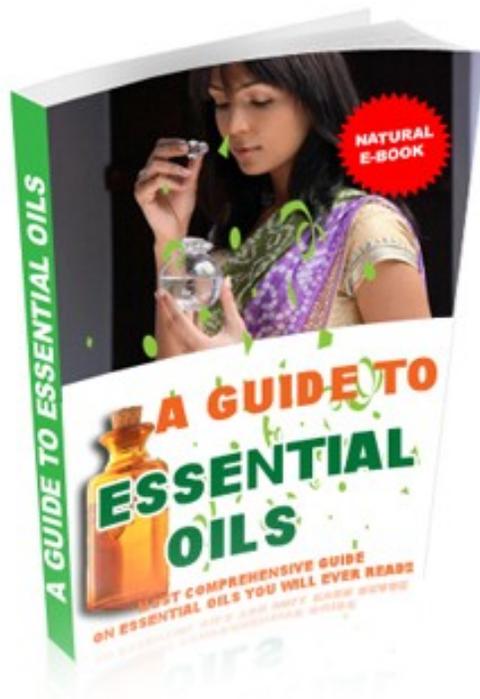


A Guide to Essential Oils



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A Guide to Essential Oils

Essential oils are distilled from flowers, plant leaves, seeds, roots, resins, barks, or are extracted from the rinds of citrus fruits. To make one pound of essential oil, it takes almost 50 pound of plant material, but to make a single pound of oil, it takes 2,300 pounds of rose flowers. Essentials oils do not contain fatty acids, and hence are not susceptible to rancidity. However it is important to store them in dark, tightly sealed glass bottles, and away from light, air, heat and heat sources. If essential oils are properly stored, they can maintain their quality and essence for years.

Using Essential Oils

Essential oils are highly concentrated, hence they need handling with caution and care. When using the essential oils, always read the warnings and instructions carefully. Keep the bottles out of reach of children, and secure them tightly. If using for cooking, use the oils that are approved for food use and never consume them undiluted. Dilute the oils with carrier oil for using on the skin. Test the oil on a small patch of skin, and dilute before using on the inner arm. Discontinue the use if irritation or redness occurs.

Basil, bitter almond, hyssop, clove bud, juniper berry, sweet fennel, peppermint, myrrh, marjoram, sage, rosemary, rose, thyme, and wintergreen essential oils must be avoided during pregnancy. Tea tree, Melissa, lemon, sweet fennel, clove bud, cinnamon leaf, basil, lemon grass wintergreen, peppermint and cinnamon bark oils are especially irritating to the skin.

Essential oils can be used for body care, and you can treat your skin to the benefits of chamomile, lavender, geranium, rosemary and sandalwood by adding the desired fragrance in the bottle of your favorite skin cleanser, moisturizer or toner. A teaspoon of Chamomile or rosemary oils can be added to the bottle of shampoo or conditioner. Add half tsp of lavender and rosemary oils to four ounces of jojoba oil and apply to the hair

and scalp in the night. Wash thoroughly next morning and enjoy the highlights and extra body that essential oils give. It is also easy to blend the massage oils. Just combine your favorite scent with the vegetable base oil such as grapeseed, sweet almond or apricot kernel.

The lavender essential oil is extremely useful, and for many centuries, it has given some wonderful remedies to treat skin disorders. Of several lavender species, English lavender is considered the finest one. It is very useful to get rid of problems of rashes and acne. You need to mix the lavender oil in water, and pat gently using a cotton ball. Lavender oil is great for taking care of the skin, and also helps get a sound sleep in the night. Lavender essential oil is extensively used in aromatherapy to massage body and release stress. It offers several benefits and therapeutic gains.

There Are Several Ways Of How To Use Essential Oils For Aromatherapy

There are many ways of how to use essential oils for aromatherapy. It all depends on what you want to achieve. The pure essential oils used for aromatherapy has many benefits and therapeutic uses. If you are interested in aromatherapy, the internet is an excellent source of information. You can easily find websites that will advise you on how to use essential oils for aromatherapy.

It is a good idea to use the internet as a resource once you have gained enough knowledge and want to start using aromatherapy. You will find the best places on the Internet to buy aromatherapy essential oil products that will suit your specific needs.

Always remember that the delivery method, how you are going to get the vapor from the essential oils into your body will depend on what you want to achieve. In addition, the method you choose of how to use essential oils for aromatherapy can have an effect on the results. People all have different response and absorption rates. Thus, it is not possible to generalize how fast the essential oils will work for everybody.

Different Ways To Use The Oils

The most direct way of how to use essential oils for aromatherapy is to inhale it. For the best results simply drop one to three drops of the essential oil onto a cotton ball. Then take slow breaths for up to a minute. You close your eyes and allow your body to relax to get the most benefits from the essential oils. You repeat the inhalation of up to a minute five times in a row. Inhalation means the essential oil enters your lungs and is released into your blood stream immediately.

This is the fastest way to get the essential oil to be distributed to all the cells within the body. The two most popular diffusion ways of how to use essential oils for aromatherapy

is either with a nebulizer or an air diffusion basket. Heating can often lessen the therapeutic benefits of essential oils. That is why, besides the direct inhalation method, people prefer using diffusion methods.

Using aromatherapy essential oils have great benefits for the user. It works well for tension relief and relaxation, improving mood and mind alertness as well as ridding a room of unpleasant odors. The most popular methods of how to use essential oils for aromatherapy in the USA and England is through carrier oils. Each person must find the way that suits him or her personally, so experiment with the different ways until you find the one you like best.

Importance Of Purity In Aromatherapy Essential Oil Product

Aromatherapy has great benefits for the body and mind, but it is strongly advised to make sure that every aromatherapy essential oil product you buy adheres to quality standards. The best aromatherapy essential oil products come from organic sources. This ensures that the plants used have been raised under very stringent conditions and are thus free of all chemical pesticides.

The plants are also free of any fertilizers that are petroleum based. It is very important that aromatherapy essential oil products are free of these as the chemicals will penetrate to virtually every part of the plants. If plants that are non-organically grown are used in an aromatherapy essential oil product, the product will be contaminated with the pesticides and chemicals.

Thus, it is understandable that only pure aromatherapy essential oil can be used for aromatherapy. To ensure the purity of their aromatherapy essential oil products farmers usually keep strict documentation of all aspects. They document all their procedures and submit the documentation for inspections and auditing on a yearly basis. This is how farmers guarantee the purity so that clients can use each aromatherapy essential oil product purchased with peace of mind.

Most Popular Therapeutic Oils

Aromatherapy essential oil products have been used for many years to enhance well-being and health and depending on which oils are chosen, for their medicinal value. Chamomile and lavender are the two most well-known and popular aromatherapy essential oil products used across the world. Both these essential oils have far greater benefits than only soothing the senses.

Lavender contains a strong antibiotic and antiseptic called phenol so it is widely used for aromatherapy and massage. Lavender has a myriad uses from helping people to sleep, skin lotions and salves. It relaxes muscle spasms and relieves pain and is excellent for burn wounds and healing.

It is thus understandable that lavender is a greatly sought after aromatherapy essential oil product. Chamomile has been used for healing since the time of the ancient Egyptians. Chamomile is the aromatherapy essential oil product most often used for the relief of stress related disorders and headaches. It also has a calming effect that is a great aid for restful sleep.

