

## [HOW TO MAKE AROMATHERAPY OILS](#)



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### **How to Make Aromatherapy Oils 6 Steps with Pictures**

Use a label and marker to indicate what blend is in the jar. Pick a cool, dark place to store the jar for at least 1 month. The oils from the herbs will infuse with the oil in the jar to make essential oils. Aromatherapy essential oils must be stored in the dark to prevent light from breaking them down.

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### **How to Make Essential Oils with Pictures wikiHow**

Position the open end of the pipe over the essencier. Once the distillate drips into the essencier, it will do all the rest of the work for you. It will separate the essential oil from the rest of the matter that you don't want in your final product. Make sure all your instruments are in stable positions.

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### **Learn How To Make Your Own Essential Oils DIY Natural**

Place the plant material in the crock pot and cover with water. The water shouldn't fill more than of the volume of the crock pot. Put the lid on upside down. (The concave structure will allow any steam that forms to condense and fall back into the pot. If you don't have a lid, you can use a plate.)

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### **How to Make Your Own Aromatherapy Oils DoItYourself.com**

Step 4 Fill Your Container. Place the plant material in your jar or bottle. If you are using a bottle, you can push stems of lavender or rosemary into the bottle. Now pour the oil over the plant material, making sure the bottle or jar is full. As a rough rule of thumb, use two cups of oil to one cup of plant material.

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### **How to Make Super Simple Aromatherapy Shower Melts**

How to Make Super Simple Aromatherapy Shower Melts. Make a batch of them, then right before you get in the shower, take one disk and apply your desired essential oils to the shower melt and place into shower. The aroma will linger out as the steam and water hits the melt. WOW is all I can say. This is one recipe that will not get dust on it for me and my family.

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### **How To Make An Aromatherapy Candle With Essential Oils**

Take part of the wick and wrap it around a pencil and place in the middle of the jar with the wick hanging down. This will keep the wick in place while the oil and wax completely cool. Pour the scented oil into the prepared jar. Allow the candle to cool completely, then trim the wick so that it is about 1-inch long.

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### **How to Make Your Own Essential Oils All Natural Ideas**

One of the best ways to get the medicinal compounds out of the oils, without keeping the rest of the plant matter is through steam distillation. The problem with steam distillation, though, is that it's more of an involved process. There are essential oil stills you can purchase to make your own oils at home.

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### **Homemade Essential Oil Sprays Made Easy**

Single Essential Oil Sprays To Make: Lavender Spray-Perfect for pillow mist, bedtime room spray, relaxation body spray, natural perfume mist. Peppermint Spray-Wonderful as a cooling spray, like post workout or during hot flash, uplifting body mist, minty air freshener. Melaleuca Spray-Cleaning spray, refreshing face spritz, foot deodorizer spray.

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### **How to Make Essential Oils 2 Ancient Methods That Work**

Once you have extracted as much of the oils out of your original botanicals as you can, then you will want to add

fresh botanicals to the crock. However, make sure you stick with the same type of botanical so you don't get a mixed oil. It will be hard to be sure what purpose the oil will serve if you do this.

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### **25 Ways to Diffuse Essential Oils without a diffuser**

To use place a shower steamer on the floor of your shower. Put it in a spot where it will get a little wet, but out of the main water stream. As the water hits it, it will dissolve and give off the aroma (and benefits) of the essential oils you used to make it.

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