

Aromatherapy Tip of the Week - #0108

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Proper Way to Smell Essential oils

Everyone wants to smell the wonderful (and not so wonderful) scents of essential oils but most people smell them wrong.

They want to smell them directly out of the bottle. This is one of the worst ways to experience an essential oil.

The proper way is to place 1-2 drops on an unscented piece of clean tissue or cotton pad. Ideally if you have access to what they call a perfumers scenting strip is even better.

Next you will want to smell it in intervals. Turn your head away from the tissue or pad, take a breath in and exhale. Then place the pad under you nose about 3-5 inches away and take in a short light whiff. Do not inhale deeply. Make a note of what it smells like. Fruity, herb like, wood like, earthy, etc.

The next smell you can smell a little more deeply. Again take your notes.

Then before you are done this time around you will want to puff a little warm air from your nose onto the pad (just a small puff) and then inhale again. The warming will often bring about other scents you may not have known existed.

Now wait five minutes and take another smell. You can do the short whiff or the longer slow smell. Write your notes.

Smell again after 15, 30 minutes and 1 hour. You can decide how long you want to continue to smell the oils. To really get to know them, you should smell again 24 hours later. Most oils will be totally gone after that long. Some though will not. Some will linger for a week or longer.

Remember the 'Lock and Key' of your brain will help you to remember the scents. Next time you are smelling a blend that has one of the oils you have locked into memory maybe one of the oils you will quickly identify.

Have fun sniffing!!

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