Chamomile has proven to be safe over many centuries, although anyone allergic to ragweed should not use chamomile as it is related to ragweed. Chamomile has anti-inflammatory properties as well. This wonderful herb works wonderfully for aromatherapy, as a massage oil and is one of the top tea sellers in the world.

Using Pure Aromatherapy Essential Oils At Home

Aromatherapy has been around for a very long time, people have been using the healing power of smells and oils for ages. Oils that are scented like herbs, flowers and plants are very useful in healing a good many ailments and ills. Now, many people think that aromatherapy is something that they can only experience if they pay an exorbitant amount of money to a salon or spa.

While it is true that many spas and salons offer you the option of an aromatherapy treatment, you can get it from somewhere else too. You can enjoy the benefits of aromatherapy using pure aromatherapy essential oils in the comfort of your own home.

It is not that hard to get your hands on some gorgeous smelling pure aromatherapy essential oils. You can shop online or go to health stores and to many other outlets that may stock pure aromatherapy essential oils. However, before you can even purchase your first bottle of essential oil, you need to understand a bit about the pure aromatherapy essential oils.

Personal Indulgence In Total Comfort

When you buy your pure aromatherapy essential oils, always check the labels. If the label says that the product is a perfume or even fragrance oil, leave it well alone. This means that the oil probably is not a pure essential oil and therefore is not suited to your intended use. Only buy quality, genuine pure aromatherapy essential oils. The other stuff may contain other chemicals that you don't want. Quality is important when you buy aromatherapy essential oil as it has a better therapeutic benefit for you.

Another thing to take note of is the storage of your aromatherapy oils. Storage of the oils in dark glass bottles is very important to preserve the therapeutic qualities of the essential oil. Avoid clear or plastic bottles of aromatherapy oils, the clear bottles allow light to

reach the oils which damages them. It is also wise only to buy aromatherapy oils that have not been standing on the shop shelf a long time. Pure aromatherapy essential oils are great for home use.

Add a few drops of oil to your bath for an energizing or absolutely relaxing experience. You can also use aromatherapy oils in an air diffuser. This is where a basket containing a pad is used.

A few drops of the oil is placed on the pad and then a small fan is used to disperse the smell and therapeutic properties of the oil. The fan blows through the pad, lifting the scent into the air and allowing them to waft through the air of the room.

Finding The Best Place To Buy Aromatherapy Essential Oil

The using of aromatherapy oils has rapidly gained popularity over the last few years as people loose faith in the more conventional approach, but knowing where to buy aromatherapy essential oils to ensure that you get a quality product can be a total nightmare, and leads generally to the purchase of substandard oils.

Whilst it may seem unfair, this is a largely unregulated area, which means there are lots of people who will try and convince you to buy aromatherapy essentials oils that are not genuine essential oils. The general rule of thumb is that you cannot buy aromatherapy essential oils that are of quality for a cheap price. You need to look around, as obviously this equally doesn't mean that only the most expensive will do.

What Is Important When Choosing Oils.

If you want to buy aromatherapy essential oils you need to think about a few key things first. The simplest to check is the colour of the glass bottle that they are sold in, never buy aromatherapy essential oils that are in clear glass bottles as they go off if exposed to too much light. Most bottles are brown in colour and will have a dropper inserted into the lid to make sure you can get the correct amount out with ease.

When you buy aromatherapy essential oils you need to consider more than just the essential oil aromatherapy scents, although the scent is a key factor, the healing powers associated with them are based on genuine scents from genuine oils, properly distilled and preserved. It is easy to manufacture a scent, but whilst it may smell as good, the function will not be the same.

It is important to consider whether you are about to buy aromatherapy essential oils that are in the pure form, or have been diluted into carrier oil. In the pure form, how you use

the oils and how much of the oil you use will be greatly different to a diluted form of the oil.

One of the best ways is to try and buy from recommendation, whether you have a friend who has experience of how to buy aromatherapy essential oils, or perhaps a health food shop that currently stock a range of oils. This also applies if you intend to buy the oil in pure form and dilute it yourself; the carrier oil also needs to be a quality oil, almond oil or peach oil come highly recommended, as they are light and not sticky.

Inhale The Wonders Of Essential Oil Aromatherapy Scents

Of the five human senses, touch, taste, sight, hearing and smell, perhaps smell is one of the most sensitive, and can be manipulated to make us feel a whole range of emotions. Essential oil aromatherapy scents are an increasingly popular must have to treats many conditions of the mind, and generally keep the home smelling fresh.

Essential oil aromatherapy scents have literally hundreds of uses, from medical to domestic, the main thing to do is to remember to choose the scent that best fits your need. Your first impression of essential oil aromatherapy scents may be little more than, yes its smells ok – but so what?

The smell released by the essential oil aromatherapy scent, as with all smells, are taken in by the nose, and information is fed up to the brain. Using a specific essential oil aromatherapy scent can trigger a specific message to be sent to the brain, and will therefore cause the brain to order the body to behave in a certain way, it all comes down to how to use essential oils for aromatherapy treatments.

Are You An Insomniac?

Ok, so that is a pretty simplistic view of human anatomy, but it's a pretty good basis for understanding how essential oil aromatherapy scents work. Let us look at lavender as a starting point, the essential oil aromatherapy scent of lavender is known for the soothing properties it possesses, and the calming effect is has been shown to have on the physiology of the body.

Before you try and sleep at night, drop three or four drops of the essential oil aromatherapy scent of lavender onto your pillow case, or have a cotton handkerchief with three or four drops on it, and take this to bed with you. Lie calmly in bed and take slow

deep breaths to allow the nose to register the new scent, and send the messages to the brain. You should find you whole body relaxing well and drifting off to sleep should be easier.

A Clean Smell That Is Good For The Whole Family.

The essential oil aromatherapy scent of tea-tree is a fantastic antibacterial agent, kills germs and bacteria and has a pleasant scent and this can benefit the whole family throughout the whole house in many ways. By placing a few drops on a small piece of sponge, and dropping the sponge into your vacuum cleaner, not only will any bacteria be controlled, but also as you clean, the aroma will be released into the atmosphere and the house smells fresher.

Ever Wondered How To Use Essential Oils For Aromatherapy?

You may have heard people talking about aromatherapy and be interested in trying it for yourself, but you may also be wondering how to use essential oils for aromatherapy.

There are lots of ways, but perhaps the main three main ways of how to use essential oils for aromatherapy could be considered to be, burning, inhaling and massage.

Release The Power Of Smell

In order to learn how to use essential oils for aromatherapy by burning them, you first need to get hold of an oil burner. This is a simple device, usually made of china or metal, and consists of a lower holder for a tea light type candle, and an upper well for the oil to be placed in.

This is simply how to use essential oils for aromatherapy by burning, you add a small amount of oil to a small amount of water in the upper well, and light the candle below. As the oil and water mixture heat up and burn, the beneficial aromas are released in to the air; as with any naked flame take care to set the burner on a heat resistant surface well away from fabrics and draughts.

