

# How to use essential oils



## Massage/Blending

Massage is a wonderful way to ease aching muscles and relax or energise the body. Place the required quantity of base massage oil, such as almond oil or even a lotion, into a saucer (a typical full body massage uses 30ml of base product) then add the drops of essential oils. See the table below for guidance.



## Bathing

Bathing with pure essential oils is one of the most luxurious ways to enjoy their benefits; the essential oils are inhaled through the aromatic steam, as well as being absorbed by the skin. Add 5 drops of essential oil to a teaspoon of base oil, bath oil or shower gel, then add to a full bath (not running water).



## Natural air freshener

(Burning and Vaporising)  
Essential oils make

fantastic natural air fresheners, fragancing a room as well as setting a mood. Simply add a few drops of your chosen essential oils to a vaporiser or oil burner.



## Inhalation

This method is particularly useful for relieving catarrh, chest congestion and coughs. Put 10 drops of oil into a bowl of steaming water. Place towel over your head and inhale vapours for about 10 minutes.

NOTE: Not suitable for children or those with asthma. Instead place a bowl of hot water with added essential oils nearby.



## How to blend essential oils

With these simple tips for mixing Ogam Aromatherapy oils, you can quickly learn how to blend essential oils and Ogam Carrier Oils to create a tailor made massage blend. You can confidently begin blending essential oils for any mood or moment you may desire. Choose from a range of 27 oils to create a bespoke room fragrance or to boost health & wellbeing.

## Blending Table

Amount of base oil/lotion / bath oil/shower gel

10ml (1 tbsp)	20ml (2tblsp)	25ml (2tblsp)	30ml (3tblsp)	50ml (5tblsp)
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Maximum number of essential oil drops

Children over 2 years, adults with delicate skin or applying to face	2	4	5	6	10
Adults with no skin sensitivities	5	10	12	15	25



Ogam Oils

Chapel Hill, Carlingford, Co. Louth, Ireland

T: +353 42 937 3793 E: info@ogamoils.ie

www.ogamoils.ie