

USING PURE ESSENTIAL OILS FROM TIME LABS



GUIDELINES FOR ESSENTIAL OIL MEASUREMENTS

Using a single essential oil or an essential oil combination, it is simple to make air fresheners, facial oils, therapy baths, massage oils, compresses, and personal fragrances.

Methods

Applications EO = pure essential oil or blend

Air Freshener

Fill a 4-ounce spritzer bottle with distilled water and add 40 to 60 drops EO. Always shake before spraying. Create a spritzer to purify your bathroom, playroom, or kitchen, and make others to enhance the atmosphere of your living room or bedroom.

Baths

Add 8 to 10 drops of pure EO to 1 teaspoon of carrier such as a natural bath gel base or grapeseed oil. Gently stir into your fully drawn bath water just before you enter. Relax in tub for 20 minutes and then afterward rest for at least ½ hour.

Body Balm

Add 15 to 20 drops EO to each ounce of lotion base. Shake well, then enjoy your own custom lotion. For a summer cool-down or foot freshener include Peppermint in your selection of essential oils.

Body Spritzer

Mix 4 ounces of distilled water or pure floral water with 30 to 50 drops of pure EO. Shake well before each use. Avoid spraying into eyes.

Compress

In a clean bowl, mix 6 to 8 drops of EO with 8 ounces of steaming hot or icy cold water. Soak a clean cloth in the bowl mixture, then wring into the bowl the excess liquid. After placing this cloth compress on the desired area, cover the cloth with plastic wrap, then top with a dry towel.

Inhalation

Place 2 to 5 drops of pure EO on a clean tissue, then inhale. Another quick method is to rub a few drops of EO in the palms of your hands, then inhale. Try this with Rosemary to revive your senses.

Steam Inhalation

Pour steaming hot water into a glass or stainless steel bowl. Add 5 drops of your selected essential oil combination (i.e., ImmuBoost Extra) to the water. Close eyes to avoid irritation, drape a towel over your head and bowl and inhale 3-5 minutes; may do several times per day. Useful for sinusitis, bronchitis, pneumonia, and other respiratory complaints.

Massage

Full body: add 10 to 15 drops of pure EO to 1 oz. (30 mL) of a carrier such as grapeseed oil, sweet almond oil, olive oil, massage lotion or body butter. Partial body: add 20 to 40 drops of pure EO to 1 oz. of carrier.

Skin Tonic

Mix 4 ounces of distilled water or pure floral water with 20 to 30 drops of pure EO. Shake well before each use. Avoid spraying into eyes. Refrigerate to enhance the refreshing effect.

SOME BLENDING BASICS

In general, essential oil blends are most effective when combining 2 to 5 essential oils.

Application

Full body application:

Partial body application:

Facial blend:

Bath:

Water-based Misterys:

 Skin Care Tonic

 Body Spritzer

 Room Freshener

EO = pure essential oil or blend

add 10 to 15 drops of EO per 1 oz. of your base

add 20 to 40 drops of EO per 1 oz. base

add 6 to 10 drops of EO per 1 oz. base

add 8 to 12 drops of EO to bath water

add 10 to 15 drops of EO per 2 oz. base solution

add 15 to 25 drops of EO per 2 oz. base solution

add 20 to 30 drops of EO per 2 oz. base solution

One milliliter is approximately 25 to 30 drops according to viscosity.

30 mL = 1 oz. or 2 Tablespoons, 15 mL = ½ oz. or 1 Tablespoon, 5 mL = 1/6 oz. or 1 teaspoon.

CARE OF ESSENTIAL OILS

Essential Oils should always be stored in a dark, cool environment with bottle caps tightly secured.

→ General Cautions

- Always keep essential oils away from the eyes.
- If you are pregnant consult a qualified health practitioner before using any essential oil preparation.
- Do not take essential oils internally except upon the advice of a qualified healthcare professional.
- Except when otherwise stated, recipes are intended for adults or children over 16 years of age. Consult a qualified practitioner to adjust percentage ratios and applications suitable for younger children, infants, or pets.



→ Possible adverse reactions to essential oils

It is possible to have an adverse reaction to an essential oil just as it is to any other natural substance. Reactions, however, are rare and it is worth noting that people allergic to numerous commercial fragrances and skin and body care products generally have no such difficulties with pure, genuine essential oils.

Toxicity: Usually by ingestion and dependent on dosage.

(The internal use of essential oils is not recommended without the guidance or supervision of a qualified health professional.)

Sensitization: Allergic reactions from internal or external use.

Irritation: The least harmful response to essential oils usually resulting from topical application.

Those using essential oils are assumed to have full knowledge of their use, properties, safety precautions, dosage or to be under the care of a qualified healthcare professional.

ESSENTIAL OIL QUICK REFERENCE

Essential Oils for Inhalation

Place 2 to 5 drops of pure EO on a clean tissue, then inhale. Another quick method is rubbing a few drops of EO in the palms of your hands to inhale.

Energizing: Rosemary, Basil, Eucalyptus, Pine, Lemon, Fir, Peppermint, Grapefruit, Tangerine, Spearmint

Calming/Sedative: Lavender, Chamomile, Bergamot, Neroli, Rose, Clary Sage, Marjoram

Soothing: Lavender, Rose, Jasmine, Roman Chamomile, Angelica, Neroli, Mandarin, Lime, Ylang Ylang, Frankincense

Essential Oils for Quick Cool Therapy

To quickly revive the senses and increase mental acuity, put a few drops of essential oils on an icy cold damp cloth, apply over or wrap around the hands, back of neck, or feet.

