

Uttati

*Education, Beauty
and Wellness.*



How to Use Essential Oils

METHODS OF APPLICATION

Essential Oils have so many wonderful
methods of application ...



I- SIMPLY SMELL THEM

It is great to drop the essential oil out of the bottle onto the palm of your hand, the tip of a finger or on the wrist, or other body part, rather than just to smell it directly from the bottle. (If you have access to litmus paper you can use it to smell from.)

Doing this, you get a

wide range of beneficial effects, in addition to the great Aroma and Fragrance. If your intention is to use the oils by smelling them, then it is better to keep them **NEAT** or undiluted.



There are so many lines of jewelry and pendants available in the market that hold essential oils. Wearers open and sniff them several

times during the day



II- INHALATION

A) Steam Inhalation: Inhalation in the form of a **facial steam bath** can have so many beauty and health effects. Add 3 to 5 drops of your favorite essential oil or oils blend (according to the strength of the oil) into a bowl of hot water. Cover your head with a towel, and then bend your face over the bowl filled with steaming water (without touching the hot water). Close your eyes,

inhale the rising steam, and allow that steam to touch your face for a few minutes as is comfortable. The facial steam bath is so effective for cleansing facial skin and it works for all skin types. It is recommended you rinse your face with cold water following this procedure. If possible, add rosewater to that cold water.



B) Dry Inhalation: After applying a few drops (3-5 drops) of your favorite essential oil on a cotton ball, handkerchief or tissue, hold it under your nose and breathe deeply. This dry inhalation method is more suitable for people with respiratory problems. It is also more convenient for travelers.

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III- WEAR AS FRAGRANCE AND PERFUME

Many of the Single Essential Oils (Lavender, Jasmine, Rose ...) are the raw ingredients of the most famous exotic perfumes. They smell so delightful without the after smell of alcohol, chemicals and fixatives present in fragrances and perfumes. As the Essential oils are pure and natural they usually would have a more appealing effect on the wearer and people around. One to 2 drops put on the tip of a finger to be applied under the ears, under the nose, on

the throat, on the wrists, on the inside of the elbows, etc. You can **create your own personal perfume** or **individual fragrance** if you study some of the perfumery literature and use trial and error, blending first very small quantities of your own recipes or of other recipes you can find in such literature that may attract you. Home perfumes need not be complex. It is so rewarding to make a pleasing combination with an uplifting and warming quality. Start by mixing just 3 or 4 oils



and keep them in their pure essence form to use neat or to add to your bath water. It is just a matter of acquainting yourself with each one of the oils and discovering your own response to their emotional effects as well as learning how pleasing these fragrances are to you and to others around you.

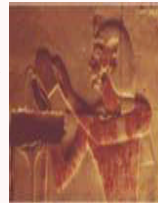
IV- DIFFUSING (Ambient Aromatherapy)

Diffusing Essential Oils into the air we breathe is one of the most effective and efficient uses of essential oils. Essential oils have been scientifically proven to have positive health benefits and a powerful ability in the environment to increase negative ions and ozone, and to reduce toxins, viruses, bacteria, fungi and metallics in the air. Essential Oils also increase the oxygenation of the human body through the lungs.

Diffusing can be done through many methods. Historically in old civilizations, diffusing the essential oils in the room or surrounding environment was done simply. People in

Pharaonic Egypt would simply pour a few drops of the oil in a bowl full of water at room temperature. This allows the volatile oils to spread on top of the bowl and evaporate quickly, filling the room with beautiful healthy aromas. This simple method doesn't use heat or air directly on the essential oils and, thus, guarantees that the oil's chemical molecules would not be altered or broken.

Be aware that many companies in the market offer candles or heated ceramic candle bowls. Despite the nice



aromas this method creates, a lot of the health

benefits could be jeopardized due to the action of the heat, breaking down the complex, sensitive essential oil molecules.

Micro diffusers and nebulizers using airflow cause similar inconvenience as they add more oxygen molecules from the air to the molecules of essential oils allowing more oxidation which usually reduces their health benefits.

Humidifiers: Many of the oils could be added to the water (a few drops each time). The oils that suit the diffusion through the humidifiers require special processing as done by Uttati.



V- DIRECT AND TOPICAL APPLICATIONS

The Topical application of the essential oils means applying oils locally on the surface of the skin.

A) Massage: Massage is one of the most favored methods applied by professional Aroma therapists who would usually carry out a full body massage. Massage in itself is a very nourishing and relaxing experience that combines touch with the use of the oils that would be effectively absorbed by the

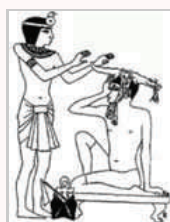


body through the skin and into the blood stream.

You are also encouraged to learn and practice self massage especially on the feet and the hands and to rub those particular parts of the body that feel discomfort with oil.

It is so easy to prepare your own personal body, face, or massage oil by mixing essential oils with carrier oils. It is so easy to prepare your own that suit your type of skin. (Massage therapists generally prepare personalized massage blends to match the specific individual needs of their clients). Essential oils mix very well with

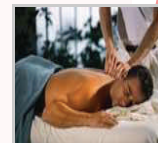
few drops of essential oils (3-5 drops) to a bowl of hot water and then briefly immersing a small towel or washcloth or folded piece of cotton or wool cloth in the water. Squeeze out the excess water and then apply to the body .



