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Aromatherapy & Essential Oils 101

About Essential Oils & Aromatherapy

Essential oils are concentrated, aromatic extracts derived primarily from plants that provide an olfactory (sense of smell) experience that can trigger a healing response. Using essential oils for healing purposes is called aromatherapy, which is a holistic therapy seeking to improve physical, mental and emotional well-being.

Using Essential Oils for Aromatherapy

Essential oils can be diffused into the air using an electric diffuser or vaporizer, inhaled directly from the bottle or from a cloth or cotton ball, or applied topically to the skin in dilute amounts, generally blended and diluted with a carrier oil, such as olive, coconut or sweet almond oil, or unscented moisturizing lotion.

When applying essential oils topically (on the skin), it is generally recommended to add 12 drops of essential oil or less to every ounce of carrier oil or lotion. Discontinue use if skin irritation occurs. Essential oils should not be taken internally.

This information has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure or prevent disease. Consult with your doctor prior to beginning any regimen of supplements or complementary therapies.



LUNDS & BYERLYS



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There are thousands of distinct essential oils produced worldwide for aromatherapeutic use. Here are five popular essential oils and their possible uses:

LAVENDER – *Lavandula angustifolia*

Calming and relaxing; may help insomnia, anxiety and stress.

To use: diffuse, inhale, add to bath, add to bath salts, or dilute and apply topically.



TEA TREE – *Melaleuca alternifolia*

May support treatment of acne and other bacterial and fungal skincare concerns.

To use: dilute and apply topically to irritated area.



LEMON – *Citrus x limon*

Uplifting and refreshing; may provide mood-enhancing benefits.

To use: diffuse, inhale, add to bath, add to bath salts, or dilute and apply topically.



PEPPERMINT – *Mentha x piperita*

Cooling and uplifting; may provide nausea and local pain relief.

To use: diffuse, inhale, add to bath, add to bath salts, or dilute and apply topically.



EUCALYPTUS – *Eucalyptus globulus*

Camphoraceous; may provide cold, flu and allergy symptom relief.

To use: diffuse, inhale, add to bath, add to bath salts, or dilute and apply topically.



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