

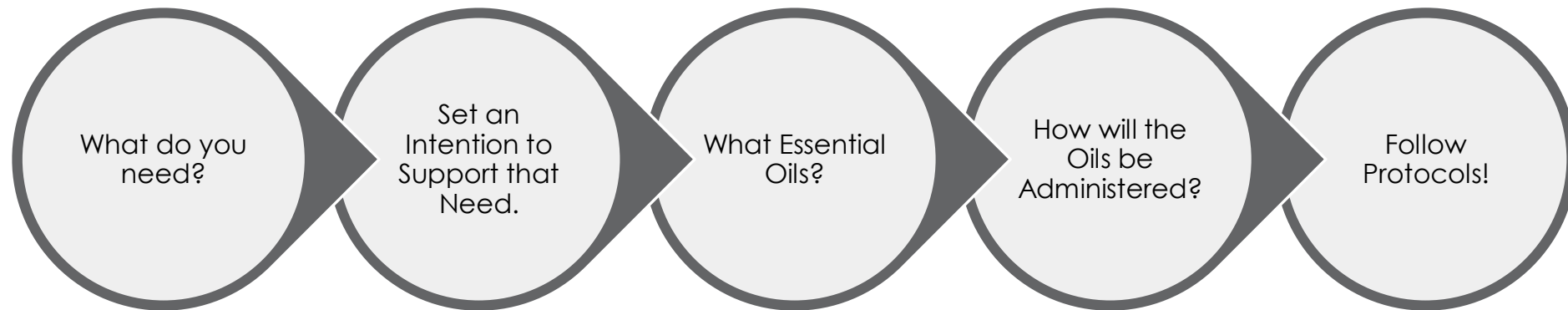


# Diffusing Essential Oils

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# Intention & Aromatherapy

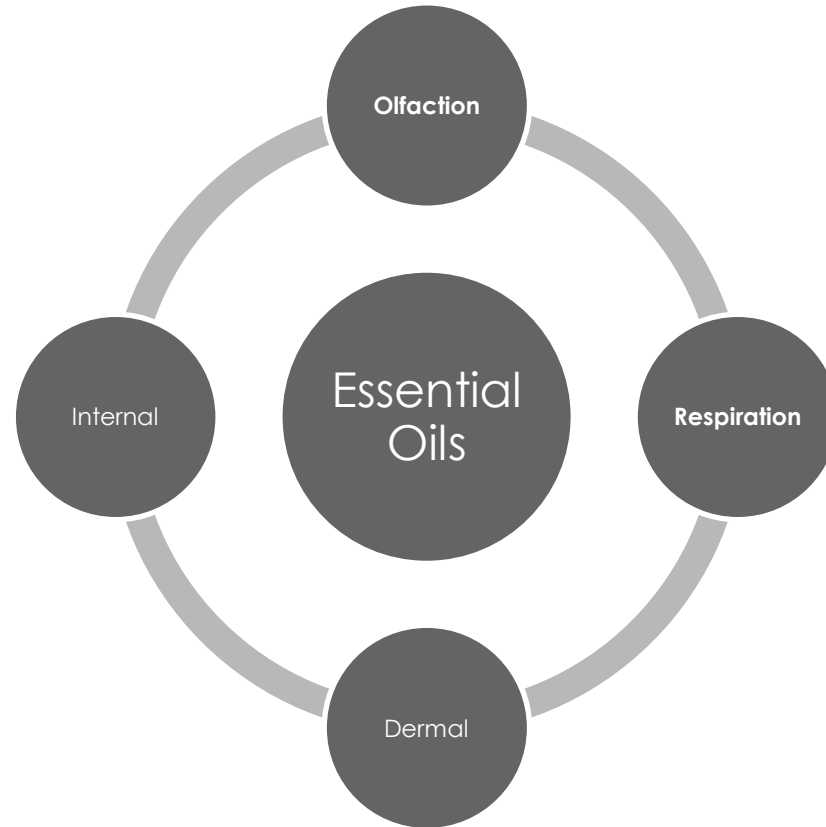
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Essential oils and Aromatherapy are tools for addressing the root of the issue but *they don't get rid of the issue*, especially when working with emotional states and long-term conditions.

# Aromatherapy: Different Pathways

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# Why Diffuse Essential Oils?

