



# BASE FORMULA

WELLBEING INSPIRED BY NATURE

## Luxury Essentials Collection



[www.baseformula.com](http://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](http://www.baseformula.com/usingessentialoils).



# Recommended blends

## Bedtime Spritz

Make your own bedtime spritz to relieve insomnia – in a spray bottle mix 100ml Lavender Hydrolat with 10 drops Roman Chamomile and 10 Rose Absolute. Spritz over your face, night clothes or pillow to help you drift off.

## Blitz Bugs

To blitz bugs and relieve symptoms of colds and flu do a steam inhalation with up to 10 drops of Eucalyptus Radiata to a bowl of steamy hot water, close your eyes, place your head over the bowl with a towel over your head, and inhale the steam for 1-2 minutes. Repeat as necessary to help unblock congestion.

## Children

Roman Chamomile is one of the best oils to use with children to help with sleeplessness, irritability, tummy upsets and teething. Vaporise in a child's bedroom before bed, or use in the bath or for massage. Add 1 drop of Chamomile to 12ml of carrier oil for massage or 1 drop to half a cup of full fat milk for an aromatic bath. You may also use Lavender in place of Chamomile if you prefer.

## Colds

For colds place 3 drops of Eucalyptus Radiata and 3 drops High Altitude Lavender on a cotton pad and inhale throughout the day.

## Coldsores

For cold sores mix 10ml vodka with 10 drops Bergamot and 2 Eucalyptus. Dab on to affected area when you feel the first tingle.

## Earache

For earache mix 5ml of carrier oil with 1 drop of Lavender and 1 of Roman Chamomile. Massage in around the ear area. Alternatively make a hot compress with 4-5 drops of the same oils.

## Eczema

For eczema take regular baths with Roman Chamomile, Lavender and/or Geranium. Use a max of 5 drops of essential oil and mix with half a cup of full fat milk before adding to the water.

## Hayfever

At the first signs of hayfever, place a few drops of Roman Chamomile on a tissue and sniff frequently. You can also try a steam inhalation with 2 drops each of Eucalyptus, Chamomile and Lavender (if this is too powerful try sniffing them off a tissue instead).

## Hormones

Diffuse a hormonally balancing blend of 3 drops Geranium Bourbon, 3 Rose Absolute and 3 High Altitude Lavender to help during times of menstrual challenge. Alternatively, mix 2 drops of each oil in 12ml of carrier oil (Grapeseed or Sweet Almond) and lightly massage into the body.

## Immunity

Alternatively to boost your immunity and fight flu, vaporise 3 drops of Frankincense, 3 Bergamot, 3 Lavender and 1 Eucalyptus. This combination can also be used twice a day in a steam inhalation.

## Muscular Tension

For muscular tension mix 3 drops of High Altitude Lavender and 3 drops Eucalyptus Radiata in 12ml carrier oil. Massage into affected areas in a direction towards the heart.

## Mood Booster

Diffuse 5 drops Bergamot and 3 Rose Absolute in the morning to lift your mood and encourage an anxiety-free day. For a moment of meditation, try adding 2 drops of Frankincense.

## Minor wounds, burns, bruises, bites & stings

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

## Relaxing Bath

Mix 2 drops each of High Altitude Lavender, Rose Absolute and YlangYlang Xtra in half a cup of full fat milk. Add to your night-time bath for the ultimate relaxing and insomnia-relieving soak.

## Relaxing Massage

Add 3 drops Rose Absolute, 2 Bergamot and 1 Roman Chamomile into 12ml of carrier oil and massage into the body to relieve stress and tension.

## Restful sleep

To aid a restful night's sleep, pop 5 drops of High Altitude 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.

## Sprains

For sprains apply a cold compress made with Lavender and/or Chamomile. Strap lightly for support. The following day you can use alternate hot and cold compresses to aid the healing process.

## Toothache

For toothache make a hot compress with 4-5 drops of Roman Chamomile and apply to the outside of the face.





# 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](http://www.baseformula.com) for more detailed product and safety information for individual oils.

