

essential oil application methods

A.I.R. PROGRAM

The *Aromatic Integrative Renewal* program is a powerful individualized essential oil application system that teaches practitioners and lay people alike how to use essential oils to target and balance the energy systems of an individual. DVDs, trainings and information are available to teach this powerful program at <http://PrioritiesInc.com>.

BATH

Combine 10-20 drops of essential oil or oil blend with one-half to one cup of *TRUessence Dead Sea Salts*, then dissolve them into warm bath water. The unique therapeutic properties of the oil and salts create a synergy which will supercharge an ordinary bath into a wonderfully soothing and restorative experience.

A great bubble bath is a squirt or two of Silk body Wash combined with 10-20 drops of your favorite essential oil. TLC, Quiescent, Frankincense, Tangerine, Mandarin (Red and Green) Grapefruit, and Lavender are some of the favorites to use this way!

CREATE A COMPRESS

Apply several drops of oil on desired location. Cover the area with a hot, damp towel, and place a second, dry towel over it to help retain the heat. You may even wish to cover or wrap the area with a sheet of plastic. If the "heat" or "tingle" of the oil becomes uncomfortable, apply *Message Oil* on location to reduce the intensity.

DIETARY SUPPLEMENTS

High quality, nutrient-dense nutritional blends can be essential to your daily vitality. Keep it simple, and use them wisely.

Many essential oils can be ingested simply by putting 2-4 drops in a veggie capsule and fill remaining space with *Message Oil*. They can be taken with meals, or in between meals. Veggie caps can be filled in advance and kept in the refrigerator until needed. In general, capsules will last this way for at least 3 days.

You can add essential oils to your food (after it has been cooked), or even as a great flavoring in dressings and sauces.

Consult your doctor before ingesting.

DISINFECT & CLEAN

Most essential oils create an environment that is unfriendly to germs and bacteria. Some favorites for use around the home include Lavender, Lemon, Peppermint, Tea Tree, Eucalyptus globulus, Thyme ct. thymol, and Oregano. A few drops of essential oil may be added to the dishwasher or washing machine to clean and disinfect.

Add 10-15 drops of Guardian (anti-mold, antibacterial) combined with distilled water to a 1 oz. cobalt spray bottle and carry with you for disinfecting hands, shopping cart handles, airplane trays, etc.

Add 20-30 drops to 4 oz. distilled water in a cobalt blue bottle for cleaning and disinfecting kitchen and bath areas.

DIFFUSION

Any of the *TRUessence* essential oils - with the exception of *Oregano* - can be diffused with the *TRUessence UltraSonic Cold-Air Diffuser*, which emits a wonderful essential oil-infused humidifying mist. This type of diffuser works well with the heavier oils, such as those containing Jojoba, as the water allows them to be more fluid. Lavender is ideal for baby's room to calm and soothe with a healing aroma. *Lemon* is great to use for a fresh, just-cleaned smell!

DIRECT APPLICATION

Apply "neat," which in the essential oil world, means directly to the skin on location. Dilute oils if necessary with *Message Oil*. Essential oils penetrate the skin. Rapid absorption delivers benefits throughout the body within minutes. When trying new oils, always test a small area of skin before applying over larger areas.

DIRECT INHALATION

Place 1-2 drops of essential oil into the palm of your hand and rub your hands together to disperse. Then, cup your hands over your nose and mouth and inhale deeply.

If you prefer, apply the oil to a cotton ball or tissue and deeply breathe in the aroma, again cupping your hands over your nose and mouth.

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FOOD PREP

Add essential oils to your food (usually after it's cooked), or as a great flavoring in dressings and sauces. Check with your healthcare professional before consuming essential oils internally.

FOOT APPLICATION

If you don't have anyone to do the A.I.R. back application on you, use the same oils and apply them to your feet. You'll be amazed at how effective this can be!

Each morning after showering, apply your chosen oil for the day to the soles of your feet; 1-2 drops will work wonders. Some favorites to use are Cairo Care, TLC, Frankincense, Eucalyptus radiata, and Helichrysum.

HUMIDIFIER / VAPORIZER

Any of the TRUessence essential oils - with the exception of Oregano - can be diffused with the TRUessence UltraSonic Cold-Air Diffuser, which emits a wonderful essential oil-infused humidifying mist.

Lavender is ideal for baby's room to calm and soothe with a healing aroma. Lemon is great to use for a fresh, just-cleaned smell! Peppermint, Eucalyptus radiata and Frankincense are also historical favorites to diffuse.

MASSAGE

Mix 10-12 drops (4-5 for children) of your favorite essential oil(s) with 1 oz. of Message Oil.

Try an A.I.R. back application, which is not really about massage as much as it is about applying the oils along the spine with gentle, light strokes, letting the oils do their job.

MISTING SPRAY

Add 10-30 drops of the desired oil and 4 oz. distilled or purified water to a 4 oz. cobalt blue spray bottle. Always shake well before spraying to dispersed oils in the water.

Favorites for use in a misting spray include Lavender, Tangerine, Grapefruit, Mandarin, Rose, Lemongrass, and Orange, as well as blends such as Gratitude, Guardian, Joy & Abundance, Cherished Space, Compassion, Delight, Passion...the sky's the limit!

PERFUME / COLOGNE

Essential oils are a much healthier - and definitely superior - alternative to synthetic fragrances and deodorants.

Apply pure, therapeutic essential oils to pulse points. TRUessence blends such as Gratitude, Charity, Cherished Space, Dream Weaver, Joy & Abundance, Hope, Compassion, Delight, Passion, and E-Motion are particular favorites.

PERSONAL CARE

Personal care products from TRUessence Apothecary are each infused with the healing benefits of therapeutic-grade essential oils. Add an additional 10-15 drops or more of your favorite oil(s) to enhance your experience.

Add a few drops of desired essential oil to Balance Gel to support skin care, hair care, and pain relief. Its also a great natural sun block!

Create your own essential oil-infused deodorant, skin care oil, or tooth polish. Be creative!