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## Emotional/Mood Support

- Reduce stress
- Invite Calm
- Uplift & Invigorate!
- Get Centered

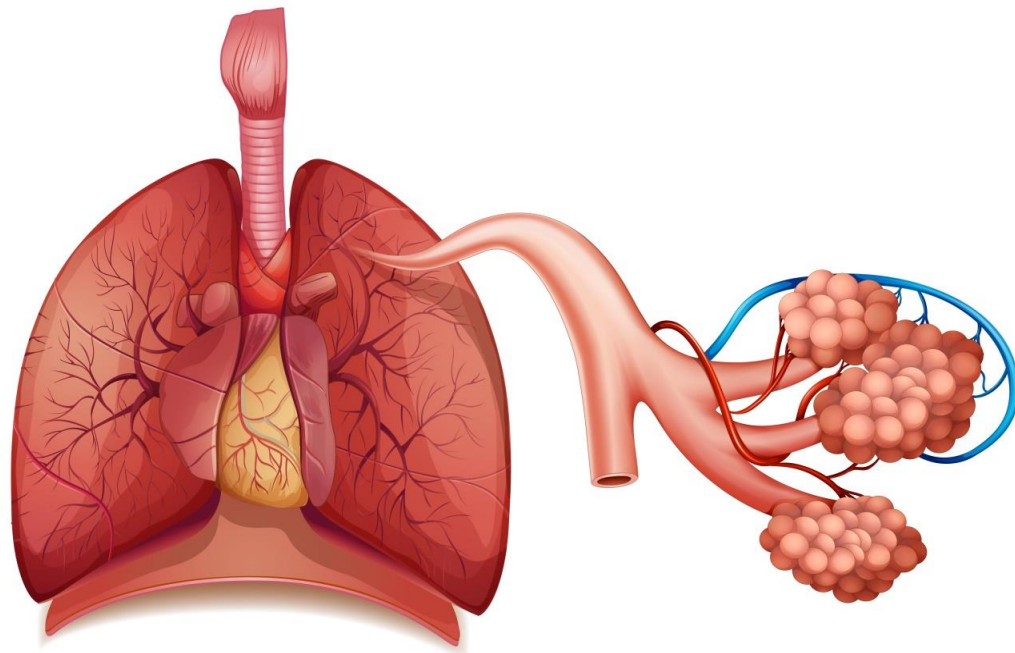
## Physical

- Support respiration & Breathing space

## Choose Your Oils

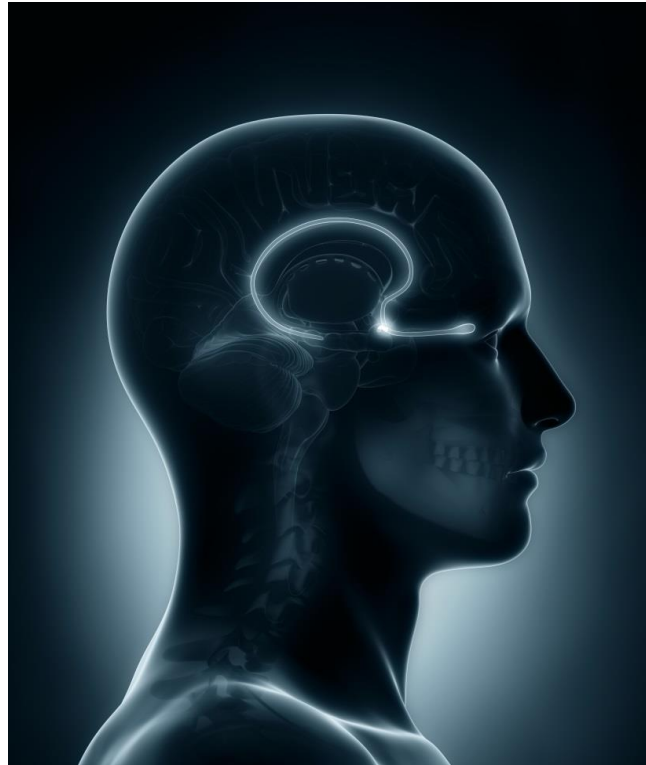
- Mindfulness and Intention
- ***No matter what type of diffusion you choose you are inhaling molecules***

# Science of Inhalation



“Inhaled substances pass down the trachea into the bronchi, and from there into finer and finer bronchioles, ending at the microscopic, sac-like alveoli of the lungs, where gaseous exchange with the blood takes place”  
Tisserand/Young

# Science of Olfaction



A chemical sense. Neuron receptors, in the olfactory epithelium, bind (volatile) odor molecules which change **electrical** voltage across membranes—a signal is transmitted along a cable-like axon, through thin bone, to brain tissue (olfactory bulb/mitral cells) which then synapse to several areas of brain matter.

