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Aromatic Wisdom Podcast Episode #009 **10 Ways To Use Essential Oils At Home - Part 1**

This is the Aromatic Wisdom Podcast, Episode #09. In today's show, I'm going to share some easy and practical ways you can use your Essential Oils at home.

You're listening to the Aromatic Wisdom Podcast with your host, Liz Fulcher.

If you're interested in learning about Essential Oils, hearing interviews with industry experts, and discovering ways to grow your own Aromatherapy business, this is the podcast for you.

For more information and show notes, visit the website at www.AromaticWisdomInstitute.com. Now sit back. Relax. Take a deep breath and enjoy as Liz shares a dose of Aromatic Wisdom.

Hello! Hello! Hello and welcome back to the Aromatic Wisdom Podcast. My name is Liz Fulcher, and I am a clinical aromatherapist, an educator of Essential Oils and I am your host for this podcast, so I'll be with you for the duration of the time we have together. It's super to be back with you again!

Today's show is going to be getting down to the nuts and bolts and a lot of the basics of how to use Essential Oils at home. I find that even the basic explanations of using Essential Oils and a lot of the basics apply to everyone. So even if you are someone who is "an aromatherapy expert" or has been using Essential Oils for a long time, have a listen anyway. Don't be put off by saying, "ugh..I know all this, I'm going to turn off the podcast". No...no...no! Come back! Sometimes you get new ideas or it refreshes your imagination: Oh yeah! I haven't used my oils that way in a long time! Hopefully you'll hang around even if you've been using Essential Oils forever.

Before I get into that, I'd like to read to incredibly beautiful e-mails that I got from students of mine. They are two success stories from graduates of my aromatherapy



certification program. I teach this program twice a year in the Spring and in the Fall. Although I did teach it last year over the Summer but found I didn't have enough family time. So, I'm not doing that again, but Fall and Spring.

The first email is from a woman by the name of Kathy Higgins, from New Jersey, and she writes:

Dear Liz, Thank you for sharing your Essential Oil knowledge through the Aromatherapy Certification Program. It opened up a whole new holistic modality for me. I am so grateful to be able to combine my teaching skills, my master's degree, and your certification into my own company *AbundantTranquilityInc.com*. I've now been qualified to offer continuing education credits to members of the Yoga Alliance and massage therapists. Thank you for opening up the door, Liz.

Kathy took the aromatherapy certification program last Summer of '14, and just went gangbusters with a product line and found that her calling really was teaching. I'm always thrilled when my students go on to offer classes, because we need really good, qualified teachers out there explaining to people how to use Essential Oils safely and properly.

And, if you will indulge me, I have a second success story that I'd like to share with you, from a dear student by the name of Sally Harvey. And she writes:

Dear Liz, I just wanted to share how excited I am about being able to share the world of aromatherapy with others. I'm so grateful that I have taken your class. It gave me the knowledge based on science to confidently use Essential Oils in my massage practice. I also have an aromatherapy studio in my home where I teach classes. It is a joy to see people's reactions when they discover how they can incorporate Essential Oils into their own wellness lifestyle.

Thank you for teaching me how to do that and being a part of my life.

Needless to say, this note really warmed my heart and I'm so happy when my students find success. When Sally took the certification program she was 60 years young! Sally retired from 30 plus years of teaching in a traditional classroom and decided it was time to pursue something she wanted to do just for fun, which is why she took the class because of her passion for Essential Oils. I don't think she thought she'd be teaching again but realized the need for it and the students were drawn to her. It is never too late, and I don't ever



want to hear somebody say they are too old to follow their dream, because it's never too late.

If you are interested in studying Essential Oils and learning more about aromatherapy, producing a line and opening a website, teaching, and supporting your family with this new passion—you can do it. You just have to study and stay on the path. Anyone can do it.

