Essential Oil Application

Topical Applications

1. Direct Application. Apply the oils directly on the area of concern using one to six drops of oil. More oil is not necessarily better since a large amount of oil can trigger a detoxification of the surrounding tissue and blood. Such a quick detoxification can be somewhat uncomfortable. To achieve the desired results, one to three drops of oil is usually adequate. A few guidelines for direct application of the oils are as follows:

The feet are the second fastest area of the body to absorb oils because of the large pores. Other quick absorbing areas include behind the ears and on the wrists.

To experience a feeling of peace, relaxation, or energy, three to six drops per foot are adequate.

When massaging a large area of the body, always dilute the oils by 15 to 30% with the V-6 Mixing Oil.

When applying oils to infants and small children, dilute with V-6 Mixing Oil. Use one to three drops of an essential oil to one tablespoon (Tbs.) of V-6 Mixing Oil for infants and one to three drops of an essential oil to one teaspoon (tsp.) V-6 Mixing Oil for children from two to five years old.

Do not mix oil blends. Commercially available blends have been specially formulated by someone who understands the chemical constituents of each oil and which oils blend well. The chemical properties of the oils can be altered when mixed improperly, resulting in some undesirable reactions.

Layering individual oils is preferred over mixing your own blends. Layering refers to the process of applying one oil, rubbing it in, and then applying another oil. There is no need to wait more than a couple of seconds between each oil as absorption occurs quite rapidly. If dilution is necessary, the V-6 Mixing Oil may be applied on top.

The layering technique is not only useful in physical healing, but also when doing emotional clearing.

The FDA has approved some essential oils for internal use and given them the designation of GRAS (Generally Regarded As Safe for internal consumption). Oils without this designation should never be used internally.

2. Vita Flex Therapy. Developed by Stanley Burroughs during a period of more than fifty years of research and application, Vita Flex Therapy is a simple method of applying oils to contact points (or nerve endings) in the feet or hands. Then a series of hand rotation movements at those control points create a vibrational healing energy that carries the oils along the neuro-electrical pathways. The oils help increase the frequency of this healing energy and serve to either help remove any blockage along the pathways or travel the length of the pathway to benefit the particular organ.

(See the Reference Guide for Essential Oils, the book Healing for the Age of Enlightenment, or the video, Vita Flex Instruction for more information on Vita FlexTherapy.)

3. RaindropTechnique. A simple application of dropping certain oils like little drops of rain from about six inches above the body along the entire length of the spine. It is also a tremendous boost to the immune systems and it has been known to help releases toxins and kills viruses and bacteria that have accumulated along the spine. (See the Reference Guide for Essential Oils, the video Raindrop Technique, or the video Raindrop Therapy for more information about the Raindrop Technique.)

4. Auricular Therapy. A method of applying the oils to the rim of the ears. (See Vita Flex point sheet) This technique works extremely well for emotional clearing. Some physical benefits can also be obtained from this technique.

5. Perfume or Cologne. Wearing the oils as a perfume or cologne can provide some wonderful emotional support, and physical support as well; not just a beautiful fragrance.

Compresses

1. Basin. Fill a wash basin with two quarts of hot or cold water and add the desired essential oils. Stir the water vigorously then lay a towel on top of the water. Since the oils will float to the top, the towel will absorb the oils with the water.

After the towel is completely saturated, wring out the excess water (leaving much of the oils in the towel and place over the area needing the compress. For a hot compress, cover with a dry towel and a hot water bottle. For a cold compress, cover with a piece of plastic or plastic wrap. Finally, put another towel on top and leave for as long as possible (one to two hours is best).

2. Massage. Apply a hot wet towel and a dry towel on top of an already massaged area. The moist heat will force the oils deeper into the tissues of the body.

Inhalations

1. Diffuser. The easiest and simplest way of putting the oils into the air for inhalation is to use an aromatic mist diffuser.

Diffusers that use a heat source (such as a light bulb ring) will alter the chemical make-up of the oil and it’s therapeutic qualities. A cold air diffuser uses room-temperature air to blow the oil up against some kind of a nebulizer. This breaks the oils up into a micro-fine mist that is then dispersed into the air, covering hundreds of square feet in seconds. The oils, with their oxygenating molecules, will then remain suspended for several hours to freshen and improve the quality of the air. The anti-viral, anti-bacterial, and antiseptic properties of the oils kill bacteria and help to reduce fungus and mold. Essential oils, when diffused, have been found to reduce the amount of airborne chemicals and metallic’s as well as help to create greater spiritual, physical, and emotional harmony. The greatest therapeutic benefit is received by diffusing oils for only 15 minutes out of an hour so that the olfactory systemhas time to recover before receiving more oils.

2. Cloth or Tissue. Put one to three drops of an essential oil on a paper towel, tissue, cotton ball, handkerchief, towel, or pillow case and hold it close to your face and inhale.

3. Hot Water. Put one to three drops of an essential oil into hot water and inhale. Again, heat reduces some of the benefits.

4. Vaporizer or Humidifier. Put oil in a vaporizer or a humidifier. The cold air types are best since heat reduces some of the benefits.

5. Fan or Vent. Put oil on a cotton ball and attach to ceiling fans or air vents. This can also work well in a vehicle as the area is so small.

Baths

1. Bath Water. Begin by adding three to six drops of oil to the bath water while the tub is filling. Because the individual oils will separate as the water calms down, the skin will quickly draw the oils from the top of the water. People have commented that they were unable to endure more than six drops of oil. Such individuals may benefit from adding the oils to a bath and shower gel base first. Soak for 15 minutes.

2. Bath and Shower Gel. Begin by adding three to six drops of oil to 1/2 oz. of a bath and shower gel base and add to the water while the tub is filling. The number of drops can be increased as described above under bath water. Adding the oils to a bath and shower gel base first allows one to obtain the greatest benefit from the oils as they are more evenly dispersed throughout the water and not allowed to immediately separate.

3. Wash Cloth. When showering, add three to six drops of oil to a bath and shower gel base first before applying to a face cloth to effectively cover the entire body.

Dishwater, Clothes Washers, and Dryers

The anti-bacterial properties of essential oils can effectively promote greater hygiene. Add a couple drops of Melrose or lemon to dishwater for clean dishes and a great smelling kitchen. Use lemon or another citrus oil to take gum out of clothes. A few drops of Purification in the wash water will kill bacteria and germs in clothes. Put Purification, Joy, or other oil on a wet rag and place in dryer, or mist from a spray bottle directly into the dryer.

Water Distillers and Filters

Add three to five drops of oil to the post filter of your distiller to change the taste, to increase the oxygen, and to increase the frequency of the water.

Cleaning and Disinfecting

Put a few drops of lemon, spruce, or fir oil on a dust cloth or ten drops in water in a spray bottle to polish furniture and to clean and disinfect bathrooms and kitchens.

Painting

To effectively remove paint fumes and after smell, add one 15 ml bottle of oil to any five gallon bucket of paint. Either a paint sprayer or brush and roller may be used to apply the paint after mixing the oils into the paint by stirring vigorously.

The information on this page is from the Reference Guide for Essential Oils by Connie and Alan Higley.