoiding wood.

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### Water Bowl

Fill a bowl with hot water from the kettle. Add 1-9 drops of essential oil. Leave for 10 minutes. The heat from the water will release the aroma.

Each of the diffusion methods works best if you close the windows and doors of the room you are using while releasing the oil.

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### For You Only

All of the above methods scent a whole room and are great for using at home or when the people around you are open to aromatherapy. Sometimes though you may need a more discreet method - if you work in a shared office for example. The ideal method in this situation is to put 1-3 drops of oil on to a tissue and inhale when required

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