You may also wonder how to use essential oils for aromatherapy as an inhalation, the answer is very simple, add a few drops of the essential oil to a bowl of steaming water. Make sure you position the bowl safely on a table, then sit comfortably at the table and lean over the bowl, drape a towel over your head to create a trap for the steam and aroma, and breathe gently as the oil infused steam gets to work.

Massage To Help You Relax

Finally, how to use essential oil for aromatherapy massage, again this is incredibly simple, and if done correctly can create the perfect relaxation zone and melt away the stresses of life.

You may want to heat the room you will use beforehand, as the body will not be able to relax if it gets cold. The patient should lie comfortably on the bed or couch, ensuring they are not in any draughts, now mix the essential oil with base oil, some people like to use organic essential oils for direct application to the skin.

Now warm some of the mixture in your hands, then apply gently but firmly to the back and shoulders, massaging as you go. If you are not trained in massage do not press too hard, but firmly rub the back and shoulders in a circular motion using your fingertips or thumbs.

Organic Essential Oil: Buying The Right Products For A Fair Price

Organic essential oils have been popular in many places in the world for many generations. A lot of people use organic essential oils because they are pure and they do not contain any chemical additives that may be harmful to human health. According to experts, aside from being eco-friendly, most organic essential oils produce better scents than those conventionally produced essential oils. The organic lavender essential oil for instance is very much popular among environmentalists and health conscious people because of its relaxing scent.

Shopping For Organic Products

Although there are so many so called organic essential oils sold in the market today, not all of these essential oils are pure and free from any chemical contaminations. Only those products that are 95% to 100% organic can be certified by the government and other organic certification bodies. If a certain product does not have the organic seal of the government and other certification bodies, one should be extra cautious in using these products. Just because its manufacturer says that these products are organic that does not mean that you as a consumer should believe them. Bear in mind that manufacturers want to sell their products and earn profit so you can expect some of them to gloss over their product descriptions every now and then.

If you do not want to end up with some fake organic essential oils, you need to be very careful when buying essential oils. When shopping online, deal only with reputable merchants who have been selling organic essential oils for years. Merchants who have physical stores and shops as well as online shops tend to be more careful when it comes to the quality of organic essential oils that they sell so it is safer for you to buy your oils from these people. You should also avoid experimenting when it comes to your sources of organic essential oils. As much as possible, you should stick to those merchants who

have given you good service in the past instead of jumping from one merchant to another. Remember that it is always better to buy your organic essential oils from the people you.

The prices of the organic essential oils are almost as important as their quality. There is really no point in spending a large amount of money on a few bottles of essential oils so shop smartly. Before you grab that bottle of organic essential oil, you should check the price first and see if it is just within your budget range.

Ways To Use Certified Organic Essential Oil And Enjoy Good Health

According to experts, unlike those laboratory produced essential oils, pure organic essential oils are milder and they do not harbor harmful chemicals that can cause health problems. Moreover, since certified organic essential oils are made out of natural ingredients, they are completely biodegradable and environment-friendly.

Certified organic essential oil has many uses. You can use this type of oil for your bath, personal care, perfume and as massage oil. The use of certified organic essential oil has been linked to good health and wellness for many years. Studies show that people who use certified organic essential oils are less prone to certain types of diseases as compared to those who do not use this type of essential oil at home. If you value your health and you want to enjoy life to the fullest, you should stop using conventionally produced essential oils and switch to organic essential oils now.

Using Essential Oil In Your Bath

People from all over the world have been using certified organic essential oil in their bath for many generations. Long before certified organic essential oils become permanent fixtures in wellness centers and spas, these types of oil have been the favorite bathing oil of royalties.

To use certified organic essential oil in your bath, you simply add around 10-20 concentrated drops of essential oil into your hot bath. If you are using diluted essential oil, you may add at least a cup of diluted essential oil to your bath.

Using Organic Essential Oil For Massage

It is important to use diluted certified organic essential oil for your massage. No, you should not attempt to directly apply pure essential into your skin. According to experts, pure essential oils may be too strong for most types of skin and may cause irritations. To avoid any untoward incidents, you should mix your essential oils with carrier oils to make it more skin friendly. Some of the most common carrier oils that you can use together with your certified organic essential oils are canola oil, olive oil, mineral oil and almond oil.

Essential Oil For Personal Care

Essential oils can be used as hair and skin treatment. If you have dry hair and your scalp itches, you should try using certified organic essential oil on your hair. For dry skin, add diluted essential oil to your bath or apply it on your skin using a sponge as you take a shower.

Things To Be On The Look Out For When Buying Pure Organic Essential Oil

There are so many brands of essential oils sold in the market today that it has become quite a challenge to find pure organic essential oils. Yes, there are hundreds of manufacturers and merchants out there who claim that their essential oils are pure organic but one cannot really be so sure if these people are telling the truth about their products. As it is, you as buyer should be extra careful when buying essential oils off the shelves. To help you distinguish pure organic essential oil from the fake ones, here are some tips for you.

Take The Sniff Test

You need to know how to differentiate the smell of pure organic essential oils from the diluted or adulterated ones. Undiluted or pure organic essential oils usually have strong smell and if you sniff it too closely, you could end up with a headache. When sniffing essential oils, make sure that you put the bottle of oil about 5 inches away from your nose. If the smell of the oil is still quite strong at this distance, this is a good sign. On the other hand, if you can hardly smell the scent of the oil when you put the bottle 5 inches away from your nose, the essential oil may not be pure.

Different types of pure organic essential oils emit different smells so if you are planning to sniff test more than one type of essential oil, you should take a few minutes break between sniffs. Remember that the strong scent from pure organic essential oils can be quite overwhelming and if you sniff different types of essentials one after another, you may experience temporary loss of the ability to differentiate smells.

Take A Closer Look At The Price

Most types of pure organic essential oils are sold at premium prices. Even if you are buying wholesale organic essential oil, you cannot expect the prices to hit rock bottom. If you come across some essential oils that are sold at very cheap prices, you should think twice about buying any of these products. Before you buy any of these products, scrutinize the company that is selling these products well and make sure that the company has a good reputation.

Check The Label

Before you buy any pure organic essential oil on display in your favorite store, you should check their labels carefully. Labels that state the Latin name of the essential oil usually come from good sources.

Get To Learn How You Can Purchase Wholesale Organic Essential Oil More Effectively

Selling soaps can turn out to be a lucrative business as too can selling organic cosmetic skin care as well as hair care products. If you think going into business for yourself is a good idea then it makes sense to also consider shopping for wholesale organic essential oils as well as for herbs that are used in various products. Whether your business is already established or even if you are going into it for the first time you will do well to research some useful sources from where you can find your stock of wholesale organic essential oils.

Minimum Requirements

However, before you can get to buy wholesale organic essential oils it is often necessary that you have in your possession a tax number and in addition you may need to have a license to do business. The good news is that obtaining a tax number is not difficult as it is readily available from the IRS website. For the business license you will need to get in touch with your state authority and for more information on this you need only check your state's Small Business Administration which provides a lot of useful information.

Next, you need some information regarding how to buy wholesale organic essential oils and this in turn involves learning what the minimum order level is which often varies from one supplier to the other and which could be as low as fifty dollars or as much as five hundred dollars. Often, a wholesaler might require that your first order for wholesale organic essential oils be of a minimum amount after which you can start buying whatever quantity suits your needs.

