

Using Essential oils At the Hotel - What to Use & Do?

Don't you like to travel to take a little break? Especially since winter doesn't want to loosen its' grip on us, we need to get away. (I see a shopping spree in my future!)

When you go out of town, and unless you have relatives you can stay at, you most likely will be staying in a hotel or other similar lodging.

If you are like us, you want to make your 'room' be as cozy as possible so you can relax and get a half-way decent night sleep.

So the first thing we do is get a diffuser going in the room. We like to use our Calming or Relaxing blend or sometimes even just plain old Lavender.

Now if you have forgotten to bring a diffuser (we use either a Scentball or a TruMelange) you can always use a Tissue and just lay that on a dish (or in the sink). We have used a tissue propped on the air conditioner/heating unit as the forced air quickly circulates the essential oils throughout the room.

Next we inspect the bathroom and shower and if questionable or if we feel we just want an extra cleaning, we will spray on some of our All Purpose Spray with Pure Cleansing added. We put a light mist on all the surfaces and let dry. Or I wipe off using a cleaning cloth. Often times you'll find a shoe buffing cloth in the hotel room and since we wear tennis shoes, we don't need to polish shoes, so we use their buffing cloth to wipe down the door knobs, handles, etc. then toss in the waste basket.

Be careful to not drop any undiluted essential oils on the furniture or plastics in the room as it could easily mar the finish or disfigure the plastics.

Anyway, back to the room freshening. After we go out for supper, when we are returning to the room, we take a 'whiff' of the air in the hall way. If we (or you) can smell the essential oils throughout the hallway - you've used way too much. You should only smell it as you enter your room.

Because we have used essential oils for quite a while we normally don't 'freshen' the air of the whole hotel anymore. It used to be more of a problem when we stayed in hotels that allowed smoking. But now here in Minnesota that is not a problem with no smoking allowed in most places.

Our Favorite Essential Oils and blends to take with us:

Lavender; Four Robbers; Pure Cleansing; Mint Energizing; Calming; Rosemary; and Peppermint.

We put them in one of our Fabric Travel Cases so we have them with each trip. The Travel Case is easy to pack in just about any suitcase along with the Scentball.

To get us going in the mornings, a Shower with some of the Mint Energizing on the Wash cloth and shower gel and well, you'll be ready for the Day!!

Happy Traveling!! And Don't forget to take along those oils - or you'll wish you had!

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