

Helpful Hints and Tips with Essential oils and Aromatherapy a hodgepodge of information.

Some of these you may already know, others will be fun to know!

by Penny Keay

1. To apply just a small amount of [Lavender](#) on an insect bite, First mix a few drops of [Lavender](#) with a carrier oil such as [Jojoba](#). Then put a few drops on the end of a cotton swab, then dab on the area.
2. Before blending essential oils with your carrier oils or lotions tear several pieces of paper towels in quarters or smaller to use to quickly wipe up the small drips that can occur.
3. Always mix essential oils in glass containers such as Pyrex measuring cups, condiment dishes or [beakers](#). Of course depending on what you are mixing them with will determine the size container you will need.

For stirring use stainless steel or glass. Do not use rubber, plastic or wood as the smell of essential oils are nearly impossible to remove from those surfaces. If you are only mixing essential oils – just mix into a clean glass amber bottle, swirl or roll in your hand.

4. As much as you might enjoy blending and mixing essential oils remember to step out of the room every 20 minutes or so and take a break from all scents for about the same length of time.
5. When developing a blend using essential oils make sure to WRITE everything down, (or you'll wish you had)!
6. Mixing Carpet freshener can be a trick when you add the essential oils. Often times it will be come clumpy. Apply the essential oils to a cotton pad (such as a [Scentball pads](#)) and place that in the jar of Baking Soda mix – shake vigorously, let sit overnight if possible.
7. Keep Silk or fabric flowers in several places in your home. When unexpected company arrives, quickly apply a drop of essential oil to one of the petals (hide the bottle of essential oil in the flower pot or near it for quick and easy applications).
8. Place a [Terra Cotta Disc diffuser](#) in the bathroom. Apply your essential oil or blend onto the diffuser at bedtime. In the morning the bathroom will smell so much better!
9. Have you had the Flu or colds and are getting really tired of smelling [Eucalyptus](#) and the pines? After your feeling better, diffuse some citrus oils. [Lemon](#), Mandarin, Orange, Lime or any of your favorites. Not only are they refreshing they are also uplifting, especially after you have been under the weather.
10. [Anise oil](#) has long been used by fishermen, but if you are a hunter, did you know it will help cover your smell too and not scare away the wild animals you are in pursuit of? Remember a just a drop or two is all that is necessary. And we hear if you are a Bear hunter, they are attracted to this smell. Use Caution!
11. When using essential oils inside your automobile, remember use only a drop or two as the interior of you vehicle is just a small portion by volume compared to any room in your house. More than a drop or so can cause you to become overdosed especially when using strong oils like the [Eucalyptus globulus](#) or any of the mints
12. Use a [roll-on perfume bottles](#) to apply smaller more concentrated amounts of essential oil/carrier blends to specific sore and tired muscles spots. (Do not use the Roll-on concentrated mixture for a full body massage – it is only for smaller areas.)

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13. To blend essential oils with [Talc Powder](#) – again, use a [Scentball diffuser Pads](#) or other cotton pad to apply several drops of essential oil on, then place in your talc bottle, shake several times and let blend for 24 or more hours before use.
14. Quick refreshing bath - Add one drop of each of the following essential oils to your tub while it is filling – [Spruce](#), [Geranium](#), [Spearmint](#), [Juniper](#) and [Lemon](#).
15. Place a cotton ball or [Terra Cotta Disc diffuser](#) near your doors that you have placed several drops of [Geranium oil](#) on, as Geranium is one of nature's natural insect repellents!
16. Did you know that [Eucalyptus globulus](#) can remove small amounts of glue remnants after you have removed tape from surfaces such as counter tops? Just remember to apply with a cotton ball, rub gently, and then wash off with soap and water.

[Eucalyptus globulus](#) can ruin the finish of painted and varnished furniture, so do not use Eucalyptus globulus or any essential oil on those to remove tape from those surfaces. (Yes, if [Eucalyptus globulus](#) doesn't work or you don't have any, you can try [Orange](#) or [Lemon](#), – umm, sound familiar??)

17. Although you can use tap water to make your “room spray”, distilled water is usually a better choice. Often time's water from the tap has chlorine or other impurities that can alter the essential oils in your room sprays.
18. Quick – “kill two birds with one stone”– add several drops (4-5) of essential oil to your vacuum cleaner bag prior to vacuuming your room. Our Favorites – [Anise](#), [any of the Citrus Oils](#) or the [Citrus Blend](#), [Douglas Fir](#) or [Siberian Fir needles](#) or [Celebration \(at Christmas\)](#), or if you have a 'flu bug' in the house – [Four Robbers blend](#) or [Pure Cleansing blends](#).
19. Out of Furniture polish? Mix 10 drops of [Lemon](#), or your favorite floral essential oil – [Ylang Ylang](#) with one ounce of [Jojoba](#). Use a soft cloth and rub a small amount on your furniture. Buff to a beautiful shine!
20. Do not apply essential oils to CATs – ever. Their livers cannot metabolize (breakdown) essential oils or break them down slowly. Essential oils can cause liver damage and failure in cats. Some hydrosols could possibly be used on cats but again, with caution.
What about diffusing essential oils around cats. Limit the diffusion to rooms the cat doesn't spend much time in. Make sure your cat can 'escape' to a scent free area of the home. You can still diffuse and use oils for your pleasure, just make sure your cat has a room that is free of essential oils.
21. Smelly shoes? Put a few drops of any essential oil in them at the end of each day you wear them. The next time you put them on, they should smell a little better.
22. Keep a few essential oils handy in your purse or suitcase. You'll be glad you packed that [Lavender](#), [Peppermint](#), [Eucalyptus globulus](#) and [Lemon](#) in there. (Maybe a few blends too!)
23. Allergies – essential oils with natural antihistamines – just inhale a few times a day. [Roman Chamomile](#) and [German Chamomile](#). Especially good to use prior to allergy season, continuing throughout the season.
24. Remember – more is not better when it comes to aromatherapy. Just a drop or two is all you need for many applications.
25. Dispel cooking odors quickly by adding some essential oils to a small bowl of very hot tap water. Just set on counter, soon the scent will be dispersed into the kitchen. (Excellent place to use a [Scentball diffuser](#) too.)
26. Forgot your diffuser at home? Simply put a facial tissue or two that you have placed several drops of your essential oils on near the hotel/motel air conditioning or heating units. The movement of the air will scent the room quickly. Our favorites to diffuse – [Lavender](#), [Peppermint](#) or [Pure Cleansing blend](#).

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27. Tired Feet? To a basin of warm water add 1 cup Epsom salt and 1 drop [Peppermint](#) and 1 drop [Eucalyptus globulus](#). Cooling and refreshing.
28. Long car trip or any trip? Try inhaling a little [Rosemary](#) to keep you alert and aware of things happening around you. Keep a [Personal inhaler with Rosemary](#) or our Concentration blend to help keep you alert.
29. Keep [Helichrysum 10%](#) handy in a [roll-on perfume bottles](#). So you can apply it quickly and easily to bruises.
30. Last but not least, make a mix of [Lavender](#), [Peppermint](#), and [Rosemary](#) in [Jojoba](#) or [fractionated coconut oil](#). Put in a [roll-on perfume bottles](#) and apply a stroke or two on the back of your neck or on your temples when you have a headache.

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