You should, when buying wholesale organic essential oils, ask for discounts that in fact most wholesalers are willing to offer and which will mean getting to affect greater savings, especially when you place a large order. Also, be sure to enquire about the

payment terms which can include Cash on Delivery and in other cases it could be a credit card payment.

Some of the best resources from where you can purchase wholesale organic essential oils include places such as Starwest Botanicals, Simplers Botanical Company, Essential Wholesale and Lebermuth.

When it concerns shopping for wholesale organic essential oil and even for small purchases of essential oils it pays to realize that not all essential oils are created equal. This means that in order to pick the best organic essential oils you need to look only at those essential oils that have been certified by bodies such ECOCERT and Nature et Progres and also Agrobio. This certification at least ensures that the products conform to certain minimum standards and furthermore it is assumed that every ingredient in the essential oil will be organic and so too will be the processes that were used to make the essential oil.

Understanding The Price Structure Of Natural Organic Essential Oil

The global crisis has made prices of all essential commodities rise which is not good news for people that plan on buying natural organic essential oils. The simple fact is that prices of natural organic essential oils are in any case high and so any new spike in the prices will make essential oil costs so high that most people will not be able to afford them. And if you don't already have any prior experience in regard to using natural organic essential oil then you certainly will not know whether the price you are being charged is appropriate or so high that it hints that you are being taken for a ride.

Reputable Source

The good news is that if you research your options well you will be able to find more reasonably priced natural organic essential oils. All you need to do is verify that you are buying the natural organic essential oil from a reputable source and that the items are in fact truly natural and organic.

Most of us know that the price of natural organic essential oil is in any case quite high and so when you come across products that are inexpensive your doubts will begin to get the better of you. The reason why some companies are able to offer less expensive natural organic essential oils is that their methods of cultivation and production are simple and so the costs are kept low.

Essentials oils are in any case normally extracted from roots, leaves, flowers and nuts as well as from fruits. To lower costs it is necessary to do wild harvesting or engage in commercial growth and the extraction processes have to be simplified though the process used will depend on the part of plant from which the essential oil is being extracted. More sophistication and more technology-based extraction processes along with improved harvesting methods are making it possible to extract purer essential oil.

The main reason why prices of natural organic essential oil are high is that the quantity of plant required to extract a kilo of natural organic essential oil is quite huge; in fact, it takes an estimated five hundred kilos of rose petal to extract just a single liter of rose essential oil. Finally, climatic conditions too play a part in the price of natural organic essential oil and so a bad season can make the prices shoot up while a good season will see the opposite happening.

A Guide to Rose Essential Oil

Rose essential oil is known to have innumerable properties like anti phlogistic, anti depressant, anti spasmodic, anti septic, aphrodisiac, anti viral, bacterial, astringent, cicatrisant, cholagogue, emenagogue, depurative, hepatic, haemostatic, nervine, laxative, uterine and stomachic. Rose is one of the most beautiful flowers, with many legends, stories, legacies and myths associated with it. Available in varied colors, sizes, shapes and incomparable fragrances, there is something for every occasion and mood.

Uses of Rose Essential Oil

The rose essential oil is extracted by using the steam distillation of fresh Damascus Rose, and contains many components. Some of the main contributors are Citral, Citronellol, Eugenol, Acetate, Farnesol, Ethanol, Nerol, Methyl Eugenol, Phenyl Acetaldehyde, Nonanal, Phenyl Geraniol and Phenylmenthyl Acetate. Damascus roses are the most fragrant with highest oil content and strongest aroma.

Rose essential oil has several psychological, medicinal and emotional effects. It helps boost confidence, self-esteem, hope, and mental strength, and effectively fights depression. It is very useful for people suffering from depression and anxiety. As this oil is anti-depressant, patients undergoing rehabilitation or acute depression can be given the regular and routine doses. This oil is widely used in aromatherapy, and invokes feelings of joy, hope and happiness.

Rose essential oil can calm down the person with high fever by sedating the inflammation. It is also useful in curing inflammation caused by ingestion of poisonous stuff, microbial infection, dehydration and indigestion. As rose essential oil is most fragrant, it is a great way to treat the wounds and protect them from getting infected or becoming septic. The oil also relieves spasm in the intestines and respiratory system, and

muscular spasms in limbs. It helps cure muscle pulls, convulsion, spasmodic cholera and cramps.

The scent of rose essential oil has arousal effect, and it boost up the libido. It invokes romantic feelings required for a great sex life. Getting virus protection can be very difficult, as these viruses change their form and type frequently. The anti viral properties of rose essential oil are valuable in protecting our bodies against the viral infections. The oil has great astringent properties, and helps strengthen hair roots and gums, lifts and tones skin, contracts intestine, muscles and blood vessels and gives protection from untimely fall of hair and tooth, loss of firmness of muscles of abdominal area and intestines, and helps stop the blood flow from cuts and wounds by contracting the blood vessels.

Rosemary essential oil is a good bactericide and can be used to treat cholera, typhoid, food poisoning and diarrhea. It can also cure the internal bacterial infections like in stomach, colon, urinary tract and intestines. Rose essential oil promotes flow of bile from gall bladder, and also regulates the level of acid in the stomach. The oil regulates hormone production and gives fresh, shining and youthful skin.

A Guide to Bulgarian Rose Essential Oil

Bulgarian rose essential oil has been distilled for over 300 years, and the roses have existed for millions of years. Uses of Bulgarian rose essential oil date back to the ancient civilization of Asia, Persia, Rome, Greece and Egypt. This rose is a symbol of beauty and love.

Uses of Bulgarian Rose Essential Oil

Bulgarian rose essential oil has a pleasant odor, and is safe to use in aromatherapy. When used for massage, this oil improves circulation and acts as a digestive tonic. It also helps relieve menopausal problems, PMS, constipation, broken veins, gastric ulcers, nausea and liver problems. Bulgarian rose essential oil helps calm the puffy skin, alleviate itchy, dry, sensitive, chopped and inflamed skin, and beautify ageing and wrinkled skin.

Bulgarian rose essential oil can be added to the bathwater or burner/vaporizer to release the emotional or stress related problems including postnatal depression, insomnia, nervous tension and depression. The oil is also useful in wound healing and impotence problems.

Bulgarian rose essential oil is a complicated mixture of over 300 different components, and the major component is obtained from blossom is phenyl-ethyl-alcohol. Rose alcohols geraniol, nerol and citronellol are also the main components. Though other components are present in trace amounts, they are quite important for good quality of the oil. The oil is yellow to yellow-green in color, and tends to solidify to the translucent mass at temperatures less than 20 degrees.

Bulgarian rose valley is located in between Sredna Gora mountains and Balkan range, and is home to production of exquisite Bulgarian rose essential oil. Unique soil and climatic conditions make this valley one of the biggest producers of rose otto in the

world. The cloudiness, air, precipitation, and humidity in May and June produce roses that yield high percentage of oil.

