



BASE FORMULA

WELLBEING INSPIRED BY NATURE

Home Essentials Collection



www.baseformula.com

How to use essential oils

Bath

Add 4-10 drops of essential oil to the water once the bath has run. Dilute with full fat milk if you have sensitive skin.



Massage

Use up to 4 drops of essential oil in 10ml of carrier oil. A full body massage takes 15-25ml of oil depending on the size of the person and how dry their skin is.



Hot or Cold Compresses

Add 4-5 drops of essential oil to a bowl of hot or icy cold water. Fold a clean cloth and place in the water so that it absorbs the essential oils. Squeeze out excess water and place onto the affected area. Replace when it has reached skin temperature.



Inhalations

Add 3-4 drops of essential oil to a bowl of steaming hot water. Lean over the bowl, place a towel over the head and inhale the steam for a few minutes.



Diffusing

Add up to 12 drops of oil to an essential oil burner, or use an aromatherapy diffuser (see your diffuser instructions for recommended quantities).



Safety Note

The above quantities are suitable for adult use. For more detailed information please visit www.baseformula.com/usingessentialoils.



Recommended blends

Acne

For acne / spots dab 1 drop of Tea Tree on several times a day with a cotton bud.

Antiseptic wash

For cuts, wounds and grazes make an antiseptic wash by adding 5-6 drops of Tea Tree or Lemon to a bowl of warm water. Gently swab the area with cotton wool.

Antiseptic surface cleanser

For a natural antiseptic surface cleanser/spray for kitchens and bathrooms mix 100ml of cooled, boiled water with 10 drops Tea Tree, 5 drops Eucalyptus, 5 drops Peppermint and 5 drops Lemon. Shake well before use.

Athletes Foot

For Athletes Foot have regular foot baths with 1 cup of Dead Sea Salt, 6 drops Lavender and 3 drops Tea Tree. Dry your feet properly and apply 1 drop of neat Tea Tree to the affected area.

Cold Sores

For cold sores apply 1 drop neat Tea Tree.

Cold & flu relief

To relieve symptoms of colds and flu, do a steam inhalation with up to 5 drops of Eucalyptus, 3 drops Peppermint and 2 drops Lemon. Inhale the steam for 1-2 minutes. Repeat as necessary to help unblock congestion.

For colds you can also place 3 drops of Eucalyptus on a cotton pad or tissue and inhale throughout the day.

Cold & virus prevention

To help prevent colds and viruses diffuse 3 drops each of Tea Tree, Lemon and Lavender in an aromatherapy diffuser or oil burner.

Headaches

Massage 2 drops of neat Lavender into back of neck and temples to ease headaches.

Alternatively, make a cold compress. Add a few drops of Peppermint and Lavender essential oil to a bowl of icy cold water. Soak a clean cloth in the water and apply to the temples. Refresh when the cloth begins to feel warm.

Immunity

To boost your immunity, freshen your room and keep flies away, add 15 drops of Sweet Orange and 5 drops of Citronella to a bowl of Himalayan Pink Salt or Dead Sea Salt. Leave to fragrance your room and top up the scent every other day.

Memory stimulation

For memory stimulation, mental clarity and a concentration boost, diffuse 5 drops Lemon and 3 drops Rosemary whilst working on important tasks. Try 3 drops of Peppermint instead of Rosemary if you prefer the smell.

Muscle pain & tension

To relieve muscle pain or tension, mix 3 drops Peppermint and 3 drops of Lavender with 12ml carrier oil (e.g. Sweet Almond Oil) or Aloe Vera Gel and massage into the affected area in a direction towards the heart.

Skin balancer

For a great dry skin balancer, try adding 1 drop Sweet Orange and 1 drop French Lavender to 10ml of fragrance free moisturising cream.

Skin cleanser & balancer

For a cleansing/balancing face mask for oily/blemish prone skin add 1 drop of Lemon essential oil into 5ml of Aloe Vera Gel. Apply to the skin and leave for 10 minutes. Massage in any remaining gel.

You can also add 1 drop of Lemon to 5ml of fragrance free moisture lotion for a light and balancing moisturiser for oily/blemish prone skin.

Sleep

To aid a restful night's sleep, pop 5 drops of French Lavender on a tissue and place inside your pillowcase. You can also massage a couple of drops of neat Lavender into the pulse points on your wrists and temples.

Stress, tension & anxiety

For stress, tension, anxiety and insomnia diffuse 3-5 drops of Lavender and 3-5 drops of Sweet Orange in an aromatherapy diffuser or oil burner. You can also massage a couple of drops of neat Lavender into the pulse points on your wrists and temples.

Tiredness & nausea

Sniff Peppermint directly from the bottle (or pop a drop on a tissue) to clear the head, relieve tiredness, ease headaches, nausea, travel sickness, faintness and shock.

Minor wounds, burns, bruises, bites & stings

Apply 2-4 drops of neat Lavender to minor wounds, burns, bruises, bites and stings.



Safety advice

Information provided by Base Formula is for personal information and interest only. It is not intended to offer professional medical advice or treatment for any condition. If you are pregnant, have any health problems, or are taking any medication you should seek advice from your healthcare provider prior to using aromatherapy. Base Formula accepts no liability for misuse of essential oils or for any reliance on the information provided within.

Essential oils are highly concentrated, flammable liquids. They should be kept out of the reach of children and stored in a cool, dark place with the cap firmly in place. Do not apply undiluted to the skin (with the exception of Tea Tree and Lavender). Never take essential oils orally and avoid all contact with the mouth area and eyes.

DO NOT USE

Rosemary: If pregnant, suffer from epilepsy or high blood pressure.

Peppermint: On children, on sensitive skin, or if pregnant.

Lemon: On sensitive skin, or on the skin before exposure to sunlight.

Citronella: On sensitive skin, or if pregnant.

Visit our website www.baseformula.com for more detailed product and safety information for individual oils.