So, today's topic of specific ways of using Essential Oils at home—before I actually get in to those details, I just want to say a word about using Essential Oils. If you want to become more proficient and more comfortable with Essential Oils, you are simply going to have to use them! Don't wait for that magical moment when "Ah...I know exactly what to do with my Rosemary!" People who are beginners especially, tend to keep them aside in their special little box and wait for that magic moment when they are going to know exactly what to do with that oil. That doesn't usually happen. What you want to do is pull out, and I'll use Rosemary since I used it as an example, and I'll go with that again. You have a new bottle of Rosemary, and you're not really sure what to do with it. Pull out that Rosemary and start using it. Read about it. Learn the safety of that specific Essential Oil and then just start using it.

You can use the oils in the ten different ways I am going to explain to you in this podcast, but I love to do that, especially when there is an oil—I bought it but I don't really know if I like it and not really sure if I understand it well. Sometimes I'll just get it out and say, "This week is all about Cistus." Or Ginger, or Nutmeg, or whatever the oil is that you are not real familiar with. Start using the methods of application that I'm going to share today. You might want to pick up one oil a week and say this week is all about that oil.

It's only by using them that you are going to get comfortable and your knowledge will increase. The more way you use them, the more ways you'll find to use them.

Let's get started. I'm going to share ten specific ways to use Essential Oils at home.

1. Diffusion—I'm starting with diffusion because it is one of the most versatile ways to use it in the home. It also happens to be the most popular way to use Essential Oils.

So? What is Diffusion? Diffusion is exposing Essential Oils into the air. Period. Whether you are wafting a tissue under your nose to using a gorgeous ultra-sonic mister, whenever you expose Essential Oils in to the air this is known as diffusion. There are a lot of ways you can diffuse and, in fact, I did a blog post a while ago called "Eight Methods of Diffusing



Essential Oils” and I’ll put a link to that in the show notes, because that goes more in to detail about diffusing than what I’ll actually be covering in this podcast. Today I am talking about diffusion as one method of ten ways to use oils. That blog post goes in to eight ways to diffuse. If you want details, check it out in the show notes.

Everyone has a personal preference, their personal favorite way of using diffusers or even which type of diffuser. I go through phases depending on my moods, and sometimes I’ll find a device that I really love. At the moment I am in love with a model called *Lull* by a company called Qooz and I’ll put a link to in the show notes. My son purchased a home last week and it was his house-warming gift. I bought him this beautiful grey because his house colors are all neutral, and he loves it. He keeps it in his kitchen. He diffuses Patchouli, which happens to be his favorite. I think he also then moves it to the bedroom. I also gave the blue model to a young couple that got married. Diffusers make wonderful housewarming gifts and there are a lot of weddings this time of year, so get a diffuser, get two or three bottles of Essential Oils, maybe put a little note in there with which ones to use and how to use them in case the couple is unaware and if using Essential Oils is new to them.

I particularly like this model because you don’t need much oil and it’s easy to clean and you don’t need any special water. It is really light and easy to move around, and I love that this model has a light inside so you’ve got a nice little night light going on. It’s also very quiet. Some diffusers aren’t so quiet. Some diffusers gurgle; I have one that does that and I kind of like it, it’s the water sound, but other people want them to be super quiet.

In terms of safety, diffusers are real safe. Only need a tiny bit of oil actually reaches your body, so it is relatively safe for everyone, even kids. Just watch your choice of oils, especially around children and the elderly because, of course, they are going to be more vulnerable to the effects of whatever Essential Oil you are using. Be mindful of the chemical family called *Ketones*, like Hyssop and Sage that contain molecules that can actually be neurotoxic if breathed. Pompeii Organics website, they sell Essential Oils, and they have a tool on the website where you can search the Essential Oils you want by chemical family. If you would like to know which oils are the Ketones, the ones you might want to avoid if you have kids, I’m going to put a link to that search tool in the show notes. I’m going to put in their “Pompeii Organics Chemical Family Search Tool” and you can go in there and search Ketones, look at those oils and say, “Okay. I’ve got little ones. These oils I’m not going to diffuse.” Everything else is pretty safe. The Oxide families are fabulous. Monoterpenes are wonderful in a diffuser, they are uplifting, boost immunity; Sesquiterpenes, Sesquiterpenols, Monoterpenols, for those of you for whom this



information is new, just now that Essential Oils are broken down in to chemical families based on their molecular structure. That's also how we determine the therapeutic properties, and a lot of the safety of the Essential Oils.

