

Twenty8

EVERYDAY AROMATHERAPY

Aromatherapy is an ancient healing art that has been revered for centuries. It uses aromatic plant extracts called essential oils to maintain and restore physical and mental wellbeing.

Twenty8 Organic Aromatherapy offers the purest and most therapeutic organic essential oils available in the world today. Personally sourced from passionate and committed growers, each oil is then expertly blended into powerful 10ml synergies that address your mental, emotional and physical wellbeing. The blends are perfect for your Daily Body Boost, in a vaporiser, bath, footbath, spritzer or on a tissue for instant effect. Check out the '*Like Chocolate For Women*' book for more information on what is aromatherapy, how it works and where you can use it powerfully in your life every day.

Quick Reference Blending Guide

ADULTS

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|--------------------|---|
| Massage | 100ml = 50 drops (2:1 ratio, 2.5% dilution) |
| Body Boost | 3 drops into 6 mls carrier oil or body lotion |
| Vaporising | 6–8 drops into a glass or ceramic vaporiser filled with water |
| Bathing | 3–6 drops into a drawn bath |
| Compress | 3–4 drops into sink or bowl |
| Inhalation | 3–4 drops into sink or bowl |
| Footbath | 3–6 drops into large stainless steel bowl |
| Spritzer | 3–6 drops into 50ml spritzer bottle |
| Direct Application | Place 1 drop on a damp cotton bud |

CHILDREN (2 – 12 Years), ELDERLY & PREGNANT WOMEN

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| Massage | 100ml = 20 drops (5:1 ratio) |
| Vaporising | 3–4 drops into a glass or ceramic vaporiser filled with water |
| Bathing | 1–2 drops into a drawn bath |
| Compress | 1–2 drops into sink or bowl |
| Inhalation | 1–2 drops into sink or bowl |
| Footbath | 2–4 drops into large stainless steel bowl |
| Spritzer | 2–4 drops into 50ml spritzer bottle |
| Direct Application | Place 1 drop on a damp cotton bud |

BABIES (3 Months – 2 Years)

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| Massage | 100ml = 10 drops (10:1 ratio) |
| Vaporising | 3–4 drops into a glass or ceramic vaporiser filled with water |
| Bathing | 1–2 drops into a drawn bath |
| Compress | 1 drop into sink or bowl |
| Inhalation | 1 drop into sink or bowl |

NEWBORN (0 – 3 Months)

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|--------------------------------|---|
| Vaporising | 3–4 drops into a glass or ceramic vaporiser filled with water |
| Avoid all topical applications | |

Methods of Use

MASSAGE AND DAILY BODY BOOST

There is nothing like a good massage to relieve aches and pains and help to let go of physical and emotional tension. One of the most powerful treatments for stress, massage is also the best way to administer essential oils onto and into the body. Whether you are preparing a blend as a gift for someone, pampering your partner, or creating your own aromatic body boost blend, remember to always mix your essential oils with a good quality cold-pressed vegetable (carrier) oil or body lotion.

To make up a blend for a massage treatment all you have to remember is to create a 2:1 ratio. Whatever number of mls of carrier oil you are using, halve it to get the total number of drops of essential oils to be added. For example, if you were to make up a blend for a friend in a 50ml bottle, you would halve it to know that you would need 25 drops total of your chosen essential oils to make a therapeutic prescriptive blend. Or if you were to make up your life-changing body boost blend in the morning you would need about 6ml of your massage base oil and 3 drops of your chosen oils. Check out the quick reference guide to know the numbers of drops required for children, pregnant women and the elderly.

VAPORISATION

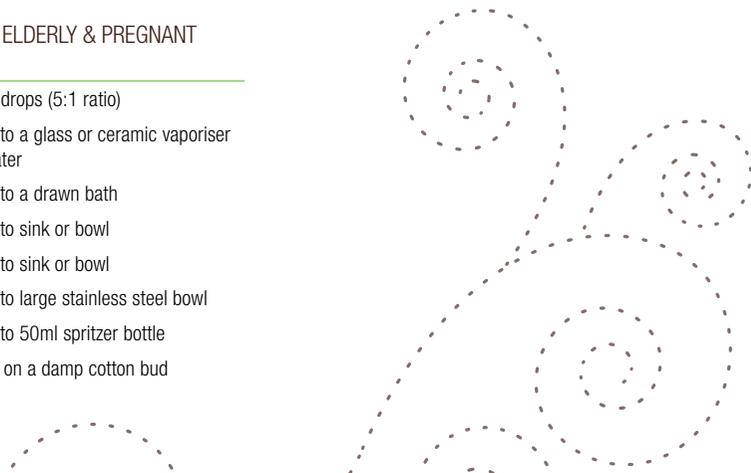
One of the most beautiful ways to use aromatherapy is with a vaporiser. As the droplets of water evaporate into the air carrying the essential oils with them, those who are in the room (breathing!) will be affected! This is a great way to enjoy the benefits of essential oils and create a very effective antiseptic air freshener and mood enhancer at the same time.