# Diffusion: Impacting Space

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Impacting **everything** in the environment:  
other humans, animals, plants.

Reduce  
Microbes

Support  
Respiratory  
Health

Alter Mood

# Diffusion & Inhalation

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## Atmospheric

Diffusers: (Nebulizers vs. Vaporizers)

Humidifiers & water bowls

Candle heated

Sprays (Aromatic spritzer)

Aroma stones (Terracotta)

## Personal

Steam inhalation

Inhaler

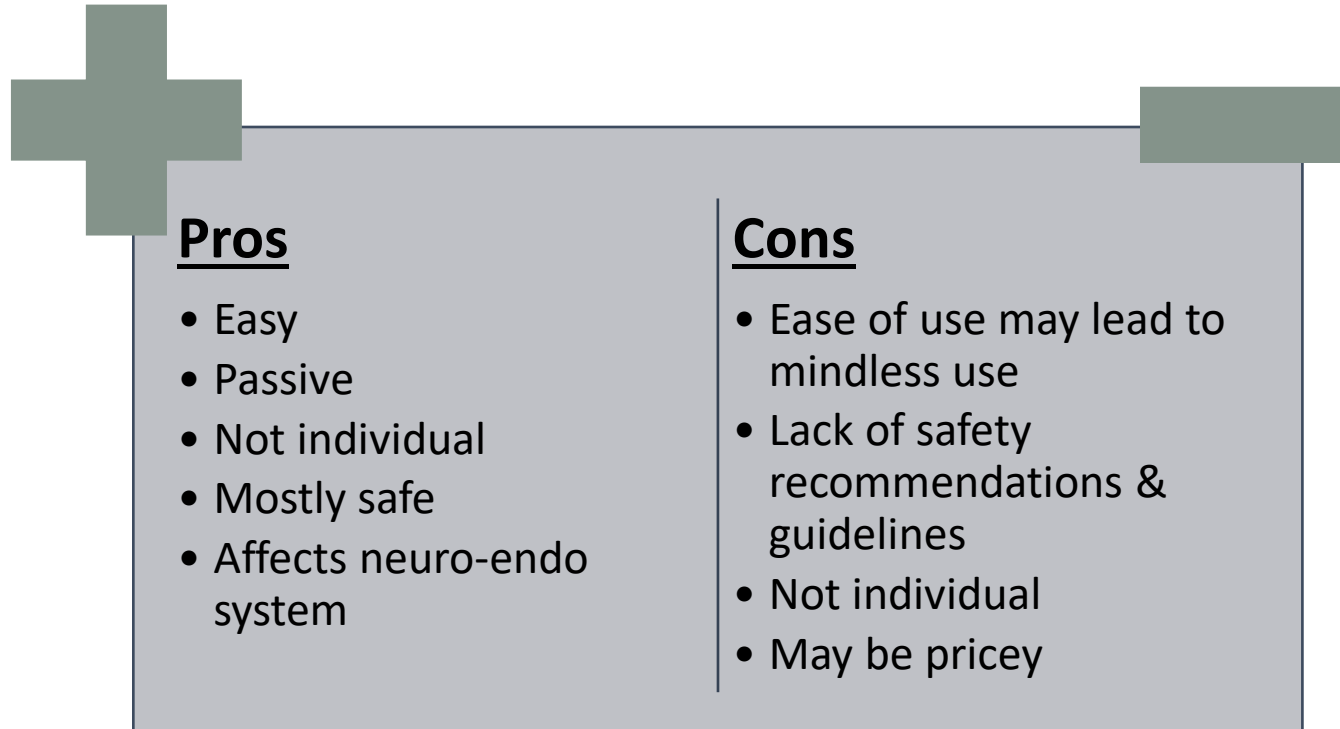
Aroma Jewelry

Drops on a tissue



# Pros and Cons of Diffusing

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<u>Pros</u>	<u>Cons</u>
<ul style="list-style-type: none"><li>• Easy</li><li>• Passive</li><li>• Not individual</li><li>• Mostly safe</li><li>• Affects neuro-endo system</li></ul>	<ul style="list-style-type: none"><li>• Ease of use may lead to mindless use</li><li>• Lack of safety recommendations &amp; guidelines</li><li>• Not individual</li><li>• May be pricey</li></ul>

# Diffusion: Different Ways

## Nebulizer

- Micro-drops permeate the air
- Potent
- “Medical” use
- No heat
- No water
- Easy to clean

## Vaporizing

- Uses water vapor to disperse essential oils into the air
- No heat
- Need to clean more often
- Less essential oils permeate the air than a nebulizer
- Uneven distribution of EOs compared to nebulizer

# Diffusion: Different Ways

## Passive Diffusion

- Fan diffuser
- Candle diffusion
- Clay/terracotta/sandstone
- Room spray

## Personal/Wearable

- Inhaler
- Pendants
- Roller-ball applicator

# Risks of Active Diffusion

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## Risk of inhalation toxicity (over diffusing):

- Over-diffusion
- **Respiratory system:** eye and airway irritation, sensory irritation (tingling, burning, stinging)
- **Neurological:** sleepiness, daytime fatigue, difficulty concentrating, headache, irritability, light-headedness.