Let's get into some of the specific diffuser ideas for using Essential Oils in the home. Let's go room by room.

The kitchen: The kitchen is a perfect place to use a diffuser. It's a busy room, and there can be a lot of bacteria in the kitchen. What works really well in the kitchen are Essential Oils that are derived from plants that also provide us food. Does that make sense? So, the citruses such as Lemon, Orange and Grapefruit are fabulous to diffuse in the kitchen. Any of the herb Essential Oils—Basil or Rosemary—I wouldn't go with Thyme so much because it's highly stimulating. But if you did use Thyme Essential Oil, but if you do, I would use Thyme ct. linalool that is a gentler Essential Oil that tends to be stimulating. It's fine to use Thyme, but just use one drop; it doesn't take much to overpower the blend in the diffuser and then all you smell is Thyme.

The other things that are really nice in the kitchen are the mints—Spearmint, Peppermint. My personal favorites to diffuse in the morning in the kitchen are Basil and Grapefruit—they smell so awesome together.

The bathroom: The bathroom is such an obvious place for Essential Oils because of the "aroma" factor. You can keep a diffuser on the bathroom counter. I would probably be more likely to do that when I have guests. I'd most likely want to use a spray in the bathroom, but if you do have a party or something where you have a lot of people going in and out of the bathroom, I would say put a pretty diffuser in there and just keep it going all night with whatever smells good. Again, the mints are nice in the bathroom, something Eucalyptus, something that's going to cover any foul aromas.

The bedroom: Oh my word, there are so many ways you can use Essential Oils in the bedroom. First of all, if insomnia is an issue, get your diffuser going as you are starting to get ready for bed. Sleeps not an issue for me, I sleep pretty well, but sometimes I get wound up and if I feel like I'd really like to get myself sleepy before I go to bed, I'll put in Marjoram and Lavender together in the diffuser. They smell great. Marjoram really makes me sleepy. Two drops of Marjoram, two drops of Lavender and perhaps a nice warm bath, then I get into bed and I'm reading with the diffuser next to my bed and I'm inhaling those essential oils. Before you know it I am out. So you can use Essential Oils for insomnia in the bedroom.



You can also set a romantic mood. I would use the floral Essential Oils for that. Ylang Ylang is very nice; Jasmine, Rose—of course the more expensive oils; the florals are great for setting an aphrodisiac, romantic aroma into the bedroom. You could also use more the grounding oils like Sandalwood or Cedarwood, if you want a more quiet, calm, earthy feeling in the bedroom.

Diffusers in kids' bedrooms are great, especially if the kids are middle school age and their bedroom probably stinks. It's great for covering up the smell of sneakers and socks and sweat.

Little kids can benefit from diffusers as well. Of course there is the whole getting them to sleep factor—Lavender is really good—and also if they have nighttime fears. The diffuser can be a beautiful nightlight while offering this great aroma from the diffuser.

The living room: The living room, of course, is a great place for the diffuser because, like the kitchen, it is a heavily populated area. Now, which oils you want to use will depend on who's living in the home; who's using the living room. So if it's just a couple, empty-nesters who are by themselves where the kids have grown and gone—talk about it and see which ones you both prefer and you can diffuse it. Lavender is great, the citruses are great. A lot of the ones that work in the kitchen, work in the living room. If it's at the end of the day, you may want to use calming Essential Oils for diffusion. If it's the morning and say there is a lot going on—a Saturday morning—you may want to have more uplifting oils such as the citruses or Lemongrass. Lemongrass actually is calming but I do like to use it in a living space like the living room or the kitchen because of its beautiful, lemony aroma.

The basement: Let's move down to the basement. There are a lot of reasons you want to diffuse in the basement and it also depends on what the basement is used for. If it's a playroom, a kid's room, a diffuser will help keep them well. It might help keep them calmer.

If it is a storage area and you could well have a mildew thing going on, you definitely want to diffuse stronger Essential Oils like Thyme, like Tea Tree, to help keep the mildew smell away. I'm not saying it will keep the mildew away. You really need to keep an area dry for that and even scrub the area with Essential Oils. But just in terms of the odors, it will help keep it down. I personally use a lot of Eucalyptus and Peppermint to help keep mice away.

