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Aromatic Use of Essential Oils

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Introduction

The Power of Aroma

Our five senses allow us to experience life to the fullest. Every day, we hear, see, taste, touch, and smell the world around us.

Hearing a beautiful piece of music can bring us to tears. Seeing a mesmerizing sunset can lift our spirits. Tasting a homemade meal can bring us comfort. Feeling the embrace of a loved one or the touch of a soft blanket can help us destress. And smelling a potent aroma can uplift us, bring back pleasant memories, warn us of danger, help us relax, and so much more. It's often underrated, but our sense of smell is a powerful tool that significantly influences the way we experience life.

Think about it. How do you feel when you get a whiff of your mom's perfume when she gives you a hug? What happens when you visit your childhood home or your grandparents' house, breathing in familiar smells that bring back happy memories? Or what happens when you roll your garbage can out to the street and inhale the unpleasant aroma excreting from the can? Our sense of smell allows us to vividly take in the various elements of the earth firsthand.

Whether you're breathing in the mouth-watering aroma of cookies baking in the oven, the scent of your significant other when you borrow his or her jacket, or the nostalgic smells that come from sitting around a campfire with family or friends, there's no denying that aroma is powerful.

Throughout this book, we'll discuss how the power of aroma can transform your entire day. We'll discover why the potent aromas of essential oils have made them useful for centuries and how we can still use them today for hundreds of benefits.



By the end of this book, you'll see why millions of people around the world choose to harness the potent aromas of essential oils in their daily routines and even learn how to use essential oils aromatically in your own home. The good news? Essential oils have such strong aromas that they'll do most of the work for you. If you're ready to see what the power of aroma can do in your life, keep reading to learn everything you need to know about the aromatic use of essential oils.

... our sense of smell is a powerful tool that significantly influences the way we experience life

Chapter one

What Is Aromatic Use?

Before we discuss using essential oils aromatically, let's first answer this question: "What does aromatic mean?"

If something is aromatic, it emits a distinct, potent, or pleasant aroma. When you use an essential oil aromatically, it means you're enjoying the aroma of the oil through the air.

Aromatic use is one of three primary methods for essential oil application. As stated earlier, aromatic use allows us to experience essential oils through the air. That's one application method. A second popular application method is topical application. This consists of applying essential oils topically—or on the skin. Lastly, the third method is internal usage, which consists of ingesting or consuming essential oils directly.

While topical and internal application require you to come in direct contact with the essential oil (on the skin and through ingestion), aromatic application merely requires it to pass through the nose. Aromatic use is typically done by breathing in an essential oil directly or placing it in an essential oil diffuser.

This is why aromatic use is such a popular application method for essential oils—it's incredibly easy and allows you to start enjoying the aroma of an essential oil almost immediately. Now that we understand what aromatic usage means, let's talk about what happens when we use essential oils aromatically.

Aromatic use allows us to experience essential oils through the air



How Do Essential Oils Interact with the Limbic System When Used Aromatically?



To understand what happens when essential oils are used aromatically, let's first define what an essential oil is. Scientifically speaking, essential oils are volatile aromatic compounds. The word volatile refers to how quickly the aromatic compounds change from a liquid to a gas state. Once in a gas state, these compounds disperse through the air quickly, which is why you're able to experience the aroma of an essential oil from the second a bottle is opened.

So what happens when you breathe in an essential oil's aroma? Once a bottle of essential oil is opened, the aromatic compounds travel through the air, where your nose breathes them in. From here, the compounds interact with chemical sensors called olfactory receptors. These receptors live in the olfactory system—the part of the brain that regulates the sense of smell. From the olfactory system, the scent then travels to the limbic system. Once in the limbic system, the scent triggers responses based on your personal memories and experiences.

This is why a specific aroma might remind you of your childhood home or a vacation you once took. When the aroma travels to the limbic system, it creates a response based on your memories and past experiences associated with that particular scent. This also explains why a single aroma may be inviting or comforting to you, while it might seem unpleasant to someone else. The way you experience an aroma depends heavily on your memories and experiences.

Knowing all this, you can see why aromatic use is one of the quickest and most convenient ways to enjoy essential oils. Their volatile chemical nature creates a near-instantaneous response after you breathe in their aromas.

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Historical Cases of Aromatic Use

While opening a bottle of essential oil and breathing in its aroma might feel new or foreign to you, the concept of harnessing the power of aroma has actually been around for many centuries. In places like ancient Egypt, Greece, and Rome, the power of aroma was used frequently in cultural rituals, religious practices, and even daily tasks.

