



Aromatherapy at home can be easy

A diffuser is great, but there are other ways in which you can use your essential oils at home

For linens

Add a few drops of eucalyptus or lavender oil to your laundry detergent for a fresh fragrance. You can also use an aromatherapy fragrance spray for a lingering scent on your clean linens or even while ironing clothes. Essential oils also assist in killing bacteria, so if you have a pet at home it is the best way to rid the linen of bacteria.

While cleaning

Using harsh chemicals to clean the refrigerator or tables can have it's drawbacks. Instead put a few drops of orange essential oil on your cleaning cloth to wipe surfaces. You can also mix essential oil with water in a spray bottle and use it as a cleanser. Just spray it on the table and wipe off with a cloth, you will have a scent of orange left behind. Essential oils also retain the cleansing properties of their botanical origin.

For relaxation

For those who have trouble sleeping at night, essential oils can do wonders. A few drops of lavender oil or sandalwood oil on your pillow or your bedsheet will relax you. You can also add the oil to your bath or rub a few drops on to your temples. It helps in relaxation and gives an instant relief

Source: http://www.thenewage.co.za/148413-12-53-Aromatherapy_at_home_can_be_easy

January 9th 2015

