

dōTERRA® eBOOK



AROMATIC USE of ESSENTIAL OILS

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Why use essential oils aromatically?

Essential oils are renowned for their variety of uses and benefits, and for providing versatile solutions to everyday problems. Among the many ways to enjoy essential oils, aromatic use is a simple application method that can help anyone to experience the potent, uplifting, relaxing, or purifying nature of essential oils.

Not only is the aromatic use of essential oils extremely convenient and simple, it also offers immediate benefits such as promoting a calm, stable environment, purifying the air, managing mood and emotions, and more. Using essential oils aromatically is an easy way to experience the power of essential oils with very little skill or knowledge, which is why aromatic use continues to be a popular application method in the essential oil world today.

Historical cases of aromatic use

Experiencing the benefits of essential oils through aromatic use is not a new concept, but rather an idea that has been in practice for centuries. The practice of aromatherapy, or the use of essential oils and plant extracts, has been around for hundreds of thousands of years. In ancient Rome, China, Greece, and India, essential oils were used frequently in rituals and religious practices, as these ancient people discovered that essential oils had the ability to influence feelings and uplift mood.

While this effect was somewhat unexplained in ancient times, significant research in the 1990s helped biologists understand how inhaling the scent of an essential oil could trigger specific chemical sensors in the body to react. This research helped prove the notions of ancient civilizations—that breathing in essential oils can have a significant effect on emotion, mood, and atmosphere.

What is aromatic use?

If you use an essential oil “aromatically,” it means that you experience the properties or “aroma” of the oil through the air. Aromatic use typically includes breathing in or inhaling an essential oil, allowing the scent to interact with the mind and body.

Using essential oils to produce relaxing, calming, or uplifting feelings

As mentioned, research has shown that the scent of essential oils can trigger reactions in chemical sensors within the brain. Many essential oils contain chemical properties that have been shown to promote relaxing feelings, a calming atmosphere, and the ability to soothe anxious feelings when used aromatically.

Benefits of aromatic use:

- A simple and convenient application method that requires very little experience with essential oils
- Creates a calming, relaxing, soothing, or grounding environment
- Can help purify the air
- Helps manage mood and emotions



Uplifting



Calming



Renewing



Energizing



Soothing

Because each essential oil has a different chemical makeup and each person has different emotions and memories, no two people will have the exact same reaction when inhaling an essential oil. However, certain essential oils have specific chemical elements that help promote calming, relaxing, grounding, energizing, or soothing feelings.

Aromatic use and purifying the air

Another major benefit of aromatic use is that essential oils can be used to purify the air. By using essential oils with purifying properties, you can dispel unwanted odors and replace them with pure, pleasant scents. Many of the air-purifying products on the market contain toxins and chemicals, making the use of essential oils even more desirable. If you use high quality oils that are free from contaminants and fillers, essential oils provide a safe, natural way to purify the air in any room, without inhaling harmful toxins.

Using essential oils aromatically to improve or manage mood

Among its many purposes, aromatic usage has traditionally been used to help improve mood. Whether you need to stabilize your emotions, calm anxious feelings, promote feelings of motivation, or encourage relaxation, there is an essential oil (or combination of oils) with the perfect chemical components to help you manage your mood quickly and effectively.

CHAPTER

How it works

If something is aromatic, it emits a distinct, potent, or pleasant smell. Through aromatic use, you can benefit from the natural properties of an essential oil when you breathe in the aroma. While topical and internal application require the body to come in direct contact with the oil (on the skin and through ingestion), aromatic application merely requires the essential oil to pass through the nose. Aromatic use is typically done by diffusing or inhaling essential oils directly.

How do essential oils interact with the brain and body when we use them aromatically?

The human sense of smell is a powerful tool. Sense of smell can produce significant mental, emotional, and physiologic responses depending on how different aromas react with the brain.

As aromatic compounds, essential oils have the ability to disperse through the air quickly. The volatility (or ability to change state quickly) of essential oils allows the user to experience the aroma of an essential oil quickly and easily—even from the very second that a bottle is opened.

As mentioned previously, essential oils interact with chemical sensors in the brain, thus creating a response. These chemical sensors are called olfactory sensors. They live in the olfactory system of the brain—the part



of the brain that regulates our sense of smell. The olfactory system is connected to the limbic system where emotions and memories are stored.