## Pregnancy

## Cats & other pets

## Children

- 0 - 2 years = NO
- 3 – 10 = GENTLE OILS

# Guidelines for Safe Practices

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## Do:

- Intermittent diffusion
- Follow dosage guidelines
- Well ventilated room
- Give pets a way to get out of the room

## Don't:

- Diffuse while sleeping
- Use fragrance oils (increased risk of irritation)
- Actively diffuse irritating or neurotoxic oils

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# Diffusing Guidelines

# Guidelines: Nebulizer & Ultrasonic

## Diffusing for Nervous system impact?

- **Nebulizer: 10 to 15 minutes on / 60 minutes off.**
- **Ultrasonic: 30 on/off**
- Olfactory fatigue
- Intimate sniffs are very effective

## Respiratory infection/support?

- Nebulizer is best
- **Nebulizer: 10 to 15 minutes on / 60 minutes off.**

## Diffusing to Kill?

- Nebulizer!
- When no one is in the room.
- ESP oils high in phenylpropenoids in general, phenols and problematic ketones.

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# Blending Ideas for Diffusion



# Diffusion Reminders

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Set an intention  
when blending  
& selecting oil

Do not add or  
use fragrance  
oils

Create stock  
bottles & label  
them!

Don't use  
carrier oils

Don't use  
viscous or  
resinous oils

# Blending: Cleansing

## Blend (2ml: 65 drops)

Thyme ct geraniol (*Thymus vulgaris* ct geraniol) [5]

Lemongrass (*Cymbopogon citratus*) [5]

Geranium (*Pelargonium graveolens*) [15]

Lemon (*Citrus limon*) [20]

Petitgrain (*Citrus aurantium* var amara) [20]

## Protocol suggestions:

Add 20 drops to a **nebulizer**; run for 10 – 15 minutes with no one in the room; use 1x/day for 7 days

60 drops in a 4 ounce **spritzer** with equal parts distilled water and ethanol; spray counters, doorknobs, etc.

# Blending: Calming & Uplifting

## Blend (2ml: 60 drops)

Black pepper (*Piper nigrum*) [30]

Neroli (*Citrus aurantium* var  
amara) [12]

Lemon verbena (*Lippia  
citriodora*) [10]

Juniper berry (*Juniperus  
communis*) [8]

## Protocol suggestions:

Mindful inhalation: daily 10 minute session with a nebulizer where focus is on breathing in the molecules.

Actively using the same blend in an aromatic inhaler outside of each nebulizing session.

# Blending: Calming & Sedation

## Blend (2ml: 60 drops)

Lavender (*Lavandula angustifolia*) [45]

Roman chamomile (*Chamaemelum nobile*) [10]

Vetiver (*Vetiveria zizanoides*) [5]

## Protocol suggestions:

Add 5 drops to an ultrasonic diffuser; run 30 minutes before bed

Sleep mist: add 30 drops to a 2 ounce bottle filled with distilled water; spray your pillows 2-3 times before going to sleep

Inhaler blank: soak a cotton core with 20-25 drops of synergy

# Blending: Stimulation & Focus

## Blend (2ml: 60 drops)

Blue spruce (*Picea pungens* var. *glauca*) [20]

Rosemary 1,8 cineole (*Rosemarinus officinalis* ct. 1,8 cineole) [8]

Grapefruit (*Citrus paradisi*) [32]

## Protocol suggestions:

Add 5 drops to an ultrasonic diffuser; run 30 on, 30 off while working

Put 3-5 drops on a stone or cotton pad to keep with you while working

# Blending: Allergies

## Blend (2ml: 60 drops)

German chamomile (*Matricaria recutita*) [8]

Inula (*Inula graveolens*) [10]

Niaouli (*Melaleuca quinquinervia*) [20]

Ravintsara (*Cinamomum camphora*) [22]

## Protocol suggestions:

Nebulizer: sit in a small room and have 3, 10 minute sessions per day

Roller ball: Apply along jawline as needed