



Handy guideline for Essential Oils inhaling methods

Essential Oils inhaling methods need to be understood carefully in order to get the desired benefits and avoid any mistakes.

Essential Oils shook off many diseases and are famous for aromatherapy effects too.

Aromatherapy basically refers to the inhalation of the scent of the oils. But when it comes to aromatherapy usage, the main problem that the individuals face is how to inhale the [Essential Oils](#) for the treatment of diseases. So here is a handy guideline for Essential Oils inhaling methods.

Some of the famous essential oils are:

- Lavender Oil
- Rosemary Oil
- Lemon Grass Oil
- Rosehip Oil
- Tea Tree Oil

Some of the familiar and mostly used Essential Oils inhaling methods are:

- Spray
- Diffuser
- Steam
- Dry evaporation

Let's check out these methods in detail.

Steam

In this method, you will be using boiled water. Take the hot water in a bowl and add a few drops of the Essential Oil. Cover the head and the bowl with a towel so that the steam should not be vaporizing from anywhere. Take deep breaths for some time.

Remember to close eyes during this method and also add a less quantity of oil, for instance, just about one to two drops.

Spray

Moving towards the second practice in the Essential Oils inhaling methods, you can also use a spray bottle containing the water. Just add some drops of the Essential Oil ([Aromatherapy Oil](#)) that you are using for the aromatherapy purpose in the water and shakes it. The scent of the oils will get mixed with water. It is necessary to mix or shake the spray bottle before start

spraying because the oils usually get separated from the water solution. And the mixing will help in spreading the scented water instead of just water.

Diffuser

A diffuser is an apparatus (device) that diffuses a particular thing in a broader area. So when the Essential Oils are placed inside this device, it spreads them throughout the vicinity (room, office).

Water is filled in tank of the diffuser, and oil is mixed in that water. The diffuser mixes them as disperse through the area.

Dry evaporation

The last one in the Essential Oils inhaling methods is that you sprinkle or place a few drops of the [Essential Oil](#) on a tissue paper or a cotton ball. Then put it in a vicinity near you. The oil gets vaporized in the atmosphere of the room slowly and will serve the purpose for which it is being used.

Safety Reminder:

consult a physician prior to start using the oils.