

USING ESSENTIAL OILS

Method 1: Direct Application

Because essential oils are soluble with the lipid membrane of cell walls, they have an unmatched ability to penetrate the skin and disperse throughout the whole body in minutes. The pure essential oils listed on this website, with the exception of those containing the natural chemical constituent known as "phenol," (such as cinnamon, clove, oregano) may be applied "neat" (undiluted) directly on the skin. Oils containing phenol can cause an irritation or burning sensation. Because many commercially available essential oils have been adulterated with solvents and/or man-made chemicals, you should not apply essential oils directly to the skin, unless you know them to be safe. If in doubt, always try a small amount first to test for a possible reaction. Apply one oil at a time to test and allow enough time (15-30 minutes) for a reaction to occur.

Method 2: Message

To message general body areas with an essential oil, mix 3-4 drops with 1/2 teaspoon of message oil base or pure vegetable oil (such as olive oil or V-6 Vegetable Mixing Oil). Message directly to affected areas of the body, such as to joints, muscle and tendons needing relief from aches and pain. The oil from helichrysum, birch, clove and peppermint when combined will take pain away in a manner of moments. VitaFlex is a specialized form of hand and foot message using the oils directly (uncut). Essential oils penetrate the skin and travel (via the bloodstream) throughout the body and affect every cell, including the hair, within 20 minutes. When applied to the body by rubbing on the reflexology points on the feet or corresponding torso positions on the hands, the oils can support specific organ systems of the body. They may have a lasting effect for as long as five months from only one application. The oils do not build up and store in the body because they are very subtle and volatile, having a high evaporation rate. Because of their organic structure, they are metabolized like other nutrients in the cells. Essential oils may also be added to bath water or applied during bathing or showering. You can also make a compress by adding 1-3 drops of oil on a desired location and covering with a hot, damp towel for 10-60 minutes. This heightens the penetration of the oils.

Method 3: Diffusion

One of the greatest attributes of essential oils is their ability to purify the air we breathe. When diffused in the home they release oxygenating molecules into the atmosphere where they stay suspended for several hours to destroy and prevent bacteria, fungus, mold, and freshen the air with natural fragrances. In addition to removing dust from the air, the diffused oils allow us to breathe in their wonderful anti-viral, antibacterial and antiseptic properties. This is the most perfect way to improve our home environment, either to help us relax, relieve tension and headaches, dispel odors, or just create an atmosphere of peace and harmony. Some studies have shown that diffusing oils can help us lose weight by taking away food cravings. If you have children, or suffer from emphysema, sinusitis, asthma, or allergies, diffusing essential oils into your home can make a big difference for you and your family's health. Start by diffusing for only 15-30 minutes per day until you become accustomed to the effects. Do not heat or burn the oils; use cold diffusion misting machines. Some essential oils (peppermint, lemon, frankincense) can be added to humidifiers or vaporizers.

Method 4: Direct Inhalation

Aromatherapy means to treat with aroma through inhalation. Essential oils, because of their fragrance and volatility, have also been reported to help create greater spiritual, physical and emotional harmony when inhaled. Certain fragrances elicit memories and feelings in people. The olfactory, that part of our nose responsible for odor detection, sends impulses created by various odors to the amygdala, which is the memory center of our brain for fear and trauma. It was only

discovered in 1989 that the amygdala plays a major role in the storing and releasing of emotional trauma, and only odor or fragrance stimulation has a profound affect in triggering a response with this gland. Fragrance is one of man's greatest enjoyments, bringing back memories of past experiences and creating a feeling of security, grounding, and well-being. Dr. Joseph Ledoux, of New York Medical University, feels that this could be a major break-through in releasing emotional trauma. For direct inhalation or meditation, put several drops into the palms of your hands, cup over your mouth and nose, and breathe deeply. You can also wear essential oils as a perfume or cologne as a healthy alternative to synthetic fragrances.

Method 5: Cooking and Cleaning

Because the essential oils carried on this website are therapeutic grade, they are of the purest quality possible and many can be ingested to increase their effectiveness. Some oils (valerian, lemon, grapefruit, orange, tangerine) are actually more effective as dietary supplements when they are taken orally. Of course, all the normal cooking herbs (basil, cinnamon, etc.) as well as flower essences such as geranium, jasmine, lavender, and rose, can be taken internally. But be careful, since just 1-2 drops of an essential oil may be equivalent to a whole bottle of its dried herb. Oils such as lemon, peppermint, and melrose may also be added to dishwasher or the wash machine for purification and fragrance.

More information on alchemy and oils can be found at these websites:
www.Crucible.org | www.AlchemyLab.com | www.Alchemergy.com