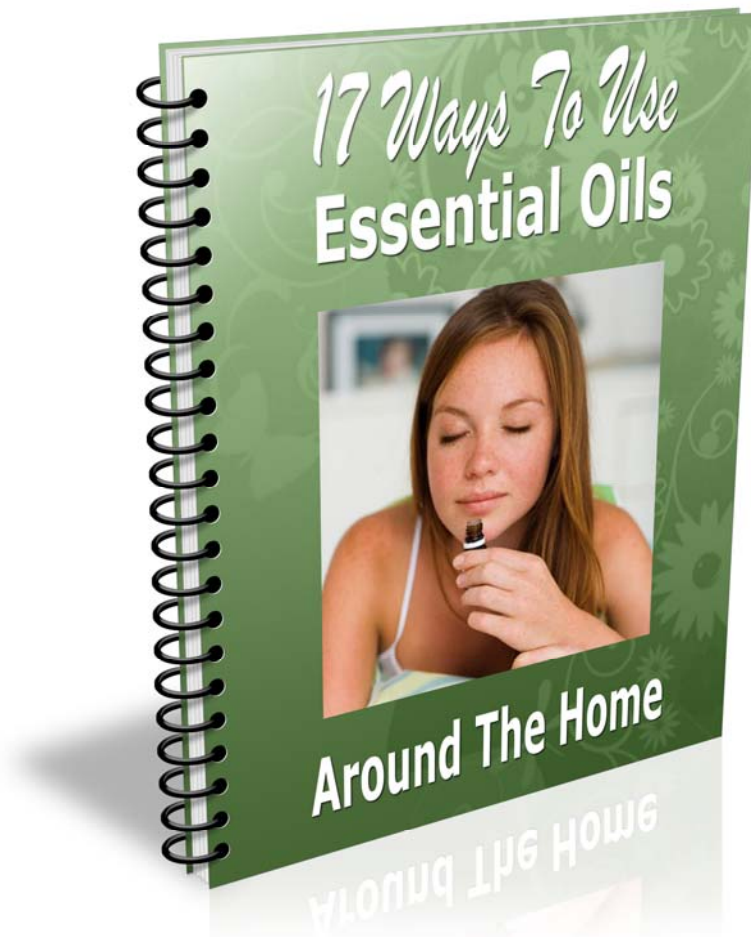


17 Ways To Use Essential Oils Around The Home



Discover lots of easy ways you can use your essential oils to create a beautifully relaxing, fragrant haven, - right in your home.

By Sue Charles

FESIPF, S.P. Clin. Dip A, MIFPA, ITEC

17 Ways To Use Essential Oils In Your Home

Copyright Notice

All contents are copyright © Quinessence Ltd. All rights reserved. No part of this document or the related files may be reproduced or transmitted in any form, by any means electronic, photocopying, recording, or otherwise without the prior written permission of the publisher.

Legal Notice

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly. Never disregard professional medical advice or delay in seeking it because of something you have read.

All information in this ebook is meant for information purposes only. Medical decisions should be based on the advice of your doctor and other medical care providers, not from this book alone.

Non-Resell Rights License

This eBook is provided to you for your personal use only. You are not granted any type of resell rights to this product and may not resell it.

However, you are granted permission to copy it or give it away for free providing it is not altered in any way.

You are encouraged to print this book for easy reading.

Table of Contents

Introduction	4
How essential oils are used in aromatherapy.....	4
Social stimulation.....	5
Fragrancing your home	5
17 different ways to use essential oils	6
1 – Heaven scent	6
2 – Go natural	6
3 – Spicy solution	7
4 – Sweeping statement.....	7
5 – Shake it up	7
6 – Cupboard love	8
7 – Lifesaving infusion.....	8
8 – Pet pongs.....	8
9 – Arctic aroma	8
10 – The personal touch.....	9
11 – Shed some light.....	9
12 – Magic carpet.....	9
13 – Bug off.....	10
14 – In a spin.....	10
15 – Wardrobe wonder.....	10
16 – Twinkle toes	10
17 – Aromatic armoury.....	11
Blending tips.....	11
About the author	12
Resources	12

Introduction

The art and science of aromatherapy involves using Nature's pure essential oils for the treatment or prevention of a wide range of physical or emotional conditions.

Unlike modern medicine, this form of complementary therapy is designed to treat the whole person and not just the symptom or disease by assisting the body's natural ability to balance, regulate, heal and maintain itself.