For example, aromatic compounds derived from plants like myrrh and juniper have been discovered in the tombs of ancient Egyptian pharaohs, as they were commonly used in sacred burial rituals. In the days of olden Greece, philosophers and physicians like Homer and Hippocrates dedicated much of their time to learning more about the mysteries of aromatics and plants. And in the Roman Empire, plant extracts were commonly used for massages, scented baths, and perfumes.

While the impact of aromas was something of a mystery in ancient times, significant research in the 1990s helped biologists understand how inhaling an aroma could trigger specific chemical sensors. This research helped prove the notions of ancient civilizations—that breathing in powerful aromas can have a significant effect on our atmosphere.

We now have scientific research to explain why some aromas are particularly inviting or comforting, while others are unpleasant. We know that it's the responses triggered in the brain and associations with memories that influence how one experiences a certain aroma. While the people of ancient civilizations didn't know about olfactory receptors

In the days of olden Greece, philosophers and physicians like Homer and Hippocrates dedicated much of their time to learning more about the mysteries of aromatics and plants

and the limbic system, they were still on the right track when they used the power of aroma for comfort, for cultural significance, and to change the environment around them.

Now that we have a better idea of what aromatic use is and how the power of aroma has been used throughout history, let's talk about why so many people choose to use essential oils aromatically today. After all, we've declared aromatic use to be one of the most popular application methods for essential oils. What makes it so great? Keep reading to see why aromatic usage of essential oils is powerful enough that millions of people around the world choose to make this application method a regular part of their daily routine.



Chapter two

Why Use Essential Oils Aromatically?

Essential oils are renowned for their variety of uses and benefits, as well as for providing solutions to everyday problems.

Among the many, many ways to enjoy these gifts of the earth, aromatic use is a simple application method that can help anyone experience the potent, uplifting, relaxing, or purifying aroma of essential oils.

Not only is using them aromatically extremely convenient and simple, it also offers immediate benefits, such as promoting a calm and stable environment, contributing to an uplifting or energizing atmosphere, freshening the air, and more. Using essential oils aromatically is an easy way to experience their power with little skill or knowledge, which is why aromatic use continues to be a popular application method in the essential oil world today.

Aromatic Use Can Transform the World around You

Perhaps the most appealing aspect of essential oils is that their powerful aromas can help tailor your environment. By creating a custom atmosphere with your favorite oils, you can truly transform any space and—as a result—your day.

Let's say, for example, you wake up on a Monday morning, not ready to face the week. Instead of settling into that tone for the day, you could diffuse the bright aroma of Wild Orange or Bergamot essential oil in the morning. As the uplifting scent of either of these essential oils fills your bedroom, you'll have created a cheerful, energizing atmosphere in which you can prepare for the day.

Here's another example. Let's say you've had a long, frustrating day. You've been overwhelmed by errands and a never-ending to-do list, the kids are fighting, or maybe there's some stress from an impending deadline at work. To dispel the tension in the air, diffuse an essential oil with a



calming aroma—maybe Lavender or Roman Chamomile—to promote a tranquil atmosphere. As the soothing aroma of these kinds of essential oils fill the space around you, you'll soon find yourself in a calm space that can help you recenter at the end of your day.

See how easy it is to use the power of aroma to create a custom environment that's tailored to your situation in the moment? Because each essential oil has a different chemical makeup, and each person is different, no two people will have the exact same reaction when inhaling the aroma of an essential oil. However, certain essential oils have specific chemical elements that help promote a generally calming, relaxing, grounding, energizing, or soothing environment.

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Aromatic Use Can Refresh the Air

Another major benefit of essential oils is that their aromas can refresh the air. By using oils with purifying properties, you can dispel unwanted odors and replace them with pure, pleasant scents. Many of the air-cleansing products on the market—like candles and plug-ins—contain toxins and unnatural chemicals, making the use of essential oils even more desirable. If you use high-quality oils that are free from contaminants and fillers, they can provide a natural way to freshen the air in any room.

Sure, it might seem easy to light a candle or spray a commercial air freshener around your home when unpleasant aromas arise, but do you really know what you're putting into the air? When you use essential oils, you enjoy peace of mind, knowing that your family isn't breathing in harmful toxins. Plus, you'll have confidence that the oils are eliminating odors, not simply covering them up.

With the power of aroma on your side, you can replace unwanted odors with pleasant aromas, and you do it without bringing harmful toxins into your home.



Aromatic Use Offers Variety

One of the main reasons to use essential oils aromatically is the variety they provide. Because of individual experiences and memories, no two people will truly experience an essential oil in the same way. When you open a bottle of Lemon essential oil, you could have a completely different experience than your friend standing right next to you. Breathing in the aroma of Lemon may remind you of making homemade lemonade in the summer, while your friend might associate the smell of Lemon with a clean kitchen. In general, Lemon essential oil is known to have an uplifting aroma that's refreshing and clean; however, your reaction to its aroma will be 100% unique based on your personal past experiences and memories.

