

# NATURE'S ALCHEMY®

This information is a reference based on the historical use of essential oils and intended to present published information concerning aromatherapy, essential oils and their usage. This reference is not intended to treat, diagnose or prescribe and should not be considered a substitute for consulting a licensed healthcare professional.

## 1. What Is Aromatherapy?

The skilled use of oils extracted from flowers, seeds, leaves, roots, fruit and twigs for specific effects. The plant oils work in harmony with the body and have a remarkable ability to affect a person's well being.

## 2. What are Essential Oils?

Essential oils are dynamic substances distilled from various parts of plants or trees.

The essential oil in its natural state possesses a complex nature that is difficult to reproduce. Some oils contain substances that do not occur anywhere else in nature.

Many of the oils have been traditionally used for fragrance, promoting well being, and use in worship-to promote a state of relaxation or spiritual awareness.

## 3. Caring for Essential Oils

Most essential oils will last for years if properly stored. However, exposure to the air (oxidation) can cause a decline in an essential oil's aroma and effectiveness. Always store essential oils and blends in dark glass bottles with tight fitting caps, in a cool dark place.

## 4. Essential Oil Safety:

- Keep out of reach of children
- Not for internal use
- Consult your healthcare practitioner prior to use if pregnant, nursing, suffering from any medical condition or on medication
- Essential oils are highly concentrated - Dilute and perform patch test prior to use
- Refer to individual warnings on label

## References

Therapeutic Essential Oils –World Tree Press  
Healing Power Of Essential Oils – Balz – Lotus Press  
Enchanting Scents – Junemann – Lotus Press

## 5. Recommended Base Products

- Carrier Oils
- Aloe Vera Gel
- Unscented Bath Oil
- Unscented Hand and Body Lotion
- Unscented Massage Lotion
- Unscented Shower Gels

## 6. Blending Oil Basics

- Start small, do a test blend containing 5-25 drops
- Keep track of which oils and how much of each you are using as you go
- Use 2-4 oils per blend
- Choose oils with complementing Aroma Benefits
- Choose oils from 1-3 Scent Groups
- Balance blends with approximately 20-40% Top, 40-80% Middle & 10-25% Base Note oils  
Top Notes give the first impression and fade first  
Middle Notes make up the heart of the blend  
Base Notes deepen the blend and last longest
- Allow the blend to age 24-48 hours to unite oils and harmonize scents

## 7. Suggested Dilution Guidelines

- Massage:** 5 drops per tsp of base oil or lotion  
**Inhalation:** 1-2 drops in boiling water or on a tissue  
**Light Bulb Ring:** 1-2 drops  
**Bath:** 8-10 drops in bath water  
**Sauna:** 2 drops to 2 1/2 cups water  
**Facial:** 2-3 drops in base product  
**Foot Bath:** 8 drops in basin of water  
**Facial Sauna:** 10 drops in basin of steaming water  
**Oil Diffuser:** follow diffuser directions  
**Cleanser:** 20 drops in 4 oz of base product  
**Body:** 5-15 drops in a base product  
**Chest Rub:** 10-20 drops to 1 oz of carrier oil  
**Washing Machine:** 10-20 drops per load  
**Vacuum Cleaner Bag:** 5-10 drops  
**Artificial Holiday Tree:** 10-15 drops



## ***Essential Oil Blending Recipes***

Indication	Carrier	Essential Oils to Blend
Awakening	1 oz Carrier Oil	Lemon 2 drops, Bergamot 2 drops, Peppermint 1 drop
Awakening	Room Diffuser	Lemon 2 drops, Bergamot 2 drops, Peppermint 1 drop
Calming	2 oz Carrier Oil	Lavender 12 drops
Calming	1 oz Carrier Oil	Lavender 4 drops, Peppermint 1 drop
Calming	1 oz Carrier Oil	Lavender 6 drops, Lemon 3 drops
Calming	1 oz Carrier Oil	Marjoram 2 drops, Basil 2 drops, Lavender 2 drops
Cleansing	1 oz Carrier Oil	Lavender 4 drops, Lemon 2 drops
Endurance	1 oz Carrier Oil	Rosemary 2 drops, Lavender 2 drops, Juniper Berry 2 drops
Endurance	Foot Bath Soak	Rosemary equal parts, Lavender equal parts, Juniper Berry equal parts
Focus	1 oz Carrier Oil	Juniper Berry 2 drops, Fir Needle 2 drops, Rosemary 2 drops
Focus	1 oz Carrier Oil	Rosemary 3 drops, Orange 3 drops
Focus	1 oz Carrier Oil	Geranium 2 drops, Rosemary 2 drops, Basil 2 drops
Inhalation	Facial Tissue	Eucalyptus 8 drops, Rosemary 4 drops
Outdoors	1 oz Carrier Oil	Citronella 3 drops, Eucalyptus 3 drops, Cedarwood 2 drops
Revitalizing	1 oz Carrier Oil	Lavender 2 drops, Geranium 2 drops, Clove Bud 1 drop
Revitalizing	1 oz Carrier Oil	Bergamot 2 drops, Lemon 1 drop, Geranium 1 drop
Soothing	1 oz Carrier Oil	Lavender 4 drops, Geranium 4 drops
Tough Odors	Room Diffuser	Cedarwood, Lavender, Lemon, Clove Bud—equal parts
Uplifting	1 oz Carrier Oil	Orange oil 5 drops, Peppermint 5 drops
Uplifting	1 oz Carrier Oil	Rosemary 3 drops, Peppermint 3 drops, Tea Tree 1 drop
Uplifting	1 oz Carrier Oil	Orange oil 4 drops, Peppermint 4 drops, Lavender 1 drop
Grounding	1 oz Carrier Oil	Clary Sage 3 drops, Ylang Ylang 2 drops, Patchouli 1 drop