The essential oils used in aromatherapy consist of tiny aromatic molecules that are readily absorbed via sweat glands and hair follicles on the skin, and they also enter the lungs whilst breathing.

The therapeutic constituents contained in the essential oils then enter the bloodstream and are carried around the body where they can deliver their beneficial healing powers. Essential oils are also powerful antibacterial and antifungal agents that can help stop the spread of disease.

Aromatherapy works on an emotional level too, helping to lift depression, soothe irritable nerves, balance emotions and generally encourage a state of harmony and balance between mind and body.

This is a gentle and natural approach to good health, working with the forces of nature and not against them, as so many modern 'sledgehammer' methods do.

How essential oils are used in aromatherapy

Massage, baths, compresses and various forms of inhalation are the most common ways of employing essential oils in modern aromatherapy, and all methods can all work equally well to assist and maintain health and well being when used appropriately.

The soothing combination of beautiful aromas, massage and aromatic baths can help to bring about a state of relaxation thus breaking the vicious circle of stress which often leads to ill health.

It has been established for a long time now that stress accounts for a staggering amount of illness in modern society, and aromatherapy offers one of the most effective and pleasurable ways of combating the ravages of stress without resorting to drugs which can be habit forming and damaging to health and well-being.

Research has shown that relaxing essential oils such as lavender, sweet marjoram, clary sage, sandalwood, frankincense and ylang ylang work by stimulating a neuro-

17 Ways To Use Essential Oils In Your Home

chemical called serotonin that is naturally produced by the body to create a feeling of well-being, promote relaxation and induce sleep.

It is precisely this sort of physiological action that makes these particular essential oils so effective when treating emotional conditions such as insomnia, anxiety, stress and tension.

Experience also shows that when you are feeling down, worried or just plain fed-up, nothing beats the power of essential oils to help you re-energise, refocus and get yourself back on track with renewed vigour.

In fact at absolutely any time of year, a few carefully chosen essential oils can do wonders to uplift both mind and body if you're feeling in need of a seasonal pick-me-up or general tonic.

Social stimulation

It should come as no surprise to learn that essential oils have now found their way into the workplace where they are used to help workers stay alert, reduce errors and generally improve efficiency. In Tokyo Japan, construction companies Kajima and Shimizu have installed special air-conditioning systems that deliver different fragrances throughout the day.

At the Kajima Construction Corporation, lemon is diffused at the start of the working day to awaken and invigorate, followed during mid-morning by rose, and then later in the afternoon cypress is used.

Workers at Shimizu Corporation enjoy lavender and peppermint which are used to create a positive atmosphere, and in other areas of the building various essential oils are diffused at different times throughout the day for their aroma-therapeutic qualities

The use of essential oils in the workplace was based on research by Professor Shizuo Torii of the Toho University School of Medicine in Japan who had been conducting research into the effects of fragrance on the brain.

Along with other research, the results have proven what ancient physicians and modern aromatherapists have always claimed – essential oils can affect your moods and emotions. This in turn can improve your health in a natural and positive way.

Fragrancing your home

Usually when you want to create a soothing, relaxing atmosphere in the house, lighting up a burner or plugging in a vaporizer is the preferred option. But some people don't really like to use traditional burners because some designs can be a little difficult to clean, and since they burn candles they must be constantly monitored for safety reasons.

17 Ways To Use Essential Oils In Your Home

On the other hand, electric vaporisers are much easier to clean and a far safer alternative, but some people think they are a little costly in comparison to the traditional burner. Actually, electric vaporizers work out far cheaper than buying candles in the long run, but that's another story.

Which ever you prefer personally does not really matter. There are lots of easy ways you can enjoy the wonderful benefits of natural fragrance around your home without using either, and it won't cost you a penny. You can even use these techniques at work too, just be sure you check it's okay with your boss first!

The chances are you will already have most of the essential oils you will need to enjoy all these different methods, so all you have to do is get them out and start putting them to use in the ways not used before. Here's how you do it.

17 Different ways to use essential oils

1 – Heaven scent

Underwear drawers can be lightly perfumed by putting a few drops of essential oil onto a cotton-wool ball or piece of tissue and placing it into the drawer. Now every time you open the drawer, a light breeze of heavenly fragrance will waft your way.

For a seductive aroma choose sensual and exotic oils such as Ylang Ylang, Rose, Jasmine or Sandalwood, or for something a little more conservative try Lavender or Geranium. Your clothes will also absorb the aroma of the oils that you have selected - so be sure to choose fragrances that you really like.