When using essential oils aromatically, the scent travels through the nose to the olfactory system where it is processed, and then travels through the olfactory nerve to the limbic system. Once in the limbic system, the scent triggers responses in the brain based on memories and experiences. Because of these reactions in the brain, essential oils have a particularly powerful effect when applied aromatically. Due to the volatility of essential oils, aromatic use is one of the most effective application methods—delivering the benefits of a scent quickly and conveniently. When essential oils are used aromatically, they are inhaled, absorbed through the respiratory tract and lungs, and then circulated through the blood stream.

As we breathe in the scent of an essential oil, it triggers specific reactions based on our own individual emotions, behaviors, memories, and experiences. This is why aromatic use is such a big part of mood management—reactions in the brain cause physiological reactions that can alter and improve mood.

The chemical structure of essential oils

You might be wondering, “How does an essential oil provide calming, uplifting, or energizing feelings?” Due to their chemical makeup, in most cases, essential oils can be classified as having either uplifting or calming effects. Here’s a look at how the chemical structure of essential oils help to provide mood-altering properties when inhaled:



Mint oils:

Commonly known to be uplifting and energizing due to a high concentration of ketones



Floral oils:

Typically composed of monoterpene alcohols, which provide calming characteristics



Tree, herb, and grass oils:

Primarily include sesquiterpines, oxides, and esters, which help promote soothing, grounding emotions and feelings of renewal



Citrus oils:

Contain chemical components like beta-pinene, monoterpenes, and limonene, which contain significant uplifting characteristics



Spice oils:

Phenols provide warming properties

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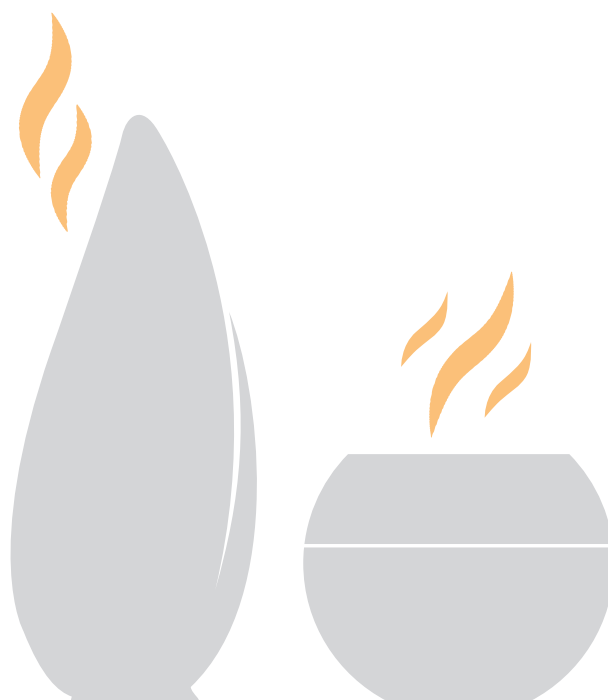
Using an essential oil diffuser

One of the most effective ways to experience essential oils aromatically is by using an essential oil diffuser. An essential oil diffuser takes an oil and transforms it into a fine, microscopic mist of oil droplets—dispersing the oil (and the scent) through the air. This allows you to enjoy the aroma of an essential oil for an extended period of time, making essential oil diffusion the most convenient, simple way to use essential oils aromatically.