COLD COMPRESSES: essential oils drops are added to cold water and the towel, etc. is applied in the same way (as with the hot compresses) to the body.

carrier/base oils. Many base/carrier oils are available in the market from which to choose. Unsaturated vegetable oils are carriers of important healing substances and vitamins. They increase the skin's elasticity, and support its ability to function, breathe and absorb light. It is not recommended to use mineral oils which originate from petroleum. This would reduce the great effects of the essential oils and add to the toxins within the body.

The use of different Essential Oils would result in different massage experiences and different health effects, as some oils are relaxing while others are energizing, etc.



B) Compresses:

HOT COMPRESSES: a healthy and effective way of topically applying essential oils. They are very soothing, and relaxing and they help open the skin pores so that the essential oils can penetrate faster and deeper. Hot compresses are prepared by adding a



Compresses are known for their ability to ease tensions and reduce cramps, etc.



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VI- PERSONAL CARE APPLICATIONS

A) Baths:

A bath is one of the greatest ways to use the essential oils for their Aroma therapeutic effects. When a fragrant bouquet enhances the bath water, your body, mind and soul would enjoy such a luxurious experience. You can create your own personal bath oil, which would be so pure, so natural and so beneficial, and free from the dyes, synthetic chemicals, emulsifiers and fixatives used by the industry.



Bath Products to which you can add your favorite oils:

Honey: a very nourishing natural base in which essential oils dissolve easily.

Cream: a natural emulsifier that mixes with essential oils and supports dry skin.

Bubbles: natural, non fragrant skin friendly liquid soap.

Salt: Sea salt, with all the minerals it contains, and mixed with Epsom salt and/or baking soda, helps to detoxify the body and cleanse the skin. Adding essential oils to the salts will help you create your own aromatic and fragrant sea salts for a unique bath experience.

FOOT BATH:

Essential oils added to the water for a foot bath are therapeutic, whether a cold water foot bath that would stimulate the circulation and would refresh the person who feels tired on a hot summer day, or a hot water foot bath that would relax the whole body.



VI- PERSONAL CARE APPLICATIONS: (continued)

B) Sauna: Pure essential oils could be very beneficial and support the detoxification process of a Sauna. (Essential oils are not to be poured directly on the hot stones.) Mix 10 drops of an oil or blend of oils to a pint of water and splash small quantities of the mixture on the hot stones every few minutes.



C) Jacuzzi: Add 3 to 5 drops per person of your favorite essential oil or oils blend to the water. You can add more drops of the essential oils every 10 minutes or so.



D) Water Spray

(Spritzers): By mixing an appropriate number of drops to a small amount of vegetal glycerin & then dissolving the mix in distilled water in an atomizer bottle, you can use the mix as a facial toner, body spray or room spray. (Use a different concentration for each.)



E) Body Wrap:

Prepare an appropriate blend and mix with distilled water. Spray a towel and wrap your body. Then wrap with a plastic sheet and cover the body with a blanket and relax for 30 minutes.



F) Hair/Scalp Oil:

Some specific essential oils are very beneficial for the hair and the scalp. Add one drop of essential oils to each 1 ml of a good natural mild shampoo, or use the oils in the final hair rinse. You can make a good scalp rub to condition the hair by adding a quantity of 3 to 4% of essential oils to a good vegetal oil known for its benefits to the scalp and hair like Aloe Vera or coconut. Massage the scalp well and then cover the hair with a warm towel for an hour or two.



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G) Facial Oils:

Oils used should be mixed, taking into consideration your type of skin and accommodating your individual situation and possible problems. Essential oils should be well chosen according to their specific benefits. (Look at oil monographs available in a wide number of Aromatherapy books on the market.) The concentration of essential oils should not exceed 1 drop of essential oil per/1ml of base /carrier oils. Use a base oil of Aloe Vera, Jojoba, Wheat Germ, Avocado, etc. (Remember that different types of skin might require different types of oils in the base category too).



H) FaciaMask:

Essential Oils are a great addition to ingredients like clay, honey, yogurt, avocado, or cucumber to be used as a facial mask. The increased beauty and health benefits added by the essential oils are huge. The amount of essential oils needed for a facial mask is 4-6 drops of essential oils per mask.



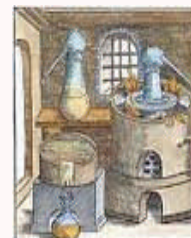
I) Suntan Oils: Very specific essential oils (Bergamot, carrot seeds, lemon,...) should be used for the purpose of sun tanning.



When blended for such use, the most effective carrier oils to use would be Coconut, Jojoba, Olive, Wheat Germ and Walnut Shell oil. It is preferable to test the skin for any allergies before using these oils for the tanning purpose. The above mentioned essential oils lessen the sensitivity to sunlight, and protect, nourish, and supply the skin with extra amounts of vitamin A.

