

The beginner's guide to
Aromatherapy



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Your Healthy Lifestyle Begins Here...

An ancient and revered practice, aromatherapy has been & continues to be used by cultures around the world for its physical, emotional & spiritual health benefits. Utilizing the aromas of essential oils, aromatherapy taps into the relationship between our sense of smell and emotions, offering unique and trusted wellness benefits depending on the oils used.**

By simply inhaling the deep, nourishing scents of essential oils, you may find your mind's motivation, your body's vigor or even your spirit's rejuvenation.**

At Piping Rock, we've applied our tried-and-true distillation methods to create our collection of top-quality essential oils & carrier oils. Each oil is derived from 100% all-natural plant sources such as flowers, leaves and roots. Beginning your aromatherapy routine means taking the step towards bettering your physical, mental & spiritual lifestyle—and getting started is simple!

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat cure or prevent any disease.

Popular methods:

- Add 3-5 drops of oil(s) to a diffuser or the water of a humidifier for a steady aromatic release
- Add 3-5 drops of oil(s) to a steamy bath or shower for a truly spa-at-home experience
- Create an all-natural air freshener by combining your ingredients in a spray bottle & spritzing
- Combine approximately 5 drops of oil to 10 mL of any carrier oil such as Sweet Almond, Jojoba or Grapeseed oil for a personalized massage oil
- Use as fragrance ingredients in your soap or candle-making as a natural & beneficial scent
- Combine oil(s) with vinegar, alcohol or distilled water for a toxic-free household cleaner
- Add a few drops of oil to cotton balls & place in the corners of your bed, at the bottom of a garbage pail, behind the toilet, or anywhere else that needs a fresh, aromatic burst
- Place cotton balls with a few drops of oil in your dryer as a natural alternative to dryer sheets
- Add 10 drops of your favorite oil blend to 3 oz. distilled water for a refreshing linen spray

How to get started...

Beginning your aromatherapy practice is easy! Try following these simple steps to jump-start your routine & learn which methods and essential oils you find most effective:

Step 1: Choose your oils

When starting aromatherapy, the vast spectrum of essential oils available can be overwhelming. How do you choose which oils are right for your practice? Try asking yourself these questions:

1. What benefits am I looking for?
2. What scents do I enjoy?

Each uniquely fragrant essential oil contains properties that offer specific wellness benefits. Taking the time to research what those benefits are is all it takes!

Step 2: Mix & match

Don't be afraid to experiment! One of the most fun parts of aromatherapy is figuring out which essential oils work best when blended together.

Step 3: Choose your method

Thanks to its rich history of practice, there are a myriad ways to customize your aromatherapy experience!

Popular Essential Oils...

Like any practice, beginning aromatherapy means starting at the basics. Here are the 5 most popular essential oils that are a must-have for any aromatherapy user:

Lavender Oil

Lavandula officinalis

- *Emotional benefits:* Relaxing & mood elevating.** Improves focus, energy & vitality.**
- *Physical benefits:* Supports skin health.** Helps ease muscle & joint discomfort.**
- *We love it for:* Promoting tranquility & deep sleep.**



Peppermint Oil

Mentha piperita

- *Emotional benefits:* Refreshing & stimulating.** Supports cognitive function by sharpening attention & deepening insight.**
- *Physical benefits:* Supports healthy digestion & clear respiration.** Promotes free-flowing circulation.**
- *We love it for:* Helping ease stomach discomfort.**

Lemon Oil

Citrus limonum

- *Emotional benefits:* Invigorating & refreshing.** Helping ease tension & aid in concentration.**
- *Physical benefits:* Promotes skin health & supports the immune system.**
- *We love it for:* Cleansing both your body and your home.**



Tea Tree Oil

Melaleuca alternifolia

- *Emotional benefits:* Relaxing, soothing & invigorating.**
- *Physical benefits:* Promotes healthy skin and nails when used topically.**
- *We love it for:* Its uplifting and mental clarifying qualities.**



Bergamot Oil

Citrus bergamia

- *Emotional benefits:* Elevating & rejuvenating.** Encourages soothing positivity.**
- *Physical benefits:* Supports skin and nervous system health.**
- *We love it for:* Promoting positive energy and zest for life!**



Recipes & Blends to Try...

You have your oils, you've chosen your methods... now what? Try out some of these popular aromatherapy recipes for your health & home, and don't be afraid to experiment to create your own blends!

