

The Pequannock Township Public Library presents:

**Essential Oil Seminar: Basics for New Users
With: Dana and Wayne Levering**

Thursday, July 6th, 7 PM

Please call (973) 835-7460 to reserve a seat



How To Use Essential Oils

 <p>Inhalations</p> <p>This is the use of essential oils on hot compress, using diffusers, or onto hot water for inhalation. Standard dose is 10 drops.</p>	 <p>Baths</p> <p>A generally safe dose is 5 - 10 drops of milder oils. Put oil on water immediately before entering bath; disperse. Can be mixed with 1/2 to 1 cup sesame oil or milk then poured into bath.</p>	 <p>Compresses</p> <p>10 drops oil in 4 oz hot water, soak cloth, wrap. Good for bruises, wounds, muscular aches and pains, dysmenorrhea, skin problems.</p>
 <p>Facial Steams</p> <p>1 - 5 drops on hot water in a pot, cover head with a towel, steam face. Excellent for opening sinuses, headaches, skin treatment.</p>	 <p>Massages</p> <p>This is the use of essential oils during a body massage. Pure essential oils are about 70 times more concentrated than the whole plant. For massages, dilutions are typically 2% - 10%.</p>	 <p>Diffusers</p> <p>There are various types of diffusers on the market, like candle diffusers, electric heat diffusers, cool air nebulizing diffusers and humidifiers.</p>

What are essential oils? How do you use them? We can help! Learn the basics of using essential oils.

Did you know that they support the immune, hormonal, respiratory, and digestive systems? They can even be used for refreshing, uplifting, balancing and calming your mood. Use them in cooking, cleaning and even to ward off pests! You will not only learn some basics of essential oils but

will also have the opportunity to smell their various aromas.

Wayne and Dana have over 20 years of experience in learning about and using essential oils. In the last decade, they have been educating many throughout the country – those in the medical and healthcare communities, families, and individuals to learn how they can benefit from these wonderful gifts of the earth – essential oils.

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