J) Floral Waters **(hydrolate/distillate):**

Floral/herbal waters are byproducts of the steam distillation of their corresponding essential oils. These waters contain water soluble compound (carboxylic acids, terpenes, tannins, flavonoids, sesquiterpenes, etc, They could be used on their own merit as tea, as toners, compresses, or you can add essential oils to them for spritzers, etc.



VII- HOUSEHOLD APPLICATIONS:



A) As Additives to Cleansing Materials:

Most essential oils have good germicidal properties and are very effective as a precautionary measure especially during the winter or whenever more health measures should be taken to protect family members. Some oils like Pine, Lemon, and Tea Tree are very well known for such beneficial uses. You can add a few drops to your cleaning materials to ensure more protection and better aroma in your house.



B) Insect Repellents:

Some essential oils like cedar wood, clove, cypress, eucalyptus, garlic, lemongrass, mint, etc. have a natural insect repellent activity. By using them separately or in different combinations in a blend, you can add a few drops to a diffuser, lamp, candle, etc. for a good result.



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VIII- SPIRITUALITY/MEDITATION:

Many essential oils have been historically recognized by so many cultures to increase the human awareness of cosmic energies. The source of the word Perfume is Latin—Per= through+ fumum= the smoke. This implies that the origin of perfumery has been from the old temple and the burnt incense (resins, woods and

spices) on the altars of the different deities. “Holy Fragrances” are very effective aids for Meditation. The use of essential oils extracted from such Holy materials seems to capture that essence that deeply affects us. Cedar wood, Frankincense, Myrrh, Sandalwood, Rose, and Hyssop are just some of these sacred oils.

Essential oils to be used for the purpose of Meditation can be used for so many possible applications. You can make your incense from different dried herbs, resins and woods. Then sprinkle some drops of essential oils on the plant materials before grinding to make your final incense. Oils could also be used for Anointing and for creating Sacred Space, etc.

IX- SENSUAL OILS/APHRODISIACS:

Some essential oils are proven to mimic human hormones (Oils of Hops, Sage, and Fennel contain Estrogen-like constituents that influence especially secondary sexual characteristics,...). Some do increase sexual desire (Black pepper oil, Cardamom, Clary Sage, Jasmine, Neroli, Rose, Patchouli, Ylang Ylang). When

added to personal fragrances or applied on the body these oils can boost the sexual desire and increase the appeal of the wearer to his or her partner.



Some other oils (Sweet Marjoram, Camphor,...) have the ability to reduce sexual desire.

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X- ADDITIONAL APPLICATIONS:

A) For Pregnant Women: Our Essential oils can safely be used to greatly enhance all aspects of the pregnancy experience. Among other things, different oils can be used to calm morning sickness, reduce frequency of urination, reduce the effects of the stretched skin, calm any anxieties, increase the level of oxygen making breathing more normal, and generally, make this experience more joyful. Our Essential Oils support both the fetus and the mother. Note: during the third trimester, one should avoid the use of essential oils on the skin.

B) For Babies: You can use our Essential oils to help your baby be calm and sleep well as well as maintain a strong immune system. Babies also respond very well to the nontoxic body washes that can be made from our oils. However, one must make sure that the oils used are diluted in a soft carrier oil such as Avocado oil (1 drop maximum per dilution.) NOTE: if your child is allergic to any nuts, do not use a carrier oil that contains any nut oil.



C) For Toddlers: Our Essential Oils can also enhance your child's ability to focus and retain new information and skills. Our oils have been successful in helping children adapt to school. Reportedly, our essential oils have decreased hyperactivity and aggression and have increased the confidence and self-esteem of children of all ages. In addition, the regular use of our oils will ensure your child stays in school greatly enhancing your daytime relaxation. NOTE: Many of the applications described earlier can be used with young children if half the amount of essential oils are used with the carrier oils.

D) For Pets/Veterinary:

There are many possible uses for our Essential Oils when caring for pets and other animals.

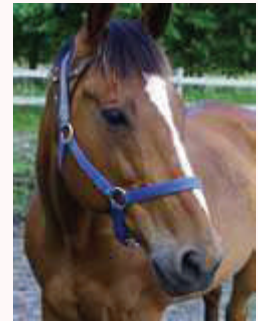
We have developed very effective insect repellents that have proven invaluable to owners of kennels, stables, farms, and pet stores as well as pets. As our Essential Oils are non-toxic, there are no adverse affects when used properly.



A wide variety of insects avoid any area or animal sprayed with our repellents. Thus, pets and other animals can be protected from lice, many parasites, etc. The use of

these repellents has also been found to calm the animals and make them feel more at ease.

You can also add our Essential Oils to litter boxes and beds as deodorants as well as use them to strengthen the animals' immune systems increasing their longevity and quality of life.



With UTTATI OILS you can

- *IMPROVE YOUR QUALITY OF LIFE
- *REDUCE YOUR STRESS
- *STRENGTHEN YOUR IMMUNITY
- *ENHANCE YOUR MEDITATIONS
- *SPICE UP YOUR LOVE LIFE
- *PROTECT YOUR FAMILY MEMBERS