

# Sun Pure Botanicals

## HOW TO USE ESSENTIAL OILS

Essential oils are fragrant oily components extracted from petals of flowers, leaves, roots, seeds, fruits, woods, grasses, and resins. Some plants yield oil from only one part, while others contain oil in several parts. Orange trees yield oil from the flowers, twigs, leaves, and rind of the fruit. The leaves, buds, and stems from the clove tree contain oil, while only the fruits from the tree of *Listea cubeba* are used to produce an essential oil.

The quality and quantity of essential oil produced depends on various factors: location where the plant is grown, altitude, moisture, climate, condition of soil, and even the season or time of day or night the plant material is harvested. The extraction process also plays a key role in the quality of an oil. Steam distillation, carbon dioxide extraction, and cold pressed oils are preferable, while solvent-extracted oil should be avoided, since harmful chemicals are used in the extraction process.

Essential oils, sometimes referred to as ethereal substances, are certainly more than just nice smelling. The oils can be used simply and effectively to scent and beautify the body, create a wonderful environment, and help promote inner peace and thus a happier mental state.

Here are methods that can be employed to use these marvelous aromatic oils:

### APPLICATION

In this self-application method, apply the oil on the skin, rubbing it in until it is fully absorbed. Application is used when a massage is not absolutely necessary.

### AROMA LAMPS

An aroma lamp has a small container that is heated after water and essential oils are added. When the water becomes hot the aromatic vapors are dispersed into the air.

### BATHS

Throughout history, public baths served as social centers. In some cultures, bathing is an important part of daily life for cleansing. Baths can be very beneficial to health, and they serve as a delightful therapeutic measure to relax and calm or invigorate and refresh the body. An aromatherapy bath can be so pleasurable it can become an anticipated and planned-for event.

#### Directions:

close the bathroom door and window to keep the essential oil vapors from escaping. Play soft music you enjoy listening to. Fill the bathtub with water as warm as you like. Then mix the essential oil and add the blend to the bath-water. Swirl the water to distribute the oils evenly throughout the tub. Enter the bath immediately.

### BODY POWDERS

Body powders are used to scent, deodorize, and disinfect the skin.

#### Directions:

Measure the amount of cornstarch needed and pour into a small wide-mouthed glass jar, then add the essential oils. Mix the ingredients thoroughly. Allow the powder to sit for a day before use.

### CREMES

Crèmes are very useful aromatherapy products. They are easy to apply, readily absorb into the skin, and have a smooth texture.

#### Directions:

Place the indicated amount of vegetable butter in a wide-mouthed glass jar, put the jar into a small pot of water, and heat. When the butter is melted add the carrier oil, mix well, and remove from the heat. As the mixture cools, add the essential oils and stir well.

## DIFFUSERS

Diffusers disperse a mist of micro-particles of essential oil, which creates an aromatic atmosphere indoors. Different types of diffusers are available on the market. Choose a smaller or larger unit, depending on the size of the area to be fragranced. The formulas given for diffuser use are in percentages rather than drops due to the different types of units. In one type, essential oils are added to a pad that is vaporized by an electric fan. A second type has a small glass bottle that essential oils are placed into. The oil is then propelled into a nebulizer and vaporized into the air. A third type requires the essential oils to be placed on a pad and releases the vapors through a warming process.

## FACIAL SAUNA

This method is used as a facial cleansing treatment and to open clogged pores and revitalize problem skin.

Directions:

Heat a small pot of water and pour into a bowl, then add the essential oils. Immediately drape a towel over your head to form a tent over the bowl. Close your eyes, and lean over toward the vapors for five to ten minutes.

## LIGHT BULB RINGS

Directions:

Place the light bulb ring on top of a cool light bulb and drop the essential oils into the groove of the ring. When the light is turned on, the bulb is heated, dispersing the aromatic vapors into the air.

## MASSAGE

An aromatherapy massage can provide a means of counteracting pressures of daily life. Only after receiving a massage do we realize how tight our muscles have been and the high amounts of tension stored in our bodies. Some people think of a massage as a luxury and utilize it only in times of severe distress. But living under the strain of modern society, we should recognize massage as an extraordinarily beneficial measure for stressed individuals to receive on a regular basis.

For best results when giving or receiving a massage, please follow these guidelines:

- The room should be quiet, warm, and comfortable.
- Soft music can be played to promote relaxation.
- Mist a nice essential oil fragrance in the room before treatment.
- Be in a calm state before giving a massage. Tension can be easily transferred from one person to another.
- Make sure your fingernails are short before giving a massage, to avoid scratching the recipient's skin.
- All jewelry should be removed
- A firm cushion can be used if a massage table is unavailable. The recipient should be covered with a sheet or blanket for warmth.
- Choose the appropriate aromatherapy massage formula and place all oils nearby to avoid searching for them during the massage.
- Wash hands with warm/hot water before and after giving the massage.
- Wear comfortable clothing
- Warm the carrier/base oil by placing the small container in warm water. Pour an ample amount into the palm of your hand, rub hands together, and apply the oil on the recipient's skin.

## MIST SPRAYS

A convenient and effective way to disperse aromatic vapors into the air is through the use of a mist spray. As the aromas mature in the bottle, the fragrance improves and becomes more pleasant.

Directions:

Fill a four ounce (120 ml) fine mist spray bottle with purified water and add the essential oils. Tighten the cap and shake well.

To use: Shake bottle well. Sit comfortably in a chair, close your eyes, spray the mist approximately ten times over your head (2-3 sprays at a time), and take slow, deep breaths, breathing the vapors deeply. Use indoors for the full benefit.

## SAUNA/STEAM ROOM

Saunas and steam rooms are perhaps the greatest places to loosen the muscles, rid the body of impurities, and relieve stress. Mist sprays are especially useful to help the breathing passages, in addition to pleasurably scenting the air.

Directions:

See instructions for mist sprays. When using, spray away from the face with eyes closed, so vapors do not irritate the eyes.

## STEAM INHALATION

This method is usually employed to open the breathing passages.

Directions: Heat a small pot of water and pour it into a bowl, then add the essential oils. Immediately drape a towel over your head, close your eyes, and lean over toward the vapors. Inhale deeply.