Fill the top of your stainless steel, glass or glazed vaporiser with water and light the candle at the base of the unit. If you are using an electric vaporiser, switch it on after you have filled it with water. Now add 6–8 drops of essential oils to the water. As the water warms the aromatic vapours are released into the air.

BATHING

Essential oils in a bath can be one of the most sensual and physical pleasures. Bathing is a tradition that dates back centuries; the Romans, Egyptians, Japanese and Turks have all been renowned for their various bathing methods. As you soak in an aromatic bath, the pores of your skin open and absorb small amounts of the essential oils, which not only exfoliate and soften your skin, but also recharge your 'battery'. Make sure your bath is not too hot as this makes the skin hypersensitive when using essential oils.

Place a total of 3–6 drops of your chosen essential oils into the bath and agitate well. If your skin is sensitive dilute the essential oils in a tablespoon of full cream milk as this disperses the oils more effectively.



FOOTBATH

A footbath is another way to relax and balance the body while softening the skin. Alternating between hot and cold footbaths is a great way to relieve aching, swollen feet and tension headaches as the footbaths help polarise the extremities and stimulate reflex points in the feet.

Fill a large stainless steel or earthenware bowl with warm water. You can also use a foot spa (there are a variety of commercial foot spas on the market) or fill your bath tub to the desired level and sit on the edge of the bath. Add 4–6 drops of your chosen essential oils and agitate the water. Immerse your feet and soak them for a few minutes. Place a face cloth on the bottom of your bowl and add a couple of large marbles to stimulate and relax reflex points on the soles of the feet. Very rejuvenating!

COMPRESS

Compresses are highly beneficial in both skin care and first aid. Your skin will be left glowing after morning and evening compresses as they cleanse, soften, exfoliate, and refresh. Take a few deep breaths and inhale the oils at the same time and you'll quickly see how their wonderful aromas can affect the way you feel. In the first-aid department, hot compresses are extremely beneficial for chronic and deep muscular pain (and fabulous in labour) while cool compresses are excellent for acute injuries and high temperatures or headaches.

To make a facial compress add 3–4 drops of your chosen essential oils to a basin of warm water. Submerge your cloth and gently squeeze to remove the excess water, leaving the cloth heavy, and press firmly onto the skin. Repeat 3–4 times. For a first-aid compress either make the water hot for aches and pains or cold for relieving high temperatures and headaches, this time with the same number of drops. Keep the cloth taut and skim the surface of the water to gather the essential oils. Place over the affected area.



INHALATION

When you are tired or just need a 'pick-me-up', an inhalation can refresh and rejuvenate you. It is also a valuable tool for relieving the symptoms of physical disorders such as head colds and chest, nasal or sinus congestion. The skin also benefits from the sweating action and antiseptic oils as it deeply cleanses and decongests. Hot water helps release the vapours quickly, while the towel overhead encapsulates the steam and oils to be absorbed by the body. Slow, deep breathing enables the essential oils to reach the bloodstream via the lungs.

Fill a bowl or basin with very hot water (not boiling) and add 3–4 drops of selected essential oils, (if choosing Peppermint 1 drop is enough as it is very heady). Use a spoon to agitate the water and disperse the molecules. Lean over the basin and place a towel over your head. Now breathe in deeply through your nose and out through your mouth. If you have a sore throat breathe in through your mouth and out through your nose. Repeat for a few minutes for maximum benefit.

SPRITZER

A spritzer is a fantastic way to deodorise a room, hydrate and refresh your skin (especially on a long journey or on a plane), relieve stress and mental fatigue, and help fend off flying insects. A small amount of the essential oils diluted with water are dispersed into the air and onto the surface of the skin.

Fill a 50ml glass bottle with purified or distilled water and add 3 drops in total of your chosen essential oils. Place a spray pump cap on the bottle and shake vigorously to disperse the molecules. Pump 3–6 times to expel the aromatic water onto the face, body or into the environment. These blends will last for about a month, so keep the spritzers fresh — the best way to do that is to use them. Spritzers are an instant pick-me-up, cleanser and air freshener and are found everywhere around our homes: in the toilet, the kitchen, beside the beds, in our handbags and in the car.

DIRECT APPLICATION

If you burn yourself, are bitten by an insect or have a pimple appear, a direct application of Lavender or Tea Tree oil may be very beneficial as it is quick, easy and specific. However, because essential oils are highly concentrated, apply them in small amounts only.