

Essential Oils & Healing



Every time I would go into a health food store I always see these tiny bottles of oil. They smell so good, but what do I do with them?

These little bottles hold so much opportunity to aid in your stress reduction and healing. Never knew it right?

Here is a list of how Essential Oils can kick start that relaxation response.

- Add a few drops to a spray bottle filled with water to spritz linens before bed.
- Few drops to the wax of a candle to increase the scent.
- 1-3 drops to water in a pot on the stove or simmering pot.
- Add 1-10 drops to unscented body lotion.
- Fill a travel size container with cool-pressed virgin olive oil, add 1-3 drops for hydrating massage/body oil.
- Place few drops on a light bulb.
- Place a drop or two on your pillow for a relaxed night's sleep.
- Few drops to a warm bath with Epsom Salt to relieve tired muscles.
- A drop to a handkerchief tucked in your purse for stressful times.
- Add a few drops to an eye pillow for an aromatherapy treatment.



It's all about finding tools to help us learn to relax and quiet our minds. Aromatherapy is a great way to do that. If you find more ways to use your oils, please let us know.

Check out all the Healing Tools at www.thehatchedegg.com/eggtools.html