



Balancing body, mind and soul

## How to Use Your Oils

Each Balance Bodyworks Aromatherapy Blend comes with suggestions for use on the label. However, there are multiple ways to enjoy and benefit from your blends. Following is a list of possible uses for your BBW Blend:

1. **Skin:** Rubbing or massaging essential oil directly into the skin over the area in need of treatment will provide a very high concentration of the blend in the desired location. Because oils have the ability to penetrate tissues very quickly, this ensures distribution throughout the body.
2. **Soles of the Feet:** Applying your blend to the soles of the feet is especially effective. It allows the blend to directly reach the circulatory system in their original therapeutic state. After applying to oils to the feet, be sure to put on socks.
3. **Diffusers:** Through use of a diffuser, your blend can be dispersed throughout a small area for inhalation. The inhalation of essential oils allows for the immediate desired affect on the body. Diffusers can also be used in areas where infection control is desired. If you are not in a situation where you can use a diffuser such as an office, you can place a couple of drops on a tissue then wipe down your desk and/or computer. With the computer, as it radiates heat, your blend will be diffused throughout the air. You can also inhale directly from the tissue throughout the day.
4. **Humidifier:** Utilize 2-3 drops of your blend in a humidifier when battling an infection. Blend can be added to water in the humidifiers reservoir. Leave the humidifier on overnight. This allows the essential oils to directly affect the respiratory system, sinuses, etc.
5. **Shower:** Apply a small amount of your blend while taking a shower. Allow your skin to get wet, step out of the water stream, apply the blend, wait 15-20 seconds then resume your shower.
6. **Bath:** Use 1-2 full droppers in your bath. Not only will you benefit from the inhalation and absorption of the oils but your skin will feel amazingly soft.
7. **Pulse Points:** Apply approximately a dime-sized amount to your pulse points. Most commonly used are the wrists, neck and temples. Rub blend in a clockwise motion and inhale. Take 3-5 deep inhalations.
8. **Base of head:** Applying blends to the base of the skull is a good way to utilize all oils, particularly those for alleviating emotional issues.

## Be Intentional

This phrase is on all Balance Bodyworks Aromatherapy Blends. It is extremely important to really think about what you want to gain from using your blend. Each blend has a picture on it designed to assist you in visualizing your goal. Be mindful. You'll be amazed at your ability to heal yourself with just a little bit of help from nature. Enjoy!

For questions, please contact Balance Bodyworks at [info@balancebodyworksllc.com](mailto:info@balancebodyworksllc.com).

**Be Healed...Naturally**