Try this with 2 drops Rosemary, 1 drop Basil, and 3 drops Eucalyptus.

Essential Oils for Baths

Gain relief from tension, muscle aches, sluggish circulation, and general fatigue by simply adding essential oils to a bath. Add 8 to 10 drops of pure EO to 1 teaspoon of carrier such as a natural bath gel base or grapeseed oil. Gently stir into your fully drawn bath water just before you enter. Relax in tub for 20 minutes, then afterward rest for another 30 minutes.

Calming, soothing bath: Lavender, Rosewood, Roman Chamomile, Rose, Jasmine, Geranium, Neroli, Frankincense, Patchouli, Mandarin, Spikenard, Tangerine, Angelica, Sandalwood

Energizing, toning bath: Spruce, Rosemary, Juniper, Eucalyptus, Grapefruit, Pine, Fir, Basil, Lime

Winter, detox bath: Rosemary, Ginger, Black Pepper, Eucalyptus, Pine, Fir, Spruce, Myrtle, Lavender, Juniper, Cypress, Cardamom, Tea Tree, Laurus Nobilis, Ravensara

Summer, cooling bath: Lavender, Geranium, Rose, Juniper, Spearmint, Palmarosa, Lime

Essential Oils for Foot Soaks

Everyone benefits from foot treatments. A foot soak can revive, relax, or restore your entire system, and these effective remedies you can easily do for yourself.

All you need is a tub for your feet, then fill with water and stir in essential oils. After soaking, wrap feet in a large towel and relax an additional 5 to 10 minutes.

Soothing, Stress-Release Foot Bath (use very warm to hot water, soak feet for 20 minutes):

12 drops Marjoram, 2 drops Lemongrass, 6 drops Cedarwood

Reviving, Fortifying Foot Bath (use very cold to icy water, soak feet for 5 minutes):

10 drops Pine, 5 drops Peppermint, 5 drops Rosemary

Healing, Cleansing Foot Bath (use tepid to warm water, soak feet 15 to 20 minutes):

8 drops Lemon, 8 drops Eucalyptus, 8 drops Tea Tree

Essential Oils for Steam Facial/Sinus Inhalation

Place 5 to 8 drops of EO into a bowl of hot water. Sit comfortably, your face over the vapors with a large towel covering your head and the bowl. Remember to keep your eyes closed. When the water cools, rinse your face with cool water and apply a true floral water (hydrolat/hydrosol), hydrating toner, or soothing facial oil.

Sinus Congestion: Lavender, Tea Tree, Eucalyptus, Pine, Fir, Peppermint, Spruce, Frankincense

Facial Cleanser/Detox: Lavender, Chamomile, Fennel, Tea Tree, Bergamot, Geranium, Laurus Nobilis, Eucalyptus, Ravensara

Essential Oils for Hair & Scalp

Gently massage a few drops of EO onto clean, damp scalp.

Thinning hair: Rosemary, Lavender, Bay, Basil, Fir

Dry, flaky scalp: Lavender, Ylang Ylang, Rosemary, Petitgrain, Cedarwood, Geranium, Spikenard, Myrtle, Tea Tree

Oily scalp: Rosemary, Lemon, Lemongrass, Lavender, Bergamot, Cypress, Geranium

Infestation: Tea Tree, Red Thyme, Bay, Cedarwood,

Essential Oils for Pain

Add 20-40 drops of pure EO to 1 oz. (30 mL) of a carrier such as grapeseed oil, sweet almond oil, olive oil, massage lotion or body butter. Massage on painful areas as needed.

Everyday aches and pains: Rosemary, Juniper, Lavender, Helichrysum

Cool penetrating relief: Peppermint, Juniper, Cajeput, Eucalyptus

Deep warming relief: Ginger, Pepper, Eucalyptus, Juniper

Essential Oils for a Compress

This simple but powerful form of treatment is too often overlooked. A compress is basically cloth saturated in hot or cold water, applied to a specific area of the body. The placement, temperature, and moisture content determines its effectiveness. To greatly enhance the benefits of a compress treatment just add essential oils.

In a clean bowl, mix 6 to 10 drops of EO with 8 ounces of steaming hot or icy cold water. Place a clean cloth into the bowl of water with essential oils and wring out enough excess water so that the cloth is not dripping. Then place this cloth compress on the desired area, cover the compress with plastic wrap and top snugly with a large dry towel. Use soothing essential oils such as Lavender, Chamomile, Helichrysum, Laurus Nobilis, or Ravensara.

For a Hot Water compress to increase circulation, apply for 2 hours.

For a Cold Water compress to reduce swelling, apply for 30 minutes.

Essential Oils for Occasional Psychological Imbalances

Select the essential oils based on the intended method of application, such as bath, inhalation, compress, diffuser, or topical.



Anxiety: Basil, Roman Chamomile, Geranium, Jasmine, French Marjoram, Neroli, Ylang Ylang, Melissa, Lavender, Bergamot

Mild Depression: Bergamot, Mandarin, Geranium, Ylang Ylang, Neroli, Rose, Lime, Lemon, Grapefruit, Lavender

Fatigue: Rosemary, Peppermint, Lemon, Fir, Spruce, Red Thyme, Basil, Geranium

Grief: Rose, Neroli, French Marjoram

Hostility: Ylang Ylang, French Marjoram, Lavender, Everlasting

Nerves: Clary Sage, Neroli, Lavender, Angelica, Basil, Geranium, Cardamom, Lemongrass, Patchouli, Tangerine, Melissa

Panic: Neroli, Jasmine, Rose, Everlasting, Clary Sage, Lavender

Note: The essential oils listed above are not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified health practitioner if you have a health concern.