

Enhanced Blending Techniques

Blending Tips

- **Standard dilution:** 10 drops essential oil to 1 oz (30 ml) of carrier (lotion, oil, shampoo, etc)
- **Bridging:** Use middle notes as a bridge to join top and base notes together.
- **Fixative:** Add base notes such as Cedarwood, Patchouli, Sandalwood or Ginger as a fixative.
- **Lighten a blend:** Use a top note such as Grapefruit, Lemon, Lemongrass, Orange.
- **Special touch:** Add one drop of precious oil such as Neroli, Vanilla or Rose.
- **Less is More:** If the blend feels right don't be tempted to add "just one more oil".
- **Clear Your Palate:** Inhale coffee beans, before smelling the next essential oil.
- **Add fire:** Daring spices add fire to your blends. Example: Cinnamon, Clove, Ginger
- **Give Spirit to your blends with holy oils:** Cedarwood, Frankincense, Myrrh, Rose, Sandalwood, Spikenard
- **Give heart to your blends with loving oils:** Palmarosa, Rose Absolute, Rose otto, Vanilla absolute
- **Give sensuality to your blends with aphrodisiac oils:** Lime, Nutmeg, Rose Absolute, Rose Otto, Vanilla, Ylang Ylang

Essential Oil Categories:

Relaxing Essential Oils

Cedarwood, Roman Chamomile, Cypress, Frankincense, Lavender, Lemongrass, Marjoram, Neroli, Orange, Ylang Ylang

Stimulating Essential Oils

Basil, Cinnamon, Clove, Eucalyptus, Fennel, Ginger, Grapefruit, Lemon, Lime, Peppermint, Pine, Rosemary, Tea Tree.

Balancing Essential Oils

Bergamot, Frankincense, Geranium, Lavender, Rose

Euphoric Essential Oils (feeling of happiness and well being)

Clary Sage, Grapefruit, Myrrh, Patchouli, Rose, Ylang Ylang

Combine essential oils from: relaxing and balancing types, stimulating and euphoric types, or relaxing and euphoric types.

Explore and experiment with the oils to learn to understand their power and effectiveness.

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