



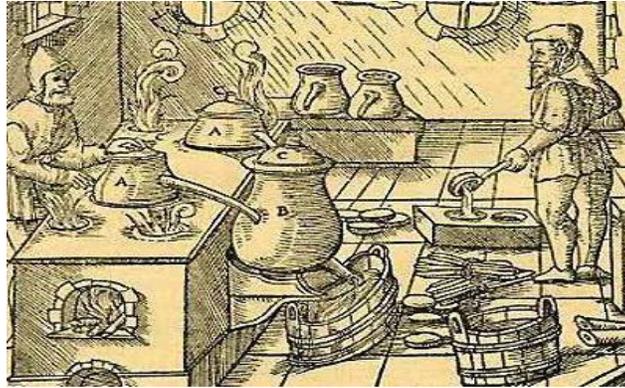
Using Essential Oil Diffusers

Chapter 1. Why Use An Essential Oil Diffuser?



Why use essential oils with an essential oil diffuser?

Essential oils are famous for their diversity of uses, benefits, and for providing various answers for everyday needs. Among the many techniques for enjoying essential oils, aromatic use has long been cherished for its ability to help the user feel the effective, uplifting, relaxing, and cleansing nature of essential oils. Not only is the aromatic use of essential oils exceedingly pleasing and easy, but it also offers immediate benefits such as encouraging a calm, balanced environment, cleansing the atmosphere, managing ones mood and emotions, and a good deal more. This makes an essential oil diffuser a very simple way to experience the benefits of essential oils with very little skill or knowledge. Aromatic use continues to be a common and practical application technique in the essential oil world today.



Historical examples of aromatic usage.

Acknowledging the benefits from essential oils through aromatic use is not a new conception, but it is instead an idea that has been in use for centuries. The practice of aromatherapy, or the use of essential oils and plant extracts, has been around for hundreds of thousands of years. In ancient Rome, China, Greece, and India, essential oils were used oftentimes in rituals and religious practices, because these ancient people found out that essential oils delivered the power to influence feelings and uplift ones mood. While this effect was somewhat undetermined in ancient times, meaningful research in the 1990s helped biologists interpret how breathing in the aroma of an essential oil could induce particular chemical sensors in the body to respond. This research helped prove the beliefs of the ancient civilizations—that the

inhalation of essential oils can have a considerable effect on ones emotion, mood, and atmosphere.

Employing essential oils to bring about relaxing, calming, and uplifting feelings.

As mentioned earlier, research has shown that the aroma of essential oils can cause reactions in the chemical detectors of our brain. Because of these reactions, aromatic use permits the essential oil user to attain a desired outcome, contingent upon the chemical structure of the essential oil. Many essential oils contain chemical attributes that have been demonstrated to encourage relaxing feelings, a calming or quieting atmosphere, and the ability to comfort anxious feelings when used aromatically.

Because each essential oil has a different chemical composition and each person has different emotions, memories, and reactions within the brain when breathing in an essential oil, each person will experience something a little bit different. However, certain essential oils have

specific chemical elements that help encourage calming, relaxing, grounding, energizing, or calming feelings.

Aromatic use and cleansing the air.

Another outstanding benefit of employing essential oils aromatically is their ability to purify the air. Driving away unwanted odors and substituting them with undiluted, pleasing aromas is attainable when you draw in the power of powerful, high quality essential oils. Today, many commercial air-purifying products contain noxious toxins and chemicals, which make the aromatic use of essential oils even more suitable for personal use. Essential oils provide a safe and sound, yet natural way to purify the air in any room, without inhaling any harmful toxins.

Aromatically utilize essential oils to improve or manage moods.

Among its many employments, aromatic usage has traditionally been used to help improve one's mood.

Whether you are looking to Steady your emotions, calm uneasy feelings, advance feelings of motivation, or promote relaxation, there is an essential oil with the exact chemical composition to assist you in managing your mood and helping you to achieve your wanted result. As the aroma of an essential oil interacts with the chemical detectors in the brain, it will arouse a reaction, thereby allowing the user to choose a specific oil to help produce the desired effect

Chapter 2. How It All Works.



Whenever something is aromatic, it gives off a definite, strong, or pleasing scent. The aromatic use of essential oils lies in the benefit of the natural attributes of the oils

by the means of inhaling the aroma. While topical and internal application call for the body to come in contact with the oil, aromatic application merely requires the essential oil to infiltrate the nose in order to acquire the benefits. Aromatic use is typically accomplished by diffusing or breathing in the essential oils directly.

So how do essential oils interact with the brain and body when we use them aromatically?

The human sense of smell is an all-powerful tool. Our sense of smell can bring forth substantial mental, emotional, and physiologic reactions contingent upon the way that assorted aromas respond with the brain. As potent aromatic compounds, essential oils have the ability to circulate through the air rapidly. The volatility (or the power to change its state into beneficial vapors quickly) of essential oils permits the user to receive the aroma and the benefits of the essential oil quickly and easily—even from the very instant that a bottle of essential oil is opened. As mentioned previously, essential oils interact with the chemical sensors in the brain, thus creating an immediate response. These chemical sensors are called olfactory sensors. They live in the olfactory system of the

brain—the part of the brain that governs our sense of smell. The olfactory system is connected to the limbic brain where our emotions and memories are stored. While using essential oils aromatically, the scent moves through the nose to the olfactory system where it is then processed, and proceeds to travel through the olfactory nerve to the limbic system. In the limbic system, the scent activates responses in the brain based upon our memories and experiences. Because of these reactions in our brain, essential oils have an especially powerful effect when applied aromatically. Due to the volatility of essential oils, aromatic use of essential oils is the most efficient application method—the oil user can receive the benefits of a scent rapidly and conveniently. When using essential oils aromatically, they are easily inhaled and absorbed through the respiratory tract and lungs, and then circulated through the blood stream. As we inhale the scent of an essential oil, it triggers specific responses based upon our own individual emotions, behaviors, memories, and experiences. This is why aromatic use is such a positive part of mood management because reactions in our brain cause physiological responses that can change and better our mood.