MASSAGE THERAPY

Peaceful Sleep**

- 5 drops Lavender Oil — (1/2 oz - Item 4811)
- 8 drops Chamomile Oil — (1/2 oz - Item 6451)
- 2 drops Bergamot Oil — (1/2 oz - Item 4491)
- 30 mL Any Piping Rock Carrier Oil

Combine & massage gently into neck, shoulders, legs & the bottoms of your feet.

Relaxing & Rejuvenating**

- 6 drops Bergamot Oil — (1/2 oz - Item 4491)
- 6 drops Sandalwood — (1/2 oz - Item 6471)
- 4 drops Lavender — (1/2 oz - Item 4811)
- 4 drops Grapefruit — (1/2 oz - Item 6371)

Add to a diffuser or humidifier, or combine with 40 mL any Piping Rock Carrier Oil for a massage oil.

Muscles & Joints Blend**

- 5 drops Arnica — (1/2 oz - Item 4621)
- 5 drops Wintergreen — (1/2 oz - Item 6446)
- 3 drops Helichrysum — (1/2 oz - Item 6456)
- 2 drops Black Pepper — (1/2 oz - Item 4761)
- 30 mL of any Piping Rock Carrier Oil

Combine & gently massage into sore muscles & joints.

Glowing Skin**

- 6 drops Tea Tree — (1/2 oz - Item 4601)
- 2 drops Lavender — (1/2 oz - Item 4811)
- 2 drops Lemon — (1/2 oz - Item 4681)
- 6 drops Jasmine — (1/2 oz - Item 4541)
- 30 mL of any Piping Rock Carrier Oil

Combine & gently massage into skin.

AROMATHERAPY

Positive Mood Blend**

- 8 drops Frankincense — (1/2 oz - Item 6366)
- 8 drops Orange Sweet — (1/2 oz - Item 4701)
- 4 drops Geranium — (1/2 oz - Item 4666)

Add to diffuser or humidifier, or mix with 2 oz. distilled water in a spray bottle for an air spritzer.

Big Bonus Motivating Blend**

- 6 drops Lavender — (1/2 oz - Item 4811)
- 4 drops Pine — (1/2 oz - Item 6281)
- 2 drops Lime — (1/2 oz - Item 4821)
- 2 drops Black Pepper — (1/2 oz - Item 4761)

Add to diffuser or humidifier.

Balance & Harmony Blend**

- 2 drops Bergamot — (1/2 oz - Item 4491)
- 4 drops Lavender — (1/2 oz - Item 4811)
- 4 drops Geranium — (1/2 oz - Item 4666)
- 2 drops Rosewood — (1/2 oz - Item 6426)

Add to diffuser or humidifier, or combine with 30 mL any Piping Rock Carrier Oil.

Mental Clarity**

- 12 drops Rosemary — (1/2 oz - Item 6291)
- 8 drops Lemon — (1/2 oz - Item 4681)
- 8 drops Cypress — (1/2 oz - Item 4521)
- 3 oz. distilled water

Mix well in a spray bottle & spritz.

HOUSEHOLD USES

Natural Bug Blocker

- 6 drops Rosemary — (1/2 oz - Item 6291)
- 6 drops Cinnamon — (1/2 oz - Item 6346)
- 4 drops Citronella — (1/2 oz - Item 4646)
- 4 drops Lavender — (1/2 oz - Item 4811)
- 4 drops Eucalyptus — (1/2 oz - Item 4791)
- 4 drops Clove — (1/2 oz - Item 4516)
- 3 oz. Witch Hazel
- 6 oz. distilled water

Combine in a spray bottle & use as a natural insect repellent.

Cleansing Air Freshener

- 12 drops Lemon — (1/2 oz - Item 4681)
- 4 drops Peppermint — (1/2 oz - Item 4576)
- 4 drops Thyme Red — (1/2 oz - Item 4736)
- 3 drops Patchouli Dark — (1/2 oz - Item 6276)
- 3 drops Lemongrass — (1/2 oz - Item 4551)
- 3 oz. distilled water

Mix well in a spray bottle & spritz.

Natural Household Cleaner

- 40 drops Clove — (1/2 oz - Item 4516)
- 35 drops Lemon — (1/2 oz - Item 4681)
- 20 drops Cinnamon — (1/2 oz - Item 6346)
- 15 drops Eucalyptus — (1/2 oz - Item 4791)
- 10 drops Rosemary — (1/2 oz - Item 6291)
- 10 oz. distilled water

Mix well in a spray bottle & use on household surfaces with a soft towel or fresh sponge.