

Aromatherapy Tip of the Week - #04

February 12, 2008

Cleaning your bottles and equipment

After a busy day of blending or if you wish to reuse your essential oil bottles you will need to clean them thoroughly.

Use the hottest water available and some soap or detergent. Let them soak for a few minutes. Use a small bottle or baby nipple cleaning brush to clean the insides. Especially if you need to remove sediment. In tiny bottles you can use a Q-tip or tooth pick to remove stubborn remnants.

Rinse with more hot water, and turn upside down to drain on clean paper towels.

You are not done yet though, as you still could have a little bit of essential oil residue left inside your bottles or droppers.

The last thing to do is to rinse them with alcohol. We don't recommend rubbing or denatured alcohol as they have too much water content and other impurities in them. We suggest you purchase a high "proof" cheap vodka. It is virtually odorless and has no impurities. Because it has a high alcohol content your glassware will dry quickly too.

The alcohol dissolves and helps remove any residual essential or carrier oils that might be in your bottles and droppers.