2 – Go natural

Replace the synthetic air-fresheners used in your bathroom with the refreshing natural aroma of Pine, Fir, Lemon or Grapefruit essential oils. These oils work well together so you can even mix them if you like.

Place a few drops onto cotton-wool balls and position them discreetly around the bathroom for maximum effect. If you have any dried flower arrangements you could place the drops of oil on them instead.



3 – Spicy solution

To neutralize household cooking odours whilst you are preparing a meal, put an extra pan of water on the stove until it simmers, and then add a couple of drops of Cinnamon, Cardamon or Clove essential oils to the water.

Spices have been used for thousands of years to mask odours which makes them absolutely perfect for this type of application in the kitchen.



4 – Sweeping statement

Did you know you can fragrance your rooms whilst you are hoovering? Tear off the corner from a sheet of newspaper or piece of tissue and put 2 drops of Mandarin 2 drops of Lemon onto it, lay it on the floor, and introduce it to the business end of your vacuum cleaner.

Now when you are sucking up the dust from your carpet, your friendly vacuum cleaner is dutifully dispersing a refreshing and invigorating aroma around the room that will really keep you going throughout the drudgery of housework. All citrus oils work effectively with this method, but my favourite blend is 2 drops each of Grapefruit and Lavender.



5 – Shake it up

Freshen stale air anywhere around the home in an instant by just adding a few drops of essential oil to the water in a spray-bottle, shake the mixture well, and then spray a mist around just as you would with an aerosol. Simple, easy and highly effective.

The aroma of Pine or Silver Fir oil creates an atmosphere of beautiful green forests with clean and fresh mountain air, so these are both ideal essential oils to introduce a touch of nature into your home.

Try mixing citrus oils such as Lime or Lemon with either of them to really give things a boost.



6 – Cupboard love

Cupboards can be kept smelling clean and fresh by adding a few drops of essential oil to a couple of cotton-wool balls and then placing them strategically inside, according to the size and shape of the cupboard.

A blend of Bergamot, Lime and Lavender smells lovely and fresh, or if you prefer a more woody aroma try a mix of Cedarwood Virginia and Litsea Cubeba.



7 – Lifesaving infusion

When the aroma of your potpourri begins to fade away, bring it back to life by adding a few drops of essential oils. Place the potpourri in a paper bag, add a few drops of your chosen essential oils and then shake vigorously to mix together and cause the oils to diffuse evenly.

Don't forget to hold the bag tightly closed before shaking!



8 – Pet pongs

Geranium and Lemongrass essential oils are great for dispersing unwanted pet odours. A traditional burner masks the aroma quite well, but sometimes to really tackle the problem you need to get down to their level – on the floor.

Add about 10 drops of your preferred essential oil to a half-filled bucket of hot water and your regular cleanser, and mop around the areas where pet odours are the strongest. If most of these areas are carpeted, use the method described in number 3. Works a treat every time.



9 – Arctic aroma

If your fridge or freezer is beginning to smell a bit ripe, wash it out thoroughly with a traditional cleanser in the usual way, and then prepare a final rinse containing a few drops of Bergamot, Lemon, Orange or Grapefruit to leave a gentle, fresh, clean aroma.

17 Ways To Use Essential Oils In Your Home

Don't add too much essential oil to the water - about 3 drops in total to half a bucket of water is plenty. Add a splash of washing-up liquid to the water first to help the essential oils disperse properly into the water, and then just wipe around the surfaces.



10 – The personal touch

Infuse your personal stationary with your favourite essential oils. Add a few drops of your chosen essential oil or oils to a sheet of paper, and then place this sheet together with your letterheads, business cards or envelopes in tightly sealed plastic bag and leave for a few days.

Neroli, Rose and Jasmine are ideal for perfuming stationary, but of course you can choose any essential oil that you like. Whatever you choose, the aroma of the oil will permeate the stationary and send a fantastically fragrant message to all your readers!



11 – Shed some light

If some of your rooms are too large for a traditional burner to be effective, supplement your efforts with a few drops of essential oil on a scent ring and place it on a light bulb.

This method works best when you use the same oils in your burner and the light ring but there are no rules – you could use a citrus oil such as Orange in your burner and spicy Cinnamon in your scent ring to recreate this classic combination.

By the way - never put essential oils directly on a light bulb because it can cause them to explode!



12 – Magic carpet

To refresh stale carpet odours, add 10 drops of essential oil to 200 grams of baking soda or cornstarch, mix together well and store in an airtight container for about 2 days.

