



Aromatherapy at Home



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NEW TO AROMATHERAPY? THERE IS A LOT YOU CAN DO AT HOME WITH JUST A FEW INGREDIENTS...

Try using a diffuser

This is a fast and effective way to spread some of your favorite scents, leaving your home smelling fresh and pleasant. Start by using very few drops of your essential oil (1-2 drops may be enough) in the diffuser's water as they are often very strong.

Assist with sleep and relaxation

If you have trouble sleeping at night, a couple of drops of lavender oil on your pillow can be a great way to unwind. Try adding a few drops to your bath to assist with alleviating stress and anxiety or rub the oil into sore, tense muscles during massage.

Linen and laundry fragrance

Add a few drops of eucalyptus oil to your laundry detergent to give a fresh and clean scent to your washing. Use an aromatherapy fragrance spray to leave a lingering scent on your clean linens or even use while ironing clothes.

Sports stimulant

Need an extra boost while working out? Try using a bergamot or orange fragrance during exercise. They will provide uplifting and invigorating properties to reduce exhaustion and also assist to focus breathing, which is essential while training.

Cleaning

Put a few drops of lemon or orange essential oil on your cleaning cloth to wipe surfaces or mix with water in a surface spray for your fridge. This is a great way to leave a cleansing aroma without the harsh undertones of chemical scents that are often found in many household cleaning products.

www.air-aroma.com



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