Bulgarian rose essential oil is produced through chemical extraction of fragrant compound of fresh rose flowers. Pure Bulgarian rose essential oil has a very strong smell, and beta damascenone, rose oxide, beta ionine and beta damascene contribute to its distinctive scent. The quality of this oil is determined by presence of beta damascenone. When buying Bulgarian rose essential oil, check for the percentage of phenylethanol, which should be low. It is common to adulterate this oil with palmarosa and geranium oil, and both are rich in geraniol. Adulteration does not remove all the healing properties of this oil, but can definitely harm the body. You must be extra careful when buying expensive oils like geranium rose essential oil. Make sure that it is certified by the government authorities, and you get the authenticity certificate.

A Guide to Geranium Rose Essential Oil

Geranium rose essential oil is usually confused with rose oil, but, it has its own uses and properties in aromatherapy. This oil has been used for centuries to treat cancerous tumors. Originally, the native of South Africa, it now is widely cultivated in Central America, Russia, Egypt, Congo and Japan. Russia and Egypt are the main producers of geranium and pure rose essential oil. Geranium has small pink flowers and its leaves are pointy. There are over 700 varieties of cultivated Geranium plant, and many are grown in the garden for ornamental purposes.

Uses of Geranium Rose Essential Oil

The oil is made from the yellow leaves as these have stronger aroma as compared to greener and younger leaves. Cheaper versions of this oil are made from Podorantissimum oil, distilling it over rose. The stalk and leaves are used for the extraction. The geranium rose essential oil is composed of various chemical constituents such as myrcene, a-pinene, linalool, menthone, geraniol, citronelloe, geranyl acetate and geranyl butyrate.

Geranium rose essential oil does not cause any side-effects as it is non-irritant, non-toxic and non-sensitizing. However, it can cause sensitivity in some people. As it balances the hormonal system, its usage must be avoided during pregnancy and lactation.

Geranium rose essential oil is known to have antiseptic, antidepressant, diuretic, cytophylactic, tonic, styptic, deodorant and vermifuge properties. Geranium rose essential oil has a soothing effect on nervous system, and is known to relieve anxiety and depression. It lifts the spirits and has the mood boosting effect.

The haemostatic nature of this oil helps system of the body to balance, and when adrenal cortex is balanced and stimulated, the hormonal system is aligned and corrected. It has a

great stimulating effect on the lymphatic system, and helps detoxify the body. It helps females by treating the PMS and balance the heavy periods and vaginal secretion.

The geranium rose essential oil helps balance the sebum secretion, and clear oily and sluggish skin. The oil has diuretic effect on the body, and corrects the poor elimination of waste material and water from the body, creating a good balance. It is also useful in treating gall stones, jaundice, nose bleeds and other hemorrhaging.

The oil has a great all-over balancing effect, and creates a good balance between dry and oily skin, making it supple and clearing the congestion. It can be diluted in the shampoo to get rid of head lice. Geranium rose essential oil can be used in the massage oils to assist with various disorders.

Geranium rose essential oil blends well with basil, angelica, carrot seed, bergamot, citronella, cedarwood, jasmine, grapefruit, neroli, rosemary, orange, lavender and lime.

Pure Rose Essential Oil: The Rosa Damascena

Rosa Damascena is by far the best example of pure rose essential oil and this essential oil is in fact extra special because it is grown in Bulgaria which is also one of the most famous essential oil producing countries. Rosa Damascena is perhaps the loveliest and richest pure rose essential oils and it is in fact derived with the help of a cold process that helps to give Rosa Damascena an outstandingly fresh aroma that is hard to find in other essential oils.

Natural And Fine Aromatic Fragrance

If you happen to be looking for the right pure rose essential oil for your perfumery then Rosa Damascena is a great choice and in addition this pure rose essential oil is also great for those people that want a natural and also fine Rose aromatic fragrance. In fact, one whiff of the aroma given off by a pure rose essential oil such as Rosa Damascena is enough to bowl you over completely and you will soon realize that there is no other scent that is as divine as what you get from the Rosa Damascena.

Rosa Damascena is a Bulgarian pure rose essential oil that has been cultivated in that country since the sixteenth century and it is truly and by far the finest pure rose essential oil. Rosa Damascena in fact gives off an aroma that is rich, full and intoxicating as well as highly aphrodisiac as well.

Rose is known to bring greater harmony and balance into a person's life and this is why this particular pure rose essential oil is used when people are having difficulties in overcoming whatever insecurities they happen to be feeling. Rose can elevate the spirit and it can also uplift the mind and that is why you will notice that the pure rose essential oil will give you a very special vibration that will certainly make you feel great.

The scent that you get from Rosa Damascena is divine and very sweet and very floral which is why the Rose is so revered – despite the fact that a rose does not contain too much aromatic oils. In fact, in order to distill a single ounce of pure rose essential oil it is necessary to use as many as sixty thousand roses which translate to roughly sixty roses to extract a single drop of pure rose essential oil. This is why you also have to pay more to buy your Rosa Damascena.

Rose essential oil uses are many though one use that is worth knowing more about is that such essential oils can prove to be the best skin oil that is able to handle skins of all types. However, if you have dry and sensitive or even aging skin then rose essential oil is certainly the only option for you.

Understanding The Many Rose Essential Oil Uses Shows It To Be An All Round Essential Oil

When it concerns understanding the different rose essential oil uses one thing that can be said with a certain degree of certainty is that this is an all purpose essential oil. Rose is a Greek term that means roden that in turn means red. Roses as we all know are mostly of deep red color though there are also yellow as well as green and white colored roses. Regardless of the color of the rose you can still find many rose essential oil uses including being wonderful in the fight to overcome depression and anger as well as fear.

Softer Skin

In addition rose essential oil uses include its ability to soften a person's skin and to also make the skin glow and look its best. Another good rose essential oil use is that rose essential oil can improve the working of your heart and also the working of the digestive system. Rose essential oil is characteristically fresh and sweet and its aroma is also very floral – all of which makes this essential oil very special indeed.

Roses are, in some countries, also used for decorating the marriage stage and also for decorating the marriage bed and this is of course one more rose essential oil use. The simple fact is that in some countries roses are equated with purity as well as with love and another rose essential oil use is that it is used in prayer halls to purify the atmosphere.

To make rose essential oil requires using steam distillation methods which in turn involve plucking the roses in the very early hours of the morning after which the roses need to be steam distilled. Of course, the yield obtained will be very low and is not more than between 0.02 and 0.05 percent. Furthermore, when using heat for the distillation process and which helps in the extraction of the rose essential oil it is necessary to control the

heat because too much of it will end up destroying the special fragrance of the roses. So, be careful about amount of heat being used to distill the roses!

The bottom line in so far as rose essential oil uses are concerned is that rose essential oil is really an all rounder essential oil that will provide the user with a number of benefits. One rose essential oil use is that it makes an excellent aphrodisiac and in addition it is also antiviral and antiseptic as well; and, it can also help cure eczema too.

White rose essential oil is quite a rarity which is why people that wish to purchase it have to pay more than is the case with red rose essential oil. In addition, the white colored rose essential oil has numerous health benefits and it makes for a wonderful perfume as well.

An Introduction To The White Rose Essential Oil

Most of us equate rose essential oils with red colored roses though if one looks a little bit further one will come across the rare white rose essential oil that is also more expensive though certainly worth every extra penny that you have to pay. The higher cost is obviously attributable to the fact that it is much harder to find the white rose and in addition the white rose essential oil provides a number of benefits for which you should not mind paying a little bit extra.

