**How to Apply Essential Oils**

Throughout time, essential oils have been used for a myriad of reasons. There are three main ways to use them, and that is by applying them topically, inhaling them aromatically and ingesting them internally.

Here is a little more information about the ways you can use your essential oils.

**Topical Application**

One way to apply essential oils is topically. Some essential oils can be applied undiluted, but most should be mixed into a carrier oil first. Suitable carrier oils include (but are not limited to) almond, apricot, coconut, and olive oil.

The amount of drops compared to the amount of carrier oil will depend upon the particular use you have in mind. Simply mix the correct amount of carrier oil with the amount of essential oil drops you want, and then apply however much you would like to use.

Essential oils can be applied to various parts of the body. The bottom of the feet are a common place to rub the mixture on to because the skin is not as sensitive, feet have large pores which allow for quick absorption, there are no sebaceous glands to slow absorption, and reflexology states that every nerve line ends in the feet.

You can also apply essential oils to whichever area of your body is in need of treatment. For example, lavender and ylang ylang oils can be applied to the abdomen to relieve menstrual cramps. Peppermint oil may be applied to the temples, crown of the head and behind the ears to help relieve headaches.

**Aromatically**

A common way to use essential oils is aromatically. There are several ways to do this. You can open the lid and smell the essential oils directly from the bottle, or put a few drops of the desired oil on the palm of your hands and then rub together and inhale.

You may also diffuse your essential oils in a special diffuser. If you use one that does not heat the oils, it will not damage the oils. This ensures that they will retain their maximum benefit.

Another way to use the essential oils aromatically is by filling a bowl with hot water, adding several drops of your desired oil, then covering your head with a towel and inhaling the steam. This is a common way to use eucalyptus oil when fighting a cold.

**Ingestion**

Not all oils can be ingested, so use caution when it comes to this way of administering them. If the brand and type of essential oil you are using does not specifically say that it can be ingested, then do not do so.

For those oils which can be ingested safely, you can simply add a few drops to water and drink. You can also put the essential oils drops into capsules and consume like a vitamin or pill. You can even mix the essential oils into honey before eating.

These are the three main ways to use and apply essential oils. All oils have specific rules about how they should and should not be used. Check out the guidelines on your type and brand of oil, and be sure to follow them when using the oils.

These different methods of application will give you a variety of ways to bring the health and healing of essential oils into your everyday life.