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# 12 Ways to Use Essential Oils For Healing & Health

By Marnie Clark

Make sure the essential oils you purchase are organically grown. Be sure that the company knows how to properly distill each of the oils they sell, and that they do not use chemicals during the extraction process. A good essential oil company will also check each essential oil batch using gas chromatography to ensure that each batch has the proper phytochemical constituents. **Don't just rely on a label that says "pure."** These days, that just isn't good enough.

## 12 Great Ways to Use Essential Oils

**#1. Bottle Inhalation Method** – Begin by holding the essential oil bottle about the level of your heart. Waft the bottle a little, moving it ever closer to your nose. Deeply breathe in the aroma, gently at first. If you like it and it seems appropriate, breathe more deeply. When you breathe in an essential oil through the nose, the tiny oil molecules (the vapor) contain all of the same properties that the oil contains. They interact with the olfactory organ and the brain. Oil molecules inhaled through nose or mouth also move into the lungs and interact with the lungs and respiratory system.

**#2. Hand Inhalation Method** – Drip a few drops of essential oil onto your palms, rub them together to activate the oil, and cup them over the mouth and nose. As with the Bottle Inhalation Method, breathe gently at first and then if it seems appropriate, breathe the oil in deeply – as if you were dragging the oil up over your brain. Be sure to leave your eyes out of this as essential oils do not belong anywhere near the eyes. (**Warning:** If you do happen to accidentally get an essential oil into your eyes, dilute immediately with a carrier oil like sweet almond or olive, never water. It will burn like crazy but will ease in a few minutes.)

**#3. Terracotta Pendant Method** – Put a drop of oil on a terracotta pendant, fasten it around your neck, and enjoy the benefits of that oil as you move through your day.

**#4. Bedtime Salt Bowl Method** – Place a small amount (about 1/4 cup) of sea salt flakes or Epsom salt in a small bowl. Drip 10-15 drops of your chosen essential oil onto the salt. Keep it by your bed. The salt helps to slow down the evaporation rate of the oils, allowing you a longer diffusion throughout the night. A great way to get some anti-cancer potential into you while you sleep.

**#5. Steam Bowl Inhalation** – Drip your chosen essential oil into a bowl of steaming water (please use filtered so that no chlorine is also inhaled). Place a towel over your head and over the bowl of water and breathe in deeply (be careful if the water was boiled, the steam can be hot enough to burn). Please keep your eyes closed when using this method or

use swimming goggles to protect your eyes. The steam quickly vaporizes the oil and it is rapidly absorbed into the throat, sinuses, and then bloodstream. This method is a very direct and potent method. Do not use any more than 1-2 drops of essential oil, or you may find it overwhelming. Please note that heating oils can diminish the therapeutic value of the oil so do not use this method exclusively if you are fighting cancer.

**#6. Ultrasonic Diffusing** – An ultrasonic diffuser uses air, water, and ultrasonic vibrations to diffuse the oil into the air. A fine mist is created and released into the air, so it doubles as a humidifier. The concentration of essential oils is gentler since water is used. This method allows the oil molecules to remain air-bound for several hours and does not affect the structure or therapeutic value of the oil. You can use several oils together, for instance frankincense and sandalwood. Two or more oils are better than one, because the phytochemicals in each oil offer different healing properties.

**#7. Car Diffuser** – Many companies now make car diffusers for their essential oils. Imagine getting a great smelling anti-cancer treatment right in the safety of your car as you drive to work or while running errands! Don't have a diffuser? Don't worry – just get a cotton ball, drip a few drops of your chosen oil onto it, stick it in the air vent, turn on the vent and enjoy.

**#8. Essential Oil Massage** – There are a couple of ways to go about this. You can massage the essential oils into your body, neat, meaning without dilution. Be sure to have some guidance from your practitioner about which ones may require dilution. You can also dilute essential oils by adding a natural carrier oil (organic wherever possible) such as sweet almond or [coconut oil](#), or even olive oil. Apply the diluted essential oils to skin areas with gentle massage strokes. As a guideline, you can make a 1% concentration, which equals one drop of essential oil to one teaspoon of carrier oil. A 2% dilution would be two drops of essential oil to one teaspoon of carrier oil. Be sure to consult a practitioner when using essential oils for children, as they require much weaker dilutions than do adults.

**#9. The Foot Absorption Method** – Massage a few drops of your chosen essential oils into the bottoms (the soles) of your feet before you go to bed. The soles of the feet contain some of the largest pores in the body. Therefore, the oils are easily absorbed and working in your bloodstream within just a few minutes.

**#10. Oral Ingestion** – Unless you are working under the guidance of a certified health practitioner, it is not suggested that you take an essential oil internally. It is not that taking oils internally is necessarily a bad or dangerous thing, but you do need some guidance as to which oils are safe to take internally, how much to use, and how frequently.

**#11. Essential Oil Bath** – Drip your chosen essential oils into a warm (not hot) bath. Use a few tablespoons of a dispersant like full cream milk or coconut oil which will assist in the absorption of the oils through your skin. Then just step into the bath and soak. Not only are you absorbing the oils, but also directly inhaling them at the same time. This is also a great way to finish off those bottles of essential oils that just have a drop or two left in them – just drop the entire bottle into your bath.

**#12. Instead of Perfume** – Rather than using man-made (and potentially toxic) perfumes, combine your favorite essential oils and wear them on your pulse points, behind your ears, on your collarbone, and on both sides of your neck. Not only will you smell fabulous, you are bringing the phytochemicals in those oils right into your body.