Very Intense

Pure white rose essential oil blends are very intense and so when using it be sure to use a pinch of it and not too much which could only end up causing a burn or something equally nasty. Of course, any essential oil that is used in too much quantity will end up doing more harm than good. So, when using white rose essential oil be sure to be very sparing in how much of it you apply because too much of it will also end up giving off a very pungent odor; instead of being mild and pleasant.

Even when blending white rose essential oil be sure to use white rose essential oil conservatively because by using too much of it you risk upsetting the delicate balance of the blend which make the end product smell too much of white roses which is not at all desirable. Among the oils that you can blend white rose essential oil with you have lemongrass and mandarin and also sandalwood as too frankincense to choose from.

Provided you use white rose essential oil in the right amounts you can then expect it to do wonders for you, especially when it concerns treating your problematic skin. Still, never make the mistake of applying white rose essential oil directly to your skin because it is in fact recommended using a cream or even a lotion first after which you can safely use white rose essential oil that must be of just one percent concentration.

The right quantity of white rose essential oil when mixed in your bath can certainly help elevate your mood and uplift your spirits sufficiently and you will soon start feeling like royalty.

Peppermint essential oil on the other hand is really a very ancient essential oil and it was used as far back as in the year 1000 B.C. and by the Egyptians at that. Other ancient civilizations that have used this essential oil include the Japanese as too the Chinese and the Romans too used it extensively.

A Guide to Peppermint Essential Oil

For centuries, peppermint has been used for holistic and traditional medicinal purposes. Peppermint is known to help relieve cramps, nausea, asthma and fatigue. The studies have proved that peppermint also helps people suffering from irritable bowel syndrome, but not much research has been done regarding this. Peppermint contains high levels of methanol, and hence its healing properties cannot be easily dismissed. The oil is clear in color and has a tinge of yellow. It has strong, fresh minty aroma, and has a calming and soothing effect on body and mind.

Uses of Peppermint Essential Oil

All essential oils are made from plants or herbs, and their potency is not diluted by using other ingredients, such as moisturizers. If you suffer from colic, asthma, fatigue, fainting, headaches, fevers, nausea, or irritable bowel syndrome, peppermint essential oil can help alleviate the pain. If you suffer from anxiousness, apathy, vertigo, stress or shock, this oil can help lessen the symptoms.

Massage is one of the best ways to use peppermint essential oil. You can dilute the oil with some carrier oil, as this will soften the skin and make it more malleable. Peppermint essential oil is usually highly concentrated, just 2-3 drops are sufficient to handful of carrier oil.

You can also fill the water spritzer with water and add few drops of oil to it. Many stores now offer ceramic oil burners that are used for aromatherapy. After lighting the candle and replacing the lid of the burner, put few drops of peppermint essential oil on the lid. The candle will heat the oil and scent of oil will permeate the air.

Peppermint essential oil blends well with other oils and you can also create your own scent by mixing up your own concoction. This oil blends well with lavender, jasmine, chamomile, lemon, rosemary, orange, spearmint, sandalwood, ylang ylang and tangerine.

Peppermint essential oil uses are numerous. It prevents itchiness and irritation on the skin and also lessens the reddishness. It gives boost to digestive system and prevents body from several gastronomical problems. It is also an effective analgesic and works wonders to combat mental fatigue. As it has powerful antiseptic properties, it is extensively used in dental care. It helps relieve bad breath, and keeps gums and teeth free of germs. It is also a good tonic for people suffering from low appetite. It helps cure the upset stomach and motion sickness.

Peppermint essential oil may cause irritation to skin and hence pregnant women and lactating mothers should avoid using it. It is also not advisable to be used on children under the age of seven years.

A Guide to Organic Peppermint Essential Oil

Aromatherapists consider peppermint essential oil as one of the most useful essential oils that offers several health benefits. There are many companies selling the organic peppermint essential oil, however not all are certified. To be a certified organic supplier, the company needs to meet certain basic requirements set by the USDA. The requirements are quite basic, and some companies get the certification from more than one organization. This proves their commitment to the organic products. The requirements of organic peppermint essential oil entail farmers to grow plants without using the chemical fertilizers and pesticides that are passed on to vegetables and fruits, causing health problems to the consumers.

Organic peppermint essential oil and organic rose essential oil are two of the most common oils. Organic peppermint essential oil is produced in various parts of the world. There are innumerable peppermint essential oil benefits, such as treating stomach problems, headaches, increasing the alertness, increasing energy levels and reducing mental fatigue. The organic peppermint essential oil is also used to relieve the itching on skin and also to repel insects.

The organic peppermint essential oil is mainly produced in Italy, and one ounce of fluid bottle can cost around \$30. This peppermint oil can be mixed with other essential oils to create invigorating effect. Some oils that are mixed with organic peppermint essential oil are orange, juniper, geranium and lavender.

There are many common uses of organic peppermint essential oil such as it soothes the itching caused by poison oak or poison ivy, boosts the mood, cures hot flushes, gives relief from flu and cold, dispels paint fumes, helps remove ticks, and soothes swollen and sore feet.

The way organic peppermint essential oil is taken makes a lot of difference. It is quite effective if taken in the capsule form on the empty stomach as oil has to go through the stomach unimpeded and reach intestines before dissolving. It can also be ingested through herbal tea, and peppermint tea is caffeine-free. Peppermint oils and peppermint plants help the garden stay pest-free. Peppermint oil sprays can repels aphids, ants, beetles and plant lice.

Organic peppermint essential oil is also used in the aromatherapy products. Using this oil for massage can relieve indigestion and nausea.

Organic peppermint essential oil must be kept out of reach of infants and small children, and adults must take this oil in small doses. Heartburn and allergic reactions are the possible side-effects, however are not common. Avoid using this potent oil around nose and eyes to avoid burning the skin. In case you experience any side-effects, discontinue the use.

Beauty and Health Peppermint Essential Oil

Benefits

Peppermint is actually a hybrid plant that is derived from the crossing of water mint and spear mint. Peppermint grows widely in many places in Europe and in North America – they usually grow up to 40 inches tall and gives of beautiful and fuzzy-looking flowers. They are usually taken as tea and are claimed to have many health benefits.

Peppermint essential oil is widely used as a natural treatment for irregular bowels, as a pain reliever or as treatment for many respiratory conditions; but peppermint essential oil benefits is not only limited to these things, today peppermint essential oil have a wide variety of uses for beauty applications as well. The following are some of the beauty and health benefits of peppermint essential oil; you might as well try to read some articles on how to make peppermint essential oils manual in order to learn more about it.

Health peppermint essential oil benefits

Reducing the pain of menstrual cramps is one of the many peppermint essential oil benefits; they are best in treating bad effects of muscle spasms. Moreover, peppermint essential oil is also advisable for those with minor pains such as an headaches or anywhere else in the body; a peppermint essential oil benefits is its pain relieving qualities against these pains, yet one must still avoid self medication and always see a doctor (peppermint essential oil could only act to ease the pain but will not cure it).

Finally, peppermint essential oil benefits also include its ability to stop the growth of gallstone and at the same time, it also prevents its further growth – many researchers considered as the best health benefit peppermint essential oil gives.

