

There are so many ways to use **aromatherapy** oils these are some of my favourites:

Oil Burner/Diffuser/Nebulizer

- Put 1-6 drops in oil diffuser/burner or nebulizer (liquid vaporiser)
- For children 1-3 drops
- Babies 1 drop

Steam Inhalation

- Put 2-3 drops into a bowl of hot water, cover your head with a towel and breathe deeply.
- Children 1 drop
- Not suitable for babies

Bathing/Footbath

- Mix 2-4 drops to 10ml of oil and add to running bath
- Children 1-2 drops/10ml
- Babies 1 drop/10ml
- A mix of Lavender and Roman
- Chamomile is great for calming stressed out little monsters!

Massage

- Add 2-4 drops to 10ml of massage oil
- Children 1-2 drops/10ml
- Babies 1 drop/10ml

Bathroom Freshener

- Put 2-4 drops on the cardboard ring inside the toilet paper roll
- Lemon or Grapefruit work really well

Radiators

- Put 1-4 drops on a cotton-wool ball or tissue and lodge behind the pipe or somewhere in contact with the heat.
- Children's rooms 1-2 drops
- Babies room 1 drop

Wardrobe and Linen Cupboards

- Put 1-4 drops on a cotton wool and put in drawer or base of wardrobe or in your linen cupboard/airing cupboard to keep clothes, bedding and towels fresh.
- I like to use Lavender as moths and flies hate it!

Utility Room

- Put 3-5 drops into the softener compartment of your washing machine
- I like to use Lavender and Roman Chamomile for our sensitive skins.

IMPORTANT For use on pregnant women (or trying), babies and children, or any medical conditions, please refer to a qualified Aromatherapist first for safe oils.