Other rooms: If you have an area in your home that is for concentration and study like a den or a home office or a student room where they need to study that is a great place to



use a diffuser with Essential Oils that we call “cephalic”. Brain stimulating oils like Basil, Rosemary, and even Eucalyptus.

And finally, let’s talk about if you have a room in your home that is a dedicated sacred space. Maybe you have a room where you do Yoga, meditation, perhaps even body work, where you go to have some quiet time. You can really create a sacred space with a diffuser, and the oils I would recommend would be Frankincense, first and foremost, Palo Santo is great, Cistus, Galbanum, Cedarwood, Myhr, Opoponax is great—the resins are actually lovely in a sacred space.

So there you’ve got some ideas of how to use the diffuser in lots of different rooms of your home.

2. Steam inhalation.

Steam inhalation dovetails on diffusion because, it’s again, creating steam where the essential oil molecules go up into the steam and you breathe the steam. This is more of a healing method. You use steam inhalation to directly impact your respiratory system. The two body systems that have the greatest affinity with Essential Oils are the respiratory system and the skin.

With steam inhalation you are basically going to clear your nasal passages and you’re going to get the therapeutic effects of the Essential Oils into your lungs. This is such a great way to prevent respiratory infections. Even at the hint of something going on (sinus, throat, lungs), get out your steam mechanism or whatever you are using and we’ll talk about that—and get steaming!

So how do you do a steam inhalation? Real simple. First of all what you need to do is produce steam in some form. You can pour hot water into a bowl; you can fill the sink with hot water; you can take a mug and fill it with water and put it in the microwave for a minute. As long as you have steam. Let’s just go with the bowl example. You’ve got a bowl and you’ve poured hot water into it and you’ve got steam. When you are doing a steam inhalation, you only need one drop of Essential Oil. It’s easy to get too much. If you do two drops, okay, but a maximum of one to two drops. Remember that one drop of Essential Oil is a whole lot of plant material. It’s very concentrated. You’ve got the water in the bowl and you’ve added the one-drop of Essential Oil. Let’s go with Tea Tree. Siberian Fir is really nice, White Fir is great—it depends of course on what you are trying to address with



the steam inhalation. Although, generally it's a therapeutic effect, so I like to go with Tea Tree.

You're going to just lean over the bowl, put your head about 12" above the bowl, cover your head with a towel, draping it in such a way that the sides are closed and form a tent over the bowl. Keep your eyes closed. Just breathe deeply through your nose. You're just going to do it for a minute or two.

If you feel it's too much, if it's too hot, if it's too strong, just raise your head or raise the towel so you get a little fresh air through the area. I use this a lot with my grandson when he's congested either from allergies or from a cold. When you are using this treatment with children, or again, with seniors, please make sure they don't burn themselves by getting too close to the bowl of water or by spilling it.

Essential oils from the oxide family are my favorites to use in a steam inhalation. You've got Laurel Leaf, which smells amazing and is great for sinuses if you have allergy issues; of course Eucalyptus, *Eucalyptus globulus*, *Eucalyptus radiata*; I love Rosalina, which has a camphoraceous aroma but is a little more floral; you've got Spike Lavender, Ravintsara, Rosemary, and Cardamom. All superb for the respiratory system. Tea Tree just has a natural affinity with the respiratory system and that's another superb Essential Oil to keep near your diffuser.

My son's now 29, but when he was a teenager, he used to have chronic sinus infections until we understood that he needed to do regular steam inhalations with Tea Tree. That just always abated it, it would never bloom into a true sinus infection once he started doing that. I bought him one of the little facial steamers which he would keep in his bathroom and when he started he would say, "Mom, I'm starting to get that feeling around my eyes," we knew that a sinus infection was on its way. So I'd say, "Get to steaming, Buddy," and he would put one drop of Tea Tree and do it in the morning, when he would come home from school, and again before bed. For many, many years that was enough. We never needed antibiotics and his sinus infections never bloomed into anything serious and he eventually outgrew them. So, keeping a steam diffuser, if it's something you want to use often rather than continually filling up the sink, you may want to buy yourself just a small mechanism that creates steam and use it regularly. You can't really do it too much.

