

## **HOW TO USE ESSENTIAL OILS AND THEIR BEST APPLICATION METHOD**

### **How do I use essential oils?**

Essential oils enter the body primarily in three ways: applied to the skin, inhaled, or ingested. Within each of these, there are many different kinds of application methods. For example, you can apply essential oils topically using compresses, sprays, baths, or massaging them into the skin.

### **Part One:**

#### **How do I choose a method to apply essential oils?**

The application method chosen depends on the desired effect and the essential oil selected. For example, some essential oils are irritating to the skin because of their chemistry. These would need more dilution or might better be used by inhalation.

Once you have purchased an essential oil, the application method depends on the condition to be treated and the desired effect.

1. Wound care most often involves topical applications.
2. Mood effects can be addressed by either inhalation or topical application. For fast action, inhalation is usually preferred.
3. Baths involve both inhalation and topical absorption.

This is just the first of a weekly series of short articles that we will be putting on Facebook. Be sure to catch each one, because they build on each other. If you miss one or have questions, get with us and we'll help you in any way we can.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com).

Thanks, Sami