

It's all about Pain Relief

Essential Oil (EO) How To Tips

Based on information from Windrose Aromatics

To order call Joe Monday (888) 953-5553 7 Days a week

EO's for Pain.	
Everyday aches and pains:	Rosemary, Juniper, Lavender, Helichrysum.
Cool penetrating relief:	Peppermint, Juniper, Cajeput, Eucalyptus
Deep warming relief:	Ginger, Pepper, Eucalyptus, Juniper
Relieve Daily Aches 'n Pains	
Muscle Spasms	Apply 5 drops of Lavender and 5 drops of Roman Chamomile to the painful area. Cover with natural fabric.
Shoulder and Neck Ache	Apply to the affected area 5 to 6 drops of Peppermint with a tablespoon of unscented lotion.
Sore Muscles	As soon as possible, gently apply several drops of Roman Chamomile to the affected area. Cover with natural fabric.
Tired Muscles	Apply 5 drops of Rosemary and 5 drops of Lavender to the affected area. Cover with natural fabric and rest.
Sprains and Strains	As soon as possible, apply a few drops each of Lavender, Rosemary, and Peppermint. Cover and rest the affected area.
Massage	
For the entire body	Add 10 to 15 drops of pure EO to 1 oz (30 mL) of a carrier such as Sweet Almond Oil or Body Balm Base.
For partial massage	Add 20 to 40 drops of pure EO to 1 oz of carrier oil.(Jojoba Oil, Orthoflex, Original Body Balm, Primrose Oil (we have more)
Concentrates for massage	Baby's Aroma Oil, BreatheEasy, Desert Sage, Energize, ImmuBoost, Ortho-Flex Original, Ortho-Flex Spice, Sculptress.
For deep, warming relief	Ginger, Pepper, Eucalyptus, Juniper
Steam Inhalation	
ImmuBoost Extra or other EO combination	Pour steaming hot water into a glass or stainless steel bowl. Add 5 drops of your selected EO combination to the water. Close eyes to avoid irritation, drape a towel over your head and bowl and inhale for 3-5 minutes. You may want to do this several times per day. It is useful for sinusitis, bronchitis, pneumonia and other respiratory complaints.
EOs for Sinus	Lavender, Tea Tree, Eucalyptus, Pine, Fir, Peppermint, Spruce, Frankincense

Sinus Inhalation	Place 5 to 8 drops of EO into a bowl of hot water. Sit comfortably with your face over the vapors and a towel covering your head and the bowl. Keep your eyes closed.
Compress	
Use Soothing EOs : Lavender, Chamomile, Helichrysum, Laurus, Nobilis or Ravensara.	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.
EO s for Baths	Add 8 to 10 drops of your chosen EO to 1 teaspoon of carrier such as natural gel base . Gently stir into your fully drawn bath water just before you enter. Relax in tub for 20 minutes. Afterward relax for another 30 minutes
For a Calming, Soothing Bath	Lavender, Rosewood, Roman Chamomile, Rose, Jasmine, Geranium, Neroli, Frankincense, Patchouli, Mandarin, Spikenard, Tangerine, Angelica, Sandalwood
For an Energizing, Toning Bath	Spruce, Rosemary, Juniper, Eucalyptus, Grapefruit, Pine, Fir, Basil, Lime
For a Winter Detox Bath	Rosemary, Ginger, Black Pepper, Eucalyptus, Pine, Fir, Spruce, Myrtle, Lavender, Juniper, Cypress, Cardamom, Tea Tree, Laurus Nobilis, Ravensara
For a Summer Cooling Bath	Lavender, Geranium, Rose, Juniper, Spearmint, Palmarosa, Lime
For Dedicated Soakers Mineral Bath Crystals	Beautiful Gardens, Energize, Fern Creek, Fresh Breeze, Honeymoon, Nite Cap, Ortho-Flex Original, South Seas, Tranquility
Foot Soaks	You need a tub for your feet filled with water. Stir in EOs. After Soaking, wrap feet in a large towel. Relax for 5 or 10 minutes
For a Soothing, Stress-Release Foot Bath	Use very warm to hot water. Soak feet for 20 minutes in a mix of 12 drops Marjoram, 2 drops Lemongrass, 6 drops Cedarwood
For a Reviving, Fortifying Foot Bath	Use very cold to icy water. Soak feet for 5 minutes in a mix of 10 drops Pine, 5 drops Peppermint, 5 drops Rosemary.
For a Healing, Cleansing Foot Bath	Use tepid to warm water. Soak feet for 15 to 20 minutes in a mix of 8 drops Lemon, 8 drops Eucalyptus, 8 drops Tea Tree.

There are 4 basic 'portals' that admit the benefits of essential oils into the body: lungs, skin, digestive tract and 'the absorbent tissues. We give you tips for 2 of these ways. Be sure you are using 100% pure and genuine essential oils to maximize the healing qualities of these plants.

*These statements have not been evaluated by the FDA.
They are not intended to diagnose, treat, cure or mitigate any disease.*