3. In the bath.



I think a lot of us have gotten away from taking baths because, I think we're in a hurry. We just want to hurry up, get the shower, get clean and keep moving. But I really invite you to get more familiar with your bathtub. All you have to do is add a few drops of Essential Oils to your bath and it is superb for stress reduction. You've got this "return to the womb" kind of feeling inside the tub and slowing down. If you really want to go all out, you can get candles, soft music, send the kids to grandma's house, and make it a ritual. So it's great for stress reduction and relaxing, bringing your Central Nervous System down, down, down, so you are calmer. Of course, depending on the oils you use, you can soothe sore muscles and joints, hot water is known for that. And then you can use something like Black Pepper, or Juniper Berry, or Cypress and sooth your sore muscles and joints. You could even pre-make a blend for joints and muscles. Rub it into the joints and then get in to the warm water to help penetrate the skin.

Going back to steam inhalation, you are sitting in a gigantic steam diffuser which is the bathtub so it can support your respiratory health. Imagine you've got a cold or flu and you are achy and you've got some respiratory junk going on and your stressed. Get a nice bath filled with warm water and fill with Lavender, Spike Lavender—oils that are great for supporting your respiratory health, and you'll be amazed at how medicinal a bath can be. I am a very busy person: I'm a busy mother, I'm a business person, I've got kids and a grandson and very often I will just shut down and I will send everyone away. I'll just fill the tub with a warm bath in the evening and I'll just put in Geranium, Clary Sage, and Lavender--there are some that I find personally very soothing—a little Marjoram, just to help me unwind after a long day.

The other thing with bathing is if you are prone to anxiety or panic a warm bath is a great way to feel safe and to soothe your nervous system, so you can relax and get over some of that anxiety. And of course, if you have little ones, a bedtime bath with Lavender is beautiful. It's a great way to set the tone: "sleepy time kids!" and it will also make bath time more fun for them.

So, far we've covered three ways to use Essential Oils at home. We talked about the diffuser, we talked about steam inhalation, and we talked about bathing. Let's talk about #4, room sprays.

4. Room sprays:

Room sprays are straight up awesome and so easy to use and you can have one in every room of the house, and even the kids can make them. They are fabulous. They are much



less expensive than any sort of mass marketed air fresheners and certainly healthier. If you are using Glade or Febreze, I invite you: Please stop using them right now and bring out Essential Oils, water, and a spray bottle and use those instead. You will save the environment, you will save your health, and you will save a lot of money.

Here are the directions on making room a room spray:

4 oz. spray bottle (glass or PET plastic) and I'm going to put a link in the show notes to where you can get the bottles.

2 or 3 different types of Essential Oils

Add water and it doesn't have to be anything fancy. If you want to use spring or distilled water that's fine. I don't want you to overthink this. Fill it up with tap water, add your Essential Oils and spray.

So, so easy. I don't add alcohol or anything else to mine. Because oil and water do not mix, you want to **shake well** before every time you spray.

Going back to before, going room to room, you could have three spray bottles in the kitchen alone. You could make something nice and uplifting to spray in the morning, you could make a room spray for the counters, and a room spray for after you've been cooking, say you made fish or cabbage. Of course you've always got your diffuser, but what I like about a room spray is that it is so fast. You just grab the bottle, and squirt it, and end of story. You can use a lot of the same oils that I used for the diffuser you can put in your spray bottle in the kitchen. You can spray the living room to set the tone. If you've got little boys like I have who tend to be gassy, you want to keep a spray near them. Keeping a room spray in the bathroom is an obvious choice. Someone could feel comfortable using the spray after they've gone the bathroom. You can spray down in the basement. Get that Peppermint and Eucalyptus blend and spray down there, spray in the corners to keep the bugs away.