17 Ways To Use Essential Oils In Your Home

Before using the mixture stir it one last time, sprinkle onto your carpets, and leave to infuse for a few hours. Hoover the carpets and you will have clean, fresh-smelling carpets throughout your home.



13 – Bug off

Essential oils can be used around the house to keep flying bugs such as mosquito's away. At the same time it can also create a lovely refreshing atmosphere if you choose the right oils.

The most effective insect repellents include Basil, Cedar Atlas, Citronella, Eucalyptus Citriodora, Lemongrass, Patchouli and Peppermint.



14 – In a spin

An easy way to fragrance a wide range of clothing is by using essential oils in your tumble-dryer. Select your favourite essential oils and add a few drops to a small piece of cloth, thick absorbent tissue or terry towel and place it in your dryer.

Choose a combination of citrus and floral essential oils to create a soft and gentle aroma for your clothing, and avoid anything too heavy and cloying since the smell can linger for a long time.



15 – Wardrobe wonder

To fragrance your wardrobe and the clothes in them, try an equal mix of 2 drops Lavender, Geranium and Basil essential oils on a cotton-wool ball and you will be greeted by a delightfully fresh, springtime aroma every time you open the wardrobe door.



16 – Twinkle toes

Smelly trainers or shoes can be refreshed and revived by placing a few drops of a strong and persistent essential oil such as Lemongrass, Patchouli, Peppermint or Geranium onto cotton-wool balls placed in each trainer.



17 – Aromatic armoury

Troubled by invading ants? Draw a line of defence with Peppermint oil across your threshold (or the entrance to wherever they are infiltrating) and they will beat a hasty retreat.

Most insects do not like the smell of Peppermint, so this method often works for spiders and other creepy-crawlies too. Take care not to splash neat oil onto paintwork or uPVC surfaces.



Blending tips

As you can see, your essential oils can be used absolutely anywhere around the house or at work to freshen the air, neutralise unwanted smells, and create a more relaxing and peaceful atmosphere. Once you have tried some of these techniques you will soon get the hang of things and will be able to invent your own ways to use your oils.

Of course, the essential oils we have mentioned here are only suggestions based on the typical essential oils that most people already have in their collection. There's no need to go out buying any more oils unless you want to create something special. Use what you already have in various permutations and you will be surprised at just how many fragrances you can create.

If you start with a few drops of a citrus oil like Mandarin, Grapefruit or Lemon and then add just 1 drop of a more floral oil you can hardly go wrong. Be bold - since experimenting like this is ultimately how you learn to produce a nice balanced aroma!

Part of the fun in aromatherapy is in testing to find what works the best for you, so just remember to keep a note of how many drops of each oil you have used. That way, you can recreate a blend again if you find you really like it. By simply adjusting the number of drops of each oil in a mix, you can create a vast range of variations on a simple 'theme' that comprises of only three essential oils.

Enjoy your aromatic adventures!

Sue Charles

About the author

Sue Charles (Fellow of English Société l'Institute Pierre Franchomme, S.P. Clin. Dip A, MIFPA, ITEC), is a Clinical Aromatherapist and teacher with over 20 years of experience. She is the marketing director and also the senior aromatherapist at Quinessence, although much of her time is actually spent developing and sourcing new products.



Sue is an IFPA (International Federation of Professional Aromatherapists) registered Principal Tutor and runs her own teaching school where training is offered on a wide range of subjects. She also teaches aromatherapy at local colleges, and is a Council Member of IFPA, currently holding the position of Conference Chair.

Along with managing director [Geoff Lyth](#), Sue lectures on a wide range of Aromatherapy subjects here in the United Kingdom and abroad. In collaboration in 1995 they wrote the acclaimed best-seller, [The Aromatherapy Lexicon](#) - the Essential Reference'.



Resources

Mood Enhancers by Quinessence



Mood Enhancers are beautiful exotic blends of undiluted pure essential oils, especially created for mood enhancement and fragrancing your home.

After a stressful day, soothe your frazzled nerves and regain your serenity with one of these expertly blended fragrances that can be used anywhere in your home.

Mood Enhancers can be used around the house or at work to freshen the air and neutralise unwanted cooking smells, tobacco smoke etc. In these days of a more environmentally aware society, using Enhancers instead of aerosols is a very positive step towards safeguarding our precious planet.

To find out more, visit [Quinessence Aromatherapy](#)