




BATHS

For All Users

 × 3 - 15 drops (depending on type of essential oil)

It is recommended that emulsifiers and salts such as sesame oil or milk be mixed with the essential oil during bath application. Without the use of an emulsifier and salts, the essential oil content will float above the water, resulting in direct contact with the skin. Bath salts disperse the essential oils safely into the water while the sesame oil and milk help emulsify and disperse the essential oils.

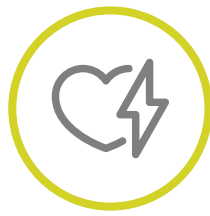
CAUTION:

Use only mild, non-irritating oils for bath application. Over usage of essential oils in the bath can cause irritation.

Bath Aromatherapy Usages



Soothe mental or physical fatigue



Stimulate and increase circulation



Alleviate muscular aches, pains, and tension



Stress / Anxiety



Aid detoxification



Skin treatment

Dilution with Carrier Oils or Lotions



× 10 tsp



× 20 drops of essential oil into 2 fluid ounce (60ml)



× 05 tsp



× 10 drops of essential oil into 1 fluid ounce (30ml)



× 1 ½ tsp



× 5 drops of essential oil into ½ fluid ounce (15ml)



× 02 tsp



× 4 drops of essential oil

Disclaimer

All information contained within this site is for reference purposes only and are not intended to substitute the advice given by a pharmacist, physician, or any other licensed health-care professional. Apollen products have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any health condition or disease.