Choosing the right diffuser

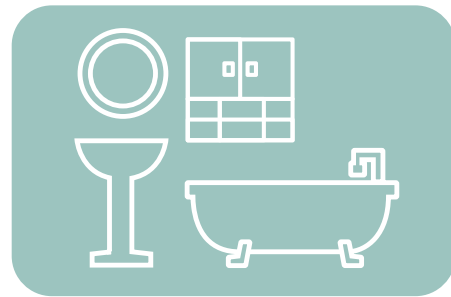
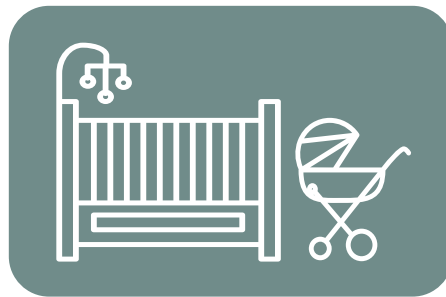
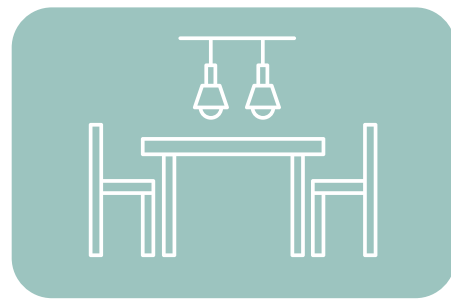
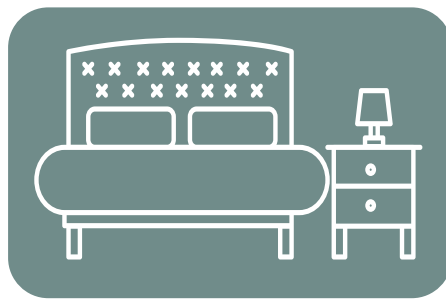
When choosing a diffuser for the aromatic use of essential oils, you'll find that there are plenty of options out there. Before selecting a diffuser, you simply need to evaluate your needs and preferences. Some diffusers provide a far-reaching mist, a compact model, helpful timer settings, and more. You'll also have your choice between water diffusers and waterless diffusers. A water diffuser uses water to help disperse essential oils through the air in a fine mist. Waterless diffusers simply diffuse straight oil into the air. Both are effective ways to enjoy the aromatic benefits of essential oils.

Most importantly, you'll want to ensure that the diffuser you choose will preserve the powerful potency of the essential oils. It is never advised to use a diffuser that uses heat or other elements that could change the structure of the essential oil, thus reducing its efficacy.



Where do I put my essential oil diffuser?

When you want to enjoy the scent of essential oils, improve your mood, or purify the air, an essential oil diffuser is a simple way to experience these benefits. Depending on the size, model, and features of your diffuser, it can be used in a myriad of ways to disperse the aroma of essential oils throughout the room.



Here are a few places you might consider using a diffuser: bedrooms, office, spa rooms, hotel rooms, kitchen, living room or common area.

Essential oil diffuser maintenance and tips

Your ability to enjoy essential oils aromatically with the use of a diffuser will depend greatly on the type and quality of diffuser you choose. However, with any diffuser, you'll want to ensure that you take good care of the device by regularly cleaning and maintaining it. Without proper cleaning, your diffuser will develop an oil buildup that can eventually keep the diffuser from working correctly.

A few tips for essential oil diffuser maintenance:

- Clean the diffuser regularly according to the manufacturer's instructions (this includes a deep cleaning at least once a month)
- Try to use natural cleaning agents like water and vinegar
- Be sure to unplug the device before cleaning



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How to enjoy the benefits of aromatic use

Now that you understand the benefits of using essential oils aromatically, you might be looking for ways to get started with aromatic use. When used safely, essential oils have endless applications for purifying the air, improving mood, and promoting a calm, relaxed atmosphere. Learn about some of the easiest ways to use essential oils aromatically in the sections below.



Safety

Because there are so many factors involved with aromatic use—the size of the room, output of a diffuser, the nature of the air in the room, etc.—it is difficult to control the amount of oil you are exposed to when using essential oils aromatically.

While there is no specific recommendation made for dosage when it comes to aromatic use, it is important to remember that moderation is best. The amount of oil used and duration of diffusion or exposure greatly depend on things like room size, proximity of the person to the diffuser, differential output of diffusers, air turnover in the room—thus it varies from person to person.

It is also important to remember that essential oils are extremely potent, and each person will react differently to the aroma of an oil. Individuals should consider their own personal health and experience with essential oils when determining dosage for aromatic use. When using essential oils aromatically to improve wellness, it is a good idea to consult with a health care professional to ensure safe use.

How to make a good diffuser blend

One unique way to enjoy the benefits of essential oil diffusion is to combine and blend several essential oils into one diffuser—thus eliciting a new aroma that offers the benefits of more than one essential oil. The combinations of diffuser blends are limitless, but if you are new to essential oils, it can be difficult to know which oils to pair together for the best results. Follow the advice below to learn how to make a good essential oil diffuser blend at home.