Beauty peppermint essential oil benefits

One of the most well-known peppermint essential oil benefits is soothing tired skin because it is actively involved in the skin's oil production - aside from this if peppermint essential oil is used together with other essential oils, then it is effective in removing excess oil in the skin, unclogging the pores and making it look younger and more natural.

Another peppermint essential oil benefits is its refreshing and cooling effects to the lips, hence it is no wonder that this is usually added by many dermatologists to products such as lipstick and lip balms. Its menthol effects soothe dry lip cells and at the same time, it nourishes it back to its normal smoothness and glow.

Lastly, one of the most helpful peppermint essential oil benefits is promoting healthy scalp and hair as well. Using peppermint essential oil can decrease dandruff in and at the same time helps faster hair growth. Nowadays many shampoos and other hair products have peppermint essential oils to make us of this peppermint essential oil benefits.

Simple Ways How to Make Peppermint Essential Oil Facial Scrub

The use of facial scrub is valued by many women to have always wanted to have a clear and smooth complexion; and give the soothing effects of peppermint, learning how to make peppermint essential oil is a good way to a cheaper and healthier journey to good looking skin – you are not only assured of using natural ingredients free from any chemicals but a few savings is a good consolation as well.

Steps how to make peppermint essential oil facial scrub

The ingredients you will need in making a peppermint oil facial scrub are avocado, cornmeal, dried peppermint leaves, olive oil, table salt, oatmeal, brown sugar, jojoba oil, and almond oil. The first step in order to how to make peppermint essential oil facial scrub is by blending together ½ cup of table salt with 1/3 cup olive oil, together with some drops of peppermint essential oil – this alone is useful enough for a good facial scrub and make sure to use this with luke-warm water.

Another way how to make peppermint essential oil facial scrub is by mixing in together a generous amount of sun-dried peppermint leaves with 1 cup of oatmeal using a food processor or a blender. After getting a paste-like consistency, store the mixture in a container with a tight lid, it is better if a glass one is used in order to prevent bacterial growth. In using this facial scrub, make sure that it is not applied in areas near the eyes to avoid irritation.

Another recipe on how to make peppermint essential oil facial scrub is through mixing together salt, almond oil, dried peppermint leaves and a few drops of peppermint essential oil. Again, always remember to store these facial scrub mixtures into a glass container and upon using, always rinse carefully with warm water.

The last method how to make peppermint essential oil facial scrub is one of the most highly used recipe by most women and that is my using avocados. In order to do this, first peel these ripe avocados as cleanly as possible and then smash them well into a bowl – make sure that they are smashed that they do not fall off quickly from your face. After this, add about 1 tablespoon of jojoba oil as well as drops of peppermint essential oil (you can buy peppermint essential oil in many health and wellness center) and then your scrub is ready! Apply the scrub once or twice before going to bed at night and so not forget to use warm water in order to rinse them off.

How To Use Essential Oil Blends And Relax After A Long Stressful Day

Essential oil blends have been used for generations in many homes around the country. Some people use essential oil blends for aromatherapy, massage and deodorizers. Other people also use essential oil perfume blend to create their own personal scent. All lot of people prefers to use essential oil blends because of their calming effect on the body and mind. People who lead stressful and fast paced lives can benefit much from the use of essential oil blends at home.

As a person who is always on the go, you should consider using essential oil blends to create a relaxing atmosphere at home. Below are some tips on how to use essential oils to make your home more relaxing and stress free.

Use Essential Oils In Your Bath

A long and relaxing bath can help restore your sagging spirit after a very challenging and stressful day at the workplace. Forget about sitting on the couch and watching TV as soon as you get home from the office. Instead of turning on the TV as soon as you get home, go to the bathroom and run the bath. Watching TV is never a good idea after a long stressful day so turn off that TV and head for the bathroom and prepare for a long and relaxing soak. Add some lavender or chamomile essential oil blends into your bath. Studies show that lavender and chamomile scents are very good at calming frayed nerves so make it s point to have these types of essential oil blends at home.

Put A Few Drops Of Essential Oils Around The House

Going home to a place that smells good is always welcome part of the day. To create a relaxing atmosphere at home, put a few drops of essential oil blends in strategic places in the house. For instance, a few drops of peppermint oil in your linen closet will make your

linens and sheets smell fresh and clean all the time and a few drops of ylang-ylang oil on the area near your front door can create that welcoming atmosphere.

Put Essential Oils On Your Candles

Aromatherapy can help you relax, unwind and regain your lost energies after a long and stressful day at the workplace. To start an aromatherapy session at home, add some essential oil blends into your candles then set back and relax. Play some relaxing background music to help clear your mind.

Essential Oil Perfume Blend: Creating Your Own Distinctive Smell At Home

Essential oil perfume blends can make a lot of difference in your home atmosphere. According to experts, the smell of your home can affect your mood. If your home smells vibrant, you will probably feel more energetic and optimistic. On the other hand, if your home has this calm and relaxing smell, you will probably start to feel a little bit less stressed and wound up as soon as you enter the front door of your home.

Since smells can affect the general ambiance of your place, you should consider creating your own distinctive smell at home and create the kind of atmosphere that promotes your well-being. No, you do not have to be an expert in essential oil perfume blends to be able to create unique and distinctive fragrances. A lot of people were able to create distinctive fragrances through experimentations.

Getting Started

Before you start mixing oils and creating different types of scents, you should first learn the basic things about essential oil perfume blend. To learn more about essential oil perfume blend, get a book and start reading. You can easily find a lot of books about essential oils in your local library and book stores so take the time to browse through the shelves.

If you do not want to go to the local library or bookstore, you can use the internet to find the kind of books and reading materials that you need. There are plenty of online libraries where you can do some research on essential oil perfume blends. Most of these online libraries only collect small fees for single use so you can save some money if you do your research work there. When looking for books about essential oil perfume blends, go for those books that provide you with simple essential oil blend recipes that you can work on at home.

After knowing the basic things about essential oil perfume blends, buy some ingredients and start working on your scents. Your kitchen is place to start working on your project.

Your first few attempts at creating unique and personalized scent may not be very successful so you need to be patient. Remember that the best chemists were not able to produce good results during the first few attempts so do not be discourage if your oil blends smell really awful. Instead of giving up easily, you need to keep on trying until you master the art of making essential oil perfumes and scents.

Essential Oil Blend Recipes: Tips On How To Make Your Own Scents

Creating essential oil blends can be a great hobby especially for those people who love to work with scents. If you have a knack for creating different types of scents, you should try your hand at essential oil blending. No, this type of hobby is not expensive and you can easily do this at home during your spare time. What is more interesting about this hobby is that you can turn this into a business once you come up with some unique scents and essential oil blends for soaps, perfumes and the likes. A lot of people who started working on some essential oil blend recipes in their kitchen are now successful entrepreneurs. If you are lucky, that essential oil blend recipe of your can bring in a lot of money so start working on them now. To help you get into essential oil blending, here are some tips for you.