This is what makes aromatic usage so fun and why the possibilities are endless. You'll discover your favorite aromas that allow you to create a custom environment, help to freshen the air around you, and provide a unique and powerful aromatic experience.



Next, we'll talk about one of the most popular ways to use essential oils aromatically: diffusion.



Chapter three

Using an Essential Oil Diffuser

One of the most effective ways to experience essential oils aromatically is by using an essential oil diffuser.

If you've never used a diffuser before, you might be intimidated and think you need special training or expensive equipment. The truth is, if you have the right diffuser, then diffusing essential oils is as simple as opening a bottle and pouring a few drops into your diffusing device. This is why so many people choose to diffuse essential oils—it's extremely convenient.



No need for special training. Anyone can diffuse essential oils, in the home or the workplace. Just open your diffuser box, read the instructions, pour your oils in, and enjoy the pleasant but powerful aroma.

Not only are essential oil diffusers easy to use, but they also allow you to carry the power of essential oils from room to room. Most diffusers are small and portable, so they can be easily transported from the kitchen to the bedroom or the family room to literally almost anywhere you want to enjoy the aroma.

How Do Essential Oil Diffusers Work?

A diffuser takes an essential oil and transforms it into a fine, microscopic mist of oil droplets, dispersing the droplets (and scent) through the air. This allows you to experience the aroma for an extended time period.

Choosing the Right Diffuser

When looking for an essential oil diffuser, you'll find that plenty of options are out there. Before selecting one, you simply need to evaluate your needs and preferences. Some diffusers provide far-reaching mist, a compact model, helpful timer settings, and so on. Before buying yours, you need to ask yourself, "What am I trying to accomplish?"

Do you need a compact model that's easy to take on the go when traveling? Do you plan on diffusing essential oils over a large area, like a meeting room or a common room in your home? Are you hoping to use the diffuser to freshen the air in your space? Do you need a diffuser that will move seamlessly from room to room?

However you plan to use your diffuser, make sure you think about what kind of model will best fit your needs. For example, if you'd like to diffuse essential oils in your bedroom while you sleep, find a diffuser with timer settings so that the diffuser will automatically shut off at a designated time. If you plan to take your diffuser with you in the car or suitcase when you travel, you'll want a compact model that doesn't take up too much space. After a little research, you'll find some essential oil diffusers to fit your needs and lifestyle.

While every diffuser has its own features, most fall into one of two categories: water diffusers and waterless diffusers. As you might have guessed, a water diffuser uses water to help disperse essential oils through the air in a fine mist. Waterless diffusers simply diffuse straight oil into the air. Both models provide an effective way to enjoy the aromatic benefits of essential oils.

Most importantly, you'll want to ensure the diffuser you choose can preserve the potency of your essential oils. Essential oils have a delicate chemistry, so using any device that could potentially alter that chemistry will make your aromatic experience less effective. To avoid this, don't use a diffuser that uses heat, as this can change the structure of the essential oil, reducing its efficacy.



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Where Do I Put My Essential Oil Diffuser?

Once you've chosen the right essential oil diffuser for your needs and preferences, you might be wondering, "Where do I put my diffuser?" Depending on the size, model, and features of your diffuser, it can be used in a variety of ways to disperse essential oils throughout the room.

Unless it runs on batteries, your diffuser will need to be plugged in to operate, so you'll want to find or clear a space near an outlet. Make sure that the cord to your diffuser is tucked out of the way and doesn't cross any areas where people tend to walk. If you have children or pets in the home, you'll want to avoid placing the diffuser on the floor. Positioning the diffuser higher up on a countertop, mantle, dresser, or table will keep it out of reach of children and ensure that pets don't knock it over or get too close.

You'll also want to avoid placing your diffuser in direct sunlight. The heat from the sun can alter the chemical structure of your oils, rendering them less effective. It's also a good idea to keep the diffuser away from fans and other air sources, as you might find air blowing directly on the diffuser makes diffusion less effective, potentially making it difficult to smell the essential oils.

You can truly transform any space with an essential oil diffuser. Bedrooms, living rooms, and common areas in the home, kitchen, and even bathroom can be perfect places for diffusers when you want to customize their atmospheres. Bringing a diffuser into the office or placing it on your desk at home is an effective way to keep the air from feeling too stuffy, while also creating the ultimate work environment when you need to get things done. Some diffusers can even go with you in the car to get rid of unwanted odors and make you feel more at home.

You'll find that no matter where you put your diffuser, you can use your favorite essential oils to create a unique atmosphere that helps make you more comfortable in your surroundings



How Much Essential Oil Should I Put in My Diffuser?

The amount of essential oil used and duration of diffusion will