The chemical structure of essential oils.

You might be curious, “How does an essential oil provide calming, uplifting, or energizing feelings?” Due to their chemical makeup, in most cases, essential oils can be classified as having uplifting or calming effects. See how the chemical structure of plants and essential oils allow them to provide specific uplifting, calming, and mood-altering properties.

- Mint: Commonly known to be uplifting and energizing ascribable a high concentration of ketones.
- Floral: Typically composed of monoterpene alcohols, which provide calming characteristics.
- Tree, herb, and grass: Primarily include sesquiterpines, oxides, and esters, which help promote soothing, grounding emotions and feelings of renewal.
- Citrus: Contain chemical components like beta-pinene, monoterpenes, and limonene, which contain significant uplifting characteristics.
- Spice: Phenols provide warming properties.

Chapter 3. Using An Essential Oil Diffuser.



One of the most effective ways to experience essential oils aromatically is by using an essential oil diffuser. An essential oil diffuser takes an oil and transforms it into a fine, minute mist of oil droplets circulating the oil (and the scent) through the air. This allows you to savour the aroma of an essential oil for a lengthened time period, making essential oil diffusion the handiest yet easiest way to utilize essential oils aromatically.

Picking out the correct diffuser.

While deciding upon a diffuser for the aromatic use of essential oils, You will discover that there are a

great deal of options out there for you to choose from. Before picking out a diffuser, you simply need to appraise your needs and your preferences. Some diffusers provide a far-reaching mist. Some are very compact, while some even have timer settings. You'll also have your choice between water diffusers and waterless diffusers. A water diffuser uses water to help disperse essential oils through the air in a fine mist. Waterless diffusers simply diffuse straight oil into the air. Both are useful ways to enjoy the aromatic benefits of essential oils. Above all, you'll want to make sure that the diffuser you choose will maintain the powerful effectiveness of the essential oils. It is not advised to use a diffuser that uses heat or other elements that could alter the body structure of the essential oil.

Where do I put my essential oil diffuser?

When you wish to enjoy the aroma of essential oils, to improve your mood, or purify the air, an essential oil diffuser is an uncomplicated method to experience these benefits. Depending upon the size, model, and features of your diffuser, it can be used in countless ways to disperse the aroma of essential oils throughout the room. Here are a few places

you might consider using a diffuser: bedrooms, office, spa rooms, hotel rooms, kitchen, living room or common area.

Essential oil diffuser maintenance and tips.

Your ability to enjoy essential oils aromatically with the use of a diffuser will depend greatly upon the type and quality of the diffuser you pick out. All the same, with any diffuser, you will need to ensure that you take good care of the device by cleaning and maintaining it on a regular basis. Without proper cleaning, your diffuser will develop an oil buildup that will, in time, keep the diffuser from working correctly.

Chapter 4. How To Enjoy The Benefits Of Aromatic Use.



Now that you comprehend the benefits of employing essential oils aromatically, you might be looking for methods to get moving towards using aromatic formulas. When applied safely, essential oils have continual applications for purifying the air, improving mood, and promoting a calm, relaxed atmosphere. Learn about some of the easiest ways to use essential oils aromatically in the segments below.

Safety.

Since there are so many elements required with aromatic use—the size of the room, the output of a diffuser, the nature of the air in the room, etc.—it is challenging to control the Measure of oil that you are exposed to when using essential oils aromatically. While there is no particular recommendation arrived at for the dosage when it comes to aromatic use, it is imperative to remember that moderation is the key. The amount of oil used and duration of diffusion or exposure greatly depends upon things like room size, proximity of the person to the diffuser, the different output of diffusers, air turnover in the room—thus the dosage varies from person to person. It is also imperative to remember that essential oils are extremely potent, and each person will react differently to the aroma of oil. Individuals should consider their own personal health and their experience with essential oils when determining the dosage for aromatic use. When using essential oils aromatically to improve wellness, it is a good idea to consult with a health care provider, specifically when it comes to safe use.

How to make a good diffuser blend.

One unique way to enjoy the benefits of essential oil diffusion is to combine and blend several essential oils into one diffuser—thus eliciting a new aroma that offers the benefits of more than one essential oil. The combinations of diffuser blends are limitless, but if you are new to essential oils, it can be difficult to know which oils to pair together for the best results. Follow the advice below to learn how to make a good essential oil diffuser blend at home.

How to use essential oils aromatically.

Although diffusers offer a simple, safe way to use essential oils, there are countless other methods that will allow you to experience the aromatic benefits of essential oils through the air. As you become more familiar with essential oils, it will be easy to add variety to your options for aromatic use. Take a look at some of the ideas below for simple suggestions that will broaden your horizons when it comes to using essential oils aromatically.