

## Aromatherapy Tip of the Week - #05

February 19, 2008

### The Simplest Diffuser

The simplest diffuser to use with your precious essential oils is very effective and costs less than a penny.

It is the cotton ball.

Yep this is one of the most versatile and usable diffusers. We suggest them to diffuse near your personal spaces. But you can use them in the bathroom, hidden in plants (like Christmas trees), or on shelves. Use your imagination.

Simply place on a protected surface and add a few drops of essential oil to the cotton ball. They can be reused for several days and when done - just toss away. (Sweet smelling trash, Alright!)

Folks that are hospitalized or in nursing care facilities can benefit too from the cotton ball. Simple pin it on their lapel or collar of their clothing. Add a drop of essential oil to their "flower". (Remember to get permission from the nursing staff to be sure they have no objections.) We have seen many residents of assisted living and nursing care facilities where getting their "daily flower" scented brings them much joy along with the staff!

For scenting in a room we suggest you place the cotton ball on or in a small glass or ceramic container. Something like the little ceramic plates/dishes that are used for teabags or glass condiment cups. These are ideal as essential oils as you know can ruin finished surfaces like your furniture.

Have fun and enjoy the use of the simplest diffuser!