

Aromatherapy Focus: Diffusing Essential Oils

Diffuser Type	Nebulizing	Ultrasonic	Candle or Electric Warming	Simple
Description	Disperses micro-drops of EOs into the atmosphere using the Bernoulli principle.	An internal diaphragm vibrates at ultrasonic frequency breaking water into vapor, which carries EO molecules into the atmosphere.	Generally, water is placed in a small bowl with EOs and a heat source (e.g., candle) warms the bowl to encourage diffusion of the EOs.	3-5 drops of EOs are placed on a cotton ball or pad (or aroma stone/clay stone) and they passively diffuse into the atmosphere.
Suggested use	Clinical use, room cleansing. Dispersed on a protocol.	Home use. Helps to work with mind-states in smaller living spaces.	Home use. Helps to work with mind-states in smaller living spaces.	Subtle, intimate use, close to the individual. Respiratory and neuro-endocrine support.
~Coverage/ "throw"	>400 sq ft	Generally, 200-400 sq ft	Similar to Ultrasonic	Personal space
Pros	<ul style="list-style-type: none"> ✓ Effective delivery of fine particles of EOs to the lungs and blood stream to support immunity and respiratory health as well as impact the neuro-endocrine system ✓ More likely to effectively kill airborne microbes than other diffusion methods ✓ No heat is used ✓ Glass components (con=breakable) ✓ Oils are undiluted (potent delivery) ✓ Effective for hospital and clinical applications 	<ul style="list-style-type: none"> ✓ Appropriate for working with the limbic system ✓ Less concentrated than nebulizer (both pro and con) ✓ No heat is used ✓ Quieter than nebulizer ✓ Can accommodate the use of more viscous EOs ✓ Many models and price ranges available 	<ul style="list-style-type: none"> ✓ Appropriate for working with the limbic system ✓ Less concentrated than nebulizer (both pro and con) ✓ Does not create noise ✓ Can accommodate the use of more viscous oils ✓ Can accommodate EOs diluted in a carrier oil ✓ Many models and price ranges available ✓ Relatively inexpensive 	<ul style="list-style-type: none"> ✓ Easy to use ✓ No heat or electricity required ✓ Personal: less impact on people in the surrounding area than other diffusion techniques ✓ Very portable, small ✓ Inexpensive

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Cons	<ul style="list-style-type: none"> X Low hum, uses electricity X Cannot use viscous EOs unless blended with other EOs X Clean with solvent (alcohol) X Everyone in the room is impacted X Relatively expensive 	<ul style="list-style-type: none"> X Uses water & electricity X Must be cleaned regularly to keep mold away X Adds a statistically insignificant amount of moisture to air (potential pro) X Less concentrated amount of EOs dispersed in the room (also a "pro") X Made of plastic & may interact with EOs (some components have a solvent nature) X Everyone in the room is impacted (but less than nebulizer) X Relatively expensive 	<ul style="list-style-type: none"> X Requires heat which may degrade EOs X Uses water and/or electricity X Burning candles must never be left unattended, and should be kept from the reach of children X Everyone in the room is impacted (but less than nebulizer) 	<ul style="list-style-type: none"> X Not a lot of "throw" X Only suitable for small spaces
Suggested protocol	<p>Add 2 – 4 ml of synergy to the chamber.</p> <p>Diffuse for 10 – 15 minutes for every 60-90 minutes.</p>	<p>3 - 5 drops of essential oil per 100 mL of water (7-10 drops for 350 ml).</p> <p>Diffuse 15-30 minutes on; 30-60 minutes off.</p>	<p>Add 5-10 drops of EO to the oil holding chamber.</p> <p>Diffuse for 15-30 minutes on; 30 to 60 minutes off.</p>	<p>Take deep, even sniffs for 1 to 5 minutes.</p> <p>Use as needed.</p>