What I'm talking about with a room spray is more of an aromatic experience, so you could make a nice, refreshing spray with Orange or Mandarin with Grapefruit and a drop of Basil. You could make a disinfectant room spray with Eucalyptus and Scotch Pine or Siberian Fir and Tea Tree, or you could make a nice, relaxing room spray with Chamomile, Marjoram and Lavender. You get the idea. Two or three Essentials Oils, add it to your water in a four ounce bottle. An easy way to remember how much Essential Oil in the water is 10 drops combined Essential Oil in one ounce. So if you have a four ounce bottle, you will use 40 drops. If you have a two ounce bottle, you will use 20 drops, give or take.



It depends on which oils you are using. If you've got Peppermint it tends to overpower the aroma. So, play around with it. It's a very safe and effective way to use Essential Oils in every room of the house.

5. Quick topical healing

I'm going to call it "quick topical healing". That involves putting one drop of Essential Oil on a wound or a bite or something like that. Let me say that I am not a big proponent of using Essential Oils "neat". To use an Essential Oil "neat", means undiluted, take it from the bottle and right on to the skin. If that is a habit that you do consistently, I would invite you to stop that because you could develop sensitization, which means you could develop an allergy.

There is an appropriate time to use Essential Oils undiluted and those times are few and far between and they are very specific. Those are the ones I'm going to share with you now. I'm going to continue this podcast in part two, where I get a lot more into topical healing and ways to use Essential Oils at home in lotions, oils and so forth. But what I want to talk about today is just a quick fix.

There are three specific Essential Oils for the quick fixes at home: Tea Tree, Lavender and Lemon.

Lavender is great for those quick burns: if you're ironing, if you burn yourself on the stove, if you burn yourself with hot oil. If you have any sort of a burn, putting a drop or two of Lavender "neat" directly on the burn will really help reduce the pain and keep it from blistering and will help it heal quickly.

The other one is Tea Tree. If you cut yourself at home, if you have a bee sting, if you have anything where the skin is compromised and it's broken and it could become infected, you can put a drop of Tee Tree on that.

And finally, I use Lemon as a quick fix for bleeding. So, if something happens, I have a deep scratch or I suddenly cut myself and I find that it doesn't want to stop bleeding I will put one drop of Lemon Essential Oil "neat" on that cut and put a band aid on it and find that it coagulates faster.



So, the three Essential Oils that I could recommend that you keep at home to use “neat” for those fast boo-boo fixes are Lavender for burns, Tea Tree for infection, and Lemon for bleeding.

Next week I’m going to go in to using lotions and oils, I’m going to talk about green-cleaning and five other methods of using Essential Oils at home.

As always, if you have questions or suggestions or comments or testimonials, I’m happy to share those on the air. You can write to me at liz@aromaticwisdom.com.

And finally, I’m going to end this episode the way I do every episode with a segment I like to call ***Smell My Life***.

In the Smell My Life segment, I always share with real life application of Essential Oils from my own life’s experiences.

This week I’m going to share about my grandson, whose name is Nico, but we call him Bean. He’s staying with us for three weeks this summer. I’ve had a lot of opportunities to use Essential Oils with this busy seven-year-old boy. But most recently he has been wound up at night. We have a lot of fun, we play a lot during the day. At night time, we lay down, we read books, we talk and he doesn’t want to be quiet, he doesn’t want to rest. He just wants to stay awake, he doesn’t want to miss another second. So we’ve started a ritual where I simply massage his feet. I get an unscented lotion and a little Lavender to it and I massage his feet and his legs. Sometimes what I’ll do is take my hand and I will cup it over his nose a little bit and let him take a nice deep breath. Sometimes I’ll put a drop of Lavender on his hands and let him cover his own nose and take a big deep breath. I’m teaching him about bringing the energy down at the end of the day. And now he really looks forward to that foot massage with Lavender. First of all it feels great, it’s 100% attention from Nana, but I know that Lavender contains a chemical component called linalyl acetate that is soothing to the Central Nervous System. It starts to bring him down to a quiet place and get him ready for sleep.

So, that’s a wrap for Episode #9. I hope you’ll join me next week for the Aromatic Wisdom Institute podcast #10, when we will continue with our methods of using Essential Oils at home.

Thanks much for listening. I really appreciate your sharing your valuable time with me.



Until next time, keep filling your life with aromatic wisdom.

Bye, bye.