



ESSENTIAL OILS GUIDEBOOK

An easy guidebook to use for anyone who is wanting to
align their Mind, Body & Soul

Nicola Paull



As long as I can remember, aromatherapy essential oils has always fascinated me. The smells, senses and overall mental health aspects of essential oils are a way for me to completely relax my mind and body.

Over 5 years ago I decided to study aromatherapy and enrolled myself onto a Holistic Therapy Practitioner course, I since then have qualified as a VCTC Teacher and run a successful online distant learning 'Academy' for Holistic Therapists.

In this free-guidebook, you will learn some basic techniques on how to use essential oils. however, if you are interested in the longevity of essential oils advice, I would suggest booking in for a Essential Oils Masterclass.

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Gain further knowledge in how to use essential oils in this 1:1 live session with Nicola



Introduction to Essential Oils

Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits.

The most common therapeutic application of essential oils is that of aromatherapy, where healing effects are achieved through the aromas of the essential oils.

Many essential oils are believed to have an uplifting effect on the human's mind; and many essential oils also have antiseptic properties, which means they reduce the possibility of infection when applied to the human skin.

In recent years aromatherapy essential oils has become popular, as people understand the importance of de-stressing the mind and body.

Essential oils are aromatic mostly liquid substances extracted from various parts of plants, such as from petals, barks, leaves and seeds.

2 Easy Essential Oil Practises



Hand Massage

Please remember - You should not dab essential oils directly on your skin, as they are concentrated and may cause some sort of reaction. Once combined, with a carrier/base oil you can apply essential oils to your face and the rest of your body.



Foot Massage

This may sound a little unusual, but it is a common practice when using essential oils. Just pop some on the soles of your feet and massage it in - our feet actually contain key absorption points for essential oils. (Don't forget to blend them with a carrier oil first though).

How to use essential oils



Mix one part carrier oil with 3/4 drops of essential oil in the palm of your hand, rub your hands together, then massage any area around your body which might need some releasing of any tension.

Apply extra pressure in the areas you feel need extra attention.

Now lay down on your bed and take a few minutes to breath in the smell of the aroma.

Explore the senses, smelling and feeling the essential oils, which will be absorbed into your circulation and create a sense of calmness.

What does 'Top/Middle/Base' notes mean?



Essential oils can be split into groups according to how volatile they are (how quickly they evaporate into the air). A well-balanced blend of essential oils will contain base, middle and top notes.

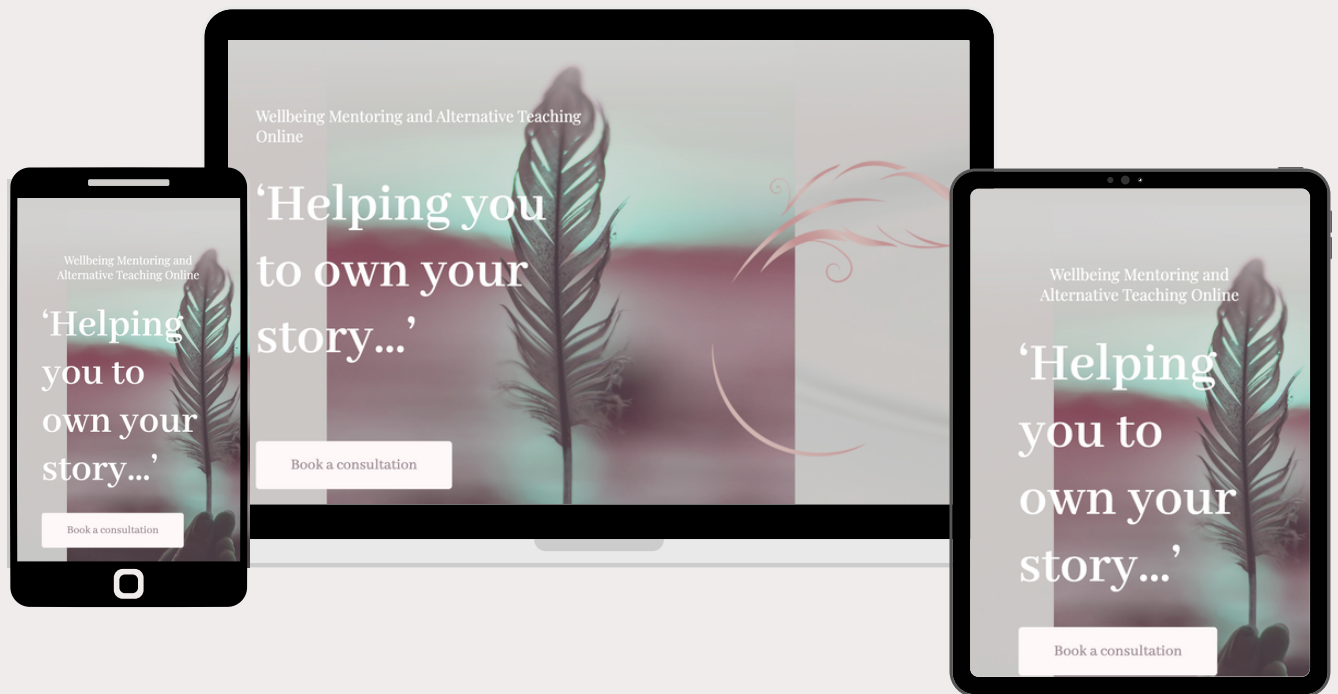
Top notes: They will hit you first in a blend, so give the first impression of the blend

Middle notes: Middle notes evaporate at a moderate pace.

Base notes: They sedate and relax the mind and body.

Synergy

Blending the oils may take into account the notes and aroma of the essential oils. When two or three essential oils blend well together, they enhance each other's properties as their molecules combine to form a synergy.



Take a Masterclass in Essential Oils.
Original Price £75
Limited time only £37.50

Here's your invitation to the masterclass, where you will learn how to blend essential oils for your personal use. In this one-to-one online session, we will dedicate 1 hour to going through an aromatherapy process. By the end you will understand how to use certain massage techniques which will relax your mind and body.

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