Educate Yourself About Essential Oils

A lot of people start working on essential oil blend recipes without really knowing the basic things about essential oils. Although some people are lucky enough to get their essential oil blend recipes right even if they do not know the basic things about essential oils, most people are not that lucky. More often than not, people do not get good results from their essential oil blend recipes because they do not really understand how the essential oil blending process works. To increase your success rate in this area, you need to know the basic things about essential oils before you attempt to work on even the simplest essential oil blend recipes.

Choose Your Ingredients Well

The general outcome of your essential oil blend recipes depend much on the kind of ingredients that you use. If you want good results, you need to get good quality ingredients to work with. No, you should not just buy any ingredients for your essential

oil blend recipes simply because these things are cheap and readily available. Remember that your goal here is to create some really cool scents, not to create some cheap oil blends that do not really smell good so pay close attention to your ingredients. As much as possible, you should buy your ingredients from reputable and well known stores and shops only.

Establish Your Work Station

If you are really serious about making essential oils, you need to establish a place where you can work in peace and concentrate on your essential oil blend recipes. Since you do not need a large work station, your kitchen should be a good place when you can start working on your essential oil blends.

Buy Your Essential Oil Blends For Soap From Clearwater Soap Works

It is interesting to learn about how essential oil blends for soap can help make your soaps more fragrant and how the ingredients used can be blended in a manner that they complement one another in most perfectly. For best essential oil blends for soap you will do well to check out the website of Clearwater Soap Works that is a Canadian company (clearwatersoaps.com) that offers the finest essential oil blends for soap. Needless to say, each of their essential oil blends for soap are hundred percent natural and the blends are also the exact mixtures that are also used in some of the more well known soap bars being made and sold by Clearwater Soap Works.

Add Some Fragrance To The Home

These essential oil blends for soap can be used for a variety of reasons including to add some pleasant fragrance to your home and they can also to be used as massage oil as well as to create your homemade soaps. In addition, you can use these essential oil blends for soap to even make a tastier potpourri and it can also be used in homemade cosmetics as well.

Some of essential oil blends for soap options that you can buy from Clearwater Soap Works include Clearly Spice and Lavender & Lime as too Clearly Forest, Clearly Sunshine and Citrus Grow. In addition there are Licorice Mint, Flower Meadow as too Tea Tree & Clover that are worth checking out.

A bottle containing about fifty milliliters of Clearly Spice retails for about fifteen dollars and for the same price you can get an equal quantity of Lavender & Lime. Flower Meadow is slightly more expensive as a fifty milliliter bottle will cost you just fewer than nineteen dollars.

Most of us judge soaps by the fragrances they give off and so if you happen to be particularly creative then you may even have thought of using essential oil blends for soap to create a soap that gives off the exact scent that suits and soothes your senses. The simple fact is that a novice as well as an experienced aromatherapist can use their creativity to create the most exotic smelling soaps and all they need is the right essential oil blends for soap and the ability to make a simple soap.

If however you are a person that is looking to find out how to make essential oil blends then you can take heart from the fact that the processes involved are simple and the final blend can be used for a variety of purposes. For example, you can use the blend to take care of your skin and in addition you can also use the essential oil blend to get relief from stress and also from congestion.

A Few Tips To Help You Learn How To Make Essential Oil Blends

The good news is that when it concerns learning how to make essential oil blends you will find the whole task to be easy and it is also possible to create the right blend that in turn can help you in a variety of ways. If you like you can learn how to make essential oil blends that can be used in skin care treatments while you can also learn to create aromatherapy blends to help you get relief from stress as well as from congestion. In addition, it is also possible to learn how to make essential oil blends that will aid in giving yourself a good massage and also to make your home smell that much better.

Big Price

Buying essential oil blends means having to pay quite a big price which is why a person with some creativity and ability to use their hands must learn how to make essential oil blends which will mean money savings as well as being able to make more customized fragrances. Of course, you will need to be prepared to spend quite a bit of time in creating your essential oil blends; so, patience is not only a virtue; it is also an essential requisite. Most beginners tend to give up as soon as they realize that learning how to make essential oil blends is a time consuming process.

The actual instructions in regard to learning how to make essential oil blends go like this: first identify the purpose for which you are going to use the essential oil blend. This means distinguishing between using the blend for skin care and for fragrance. Next, you have to research and find out more about the different properties of each essential oil.

It also pays to experiment with different essential oil blends and this you can do by putting a drop of the essential oil into a bowl and then check its smell to see which ones give off an immediate smell and which ones will smell after say an hour. In addition, you need to also learn about the weight of different essential oils and pay attention to the

different categorizations of each blend that can be determined by looking at each essential oil's tone. Top notes evaporate quicker; middle notes will evaporate after between two and four hours while base notes last for a longer time period.

After you have identified the right blend you can then begin blending the essential oils in a container that must be spotlessly clean. It is normal to add three drops of a top note followed by two drops of a middle note and a single drop of the base note is all it takes.

For pure essential oil blends you can look for them at the website purepotentwow.com where you will find something or the other to suit your needs. These blends can be used to cure headaches and muscle aches as well as insomnia as too sinus aches.

Learn Where You Should Shop For Pure Essential Oil Blends

Shopping for pure essential oil blends is easy if you learn to check out sites such as Cranberry Lane where you will get a wide variety of options to choose from. Of course, before you place your order for pure essential oil blends at Cranberry Lane be informed that they will not take back the product you bought because once the product leaves their store it cannot be used in any other way which means that reselling the product would be impossible and hence the company enforces a no return policy.

Buy Smaller Quantities

This means that before purchasing pure essential oil blends you should ensure buying smaller quantities that you can test out to see if the particular essential oils suit your needs and once you are convinced that the product suits you it is then a good idea to purchase a larger quantity.

Here at Cranberry Lane you can shop for a number of wonderful pure essential oil blends including Christmas Spice that is really a blend of Clove and Cinnamon as too Orange and even some Ginger essential oils. Together, when blended properly it creates some truly exciting pure essential oil blends that you can have for only about five dollars that is all it will cost you to purchase five milliliters of Christmas Spice, while for one hundred milliliters you will have to pay approximately thirty-five dollars.

You can also pick from a variety of other blends including the one called Clear Skin which is a mix of grapefruit, lavender, juniper and tea Tree essential oils. A visit to [cranberrylane.stores.Yahoo.net/essential-oil-blends](http://cranberrylane.stores.yahoo.net/essential-oil-blends) will prove to be very worthwhile for anyone that is looking for a greater variety of essential oil blends.

Another option in so far as finding synergistic pure essential oil blends is to pay a visit to the website of Pure Pro Massage Products (tirmassagestone.com) where you get products that have been created by a company that has more than fifteen years of experience in the aromatherapy and massage industry. Each of their pure essential oil blends are formulated to provide relief from a variety of problems including headaches and muscle aches and stress as well as anxiety; and, much more.

In fact, at Pure Pro Massage Products you are assured that each of their pure essential oil blends are made from the best grade ingredients that are also all hundred percent pure as well as natural. Furthermore, none of the pure essential oil blends contain carrier oils which mean that when used these pure essential oil blends provide you with complete therapeutic value.

Essential oils as we all know are a concentrated liquid that contains aromatic compounds that are derived from a variety of plants. The volatile nature of these oils has led to them also being referred to as volatile and even ethereal oils and in fact they are also referred to as oil of a particular plant from which it was extracted.