

[GUIDE TO ESSENTIAL OILS](#)



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How it works: Eucalyptus oil acts as an expectorant, helping to clear mucus from the respiratory passages, says Jennie Harding, an aromatherapist and the author of *The Essential Oils Handbook* (\$13, amazon.com). Boil 1 quart of water, let it cool slightly, then pour it into a bowl. Add 4 drops of oil, drape a towel over your head, and lean over the steam, inhaling for 10 to 15 minutes.

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Essential Oils Guide Refer to AromaWeb's extensive Essential Oil Guide to learn about essential oils, how to safely use them and to view profiles for over 120 essential oils, CO2s and absolutes. In addition to the Essential Oil Guide, be sure to also read the articles within the Aromatherapy Guide area.

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This is a guide to essential oils that are used in aromatherapy, their properties and ailments that they can treat. Some essential oils present specific dangers to pregnant women or people with certain medical conditions. If you are pregnant or have a medical condition, always consult a doctor before trying aromatherapy.

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The essential oils are the aromatic, natural chemical compounds extracted from various parts of a plant: leaves, flowers, stems, roots, bark, etc. They are in such a potent form that a single drop of essential oil can equal multiple teaspoons of the dried herb (for instance, 1 drop of peppermint oil

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Most essential oils are safe for internal use but a little bit goes a long way. Usually 1-3 drops is plenty mixed with water. Oils like peppermint, lemon and frankincense have great internal benefits and can be taken with water. Other essential oils like clove and oregano need to be diluted and shouldn't be taken internally for more than 1 week.

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