

## How to Use Essential Oil Diffuser with Safety

As we live in a busy world we lose energy every day. To get ourselves refresh and energetic we use essential oil. But most of the people don't know how to use essential oils. Even if you don't know read on this article and learn about how to use essential oil perfectly. How To Use An Essential Oil Diffuser Like An Expert Diffusing essential oils is one of the most popular and effective ways to enjoy aromatherapy benefits. If you are new to diffusing and are wondering how to use an essential oil diffuser read on. The most utilized type of diffuser for essential oils today is an ultrasonic diffuser. This type uses ultrasonic waves and water to disperse essential oils into the air. They are widely available in many sizes, shapes and price ranges. This is the type of diffuser we are focusing on today to teach you to use. How To Use An Essential Oil Diffuser #1. Choose Location - Pick an open area in a room or office with a solid surface or tabletop. You will need an outlet to plug it in. Also since water is being used it is good to have a placemat or towel down if you are using on a wood surface. - I have a diffuser on my nightstand near my bed and one in my family room on a solid shelf. For best use avoid placing in direct sunlight or near a fan. #2. Add Water - Once you have your place picked out. Fill your diffuser to the fill line of the water reservoir with clean tap water that is room temperature. - Most diffusers have a fill line on the inside of the water reservoir or a measuring cup to fill up and then add to reservoir refer to your diffuser manual for recommended water amount your diffuser requires. DO NOT OVERFILL or your diffuser may not run properly. #3. Add Oils - Next add 3-10 drops of essential oils to water. You can use a single essential oil like lavender or an essential oil blend. See below for recommended oils to diffuse. - Usually 6 drops is enough but sometimes you may want more oil for a stronger scent. You can experiment with the essential oil amounts to see what you prefer. #4. Turn On - Place cap or top of diffuser back on as your diffuser requires. Turn on. Set which features you would like if your model has options. - Here are two of my personal favorite ultrasonic diffusers available on Amazon at affordable prices: Not all diffusers are the same some have options depending on the model you purchase. You may be able to set the length of time you want the diffuser on or different time cycles you can choose from like on for 30 seconds then off for 15 seconds. Some also have light options you can turn on for a display of colors or a solid color. These features vary widely depending on brand and model. Read more about essential oil uses Read an informative article about the way of using essential oil published by YoungLiving on their blog- How to Use Essential Oils Maybe you're unpacking your Premium Starter Kit you were gifted a bunch of essential oils you lucky dog or like some of us you dove head-first into essential oils because you knew there was something special about them. Now you're overwhelmed by how to use the dang things. Have no fear friend we've all been intimidated by how to use essential oils asked our friends for a chart on essential oil uses and scoured Pinterest for guides on essential oil uses. With a little practice and this simple guide you'll be an expert in no time. In fact you'll be the friend who gets all the How do I use this essential oil? texts! To master your use of essential oils you'll need to understand a few things right off the bat. Typically oils are used in one of three ways. This essential oils uses list will help you become a pro in no time! Read Full Article To get more clear concept you may also check out the short video with the title How to Use Essential Oils (A Beginner's Guide to Essential Oils). Recommended resources: How to Use Essential Oils in A Diffuser Why Essential Oils Need To Be Used Safely How I Use Diffusers in My Home via The Gift of Scent

<https://ift.tt/2yi0clh>

Tags: The Gift of Scent

October 06, 2018 at 06:59PM

[Open in Evernote](#)