



STEAM INHALATION

For All Users



3 - 7 drops

(Place into bowl of boiling hot water.

Cover head with towel and inhale deeply)

CAUTION:

Prolonged inhalation of concentrated essential oils can cause, nausea, headaches, vertigo, dizziness and lethargy. Never do an inhalation during an asthma attack.

Steam Aromatherapy Usages



Enhancing respiratory function



Stimulate and increase circulation



Improve tone and health of skin



Flu or Cold

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

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