Tips for a Good Diffuser Blend

1. Determine what effect you want from the diffuser blend. Do you want something relaxing? Do you want something invigorating? Are you trying to create a calming environment? When you determine the desired effect of the diffuser blend, it will be easier to choose your oils.
2. Next, choose a group of oils with properties that will help you to achieve your desired effect. If you want a relaxing diffuser blend, choose oils that are known to elicit calm, serene feelings. If you want an energizing oil, choose oils with uplifting or invigorating properties. (Use the chart below to find an oil that fits your desired outcome.)
3. Once you've selected oils that will help you achieve the desired effect, you can begin pairing them together.

Chemistry Chart



Calm

- Lavender
- Clary Sage
- Petitgrain
- Roman Chamomile
- Jasmine



Ground

- Sandalwood
- Cedarwood
- Hawaiian Sandalwood
- Patchouli
- Vetiver
- Spikenard



Renew

- Helichrysum
- Eucalyptus
- Arbovitae
- Rosemary
- Wintergreen
- Cypress
- Birch
- Juniper Berry
- Cardamom
- Frankincense



Warm

- Thyme
- Cumin
- Oregano
- Cassia
- Clove
- Cinnamon



Uplift

- Douglas Fir
- Grapefruit
- White Fir
- Wild Orange
- Lime
- Tangerine
- Lemon
- Bergamot



Energize

- Peppermint
- Spearmint
- Dill
- Fennel



Soothe

- Lemongrass
- Black Pepper
- Melissa
- Ginger
- Ylang Ylang
- Myrrh



Harmonize

- Melaleuca
- Coriander
- Marjoram
- Cilantro
- Geranium
- Basil
- Rose

Pairing: When creating a diffuser blend, you can start out by pairing essential oils of the same type or category together. For example, citrus oils like Lemon, Grapefruit, and Bergamot fall within the same category, so you know they will pair well together.

Variety: When you want to add variety to your diffuser blend, you can pair essential oils from different categories together. As you blend different types of oils from different categories, you will enjoy a unique blend that highlights the best attributes of each oil.

Blending oils from different categories:



Mint essential oils blend well with woody, herbaceous, earthy, and citrus oils



Floral essential oils blend well with woody, spicy, and citrus oils



Herbaceous essential oils blend well with woody and mint oils



Spicy essential oils blend well with woody, floral, and citrus oils



Citrus oils blend well with woody, spicy, floral, and mint oils

How to use essential oils aromatically

Although diffusers offer a simple, safe way to use essential oils, there are countless other methods that will allow you to experience the aromatic benefits of essential oils through the air. As you become more familiar with essential oils, it will be easy to add variety to your options for aromatic use. Take a look at some of the ideas below for simple suggestions that will broaden your horizons when it comes to using essential oils aromatically.



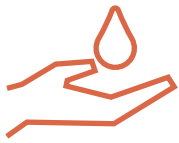
- Diffuse essential oils during yoga practice to promote relaxing, focusing, grounding, or energizing feelings
- Spray essential oils on clothing for a pleasant scent throughout the day

- Add a drop of oil to a dryer sheet and place in the dryer with a batch of laundry for a clean scent
- Add one to two drops of essential oils to a homemade surface cleaner



- Diffuse essential oils during a bubble bath to create a spa-like environment
- Apply oil to a cotton ball and place in the air vents of your car
- Diffuse essential oils in the car during road trips to create a calming environment

- Diffuse essential oils to help promote a relaxing environment that will promote restful sleep
- Diffuse essential oils when studying for a test to help promote focus and motivation



- Place a drop of oil in your hand, rub the palms together, cup the hands over your nose, and inhale
- Diffuse essential oils before work to promote self-confidence, and after work for relaxing relief after a long day

- Mix oil and water in a spray bottle and spritz over furniture, carpet, and other linens
- Diffuse essential oils when you are expecting company to help the air smell clean, fresh, and inviting



- Mix oil and water in a spray bottle and spritz over furniture, carpet, and other linens
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- Diffuse essential oils during your morning routine for an uplifting, invigorating start to your day
- Stick a few drops of essential oil on a newspaper and place at the bottom of a trash can to help with the smell



As soon as you experience the power of essential oils through aromatic use, you will love how potent and effective they are. If you are trying to create a healthy, natural lifestyle, aromatic use of essential oils is one of the easiest ways to benefit your body and mind.