

# CORRECT USE OF ESSENTIAL OILS

## PREPARATION OUTSIDE THE SAUNA



ESSENTIAL OIL  
ON TOP  
OF THE ICE BALL



ESSENTIAL OILS  
INSIDE OF THE  
ICE BALL

X2 OR MORE



+ ICE BALL WITHOUT  
ESSENTIAL OIL

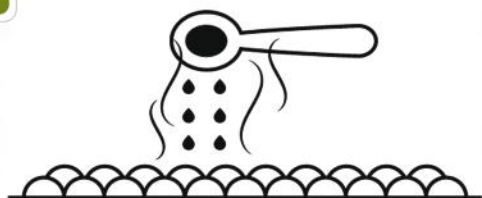
AS MUCH  
AS YOU WANT

Put your essential oil on top or in the ice ball using a pipette

- one for smashing: instant diffusion
- one to rest: continued diffusion
- optional as much as you want without essential oil for show effect

## PREPARATION INSIDE THE SAUNA

1.



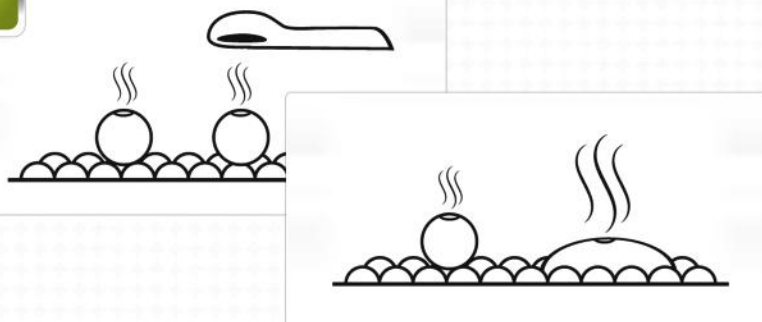
Pour water on the hot stones to cool them down and create a watermolecule network as a transport aid for your essential oils

2.



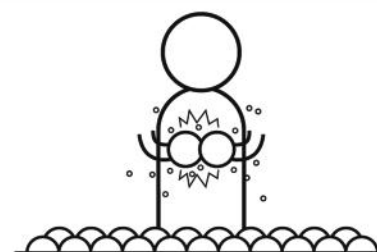
Place iceballs with essential oils and pour water around them. Not on top of them!

3.



Smash one iceball with ladle downwards for instant diffusion. Leave the other iceball for continued diffusion

4.



Optional: smash iceballs without essential oil for show effect

## CAUTION WITH ESSENTIAL OILS

**Essential oils are natural, very concentrated products.**

- do not use them purely on the skin. They can cause skin irritation. Wash out with fat oil or milk.
- cinnamom, clove, oregano and birchtar are very strong and need to be dosed very lightly to prevent skin irritation.
- most essential oils are flammable. Never bring the bottle in the sauna.
- essential oils need to be stored cool and dark. Don't bring them in a hot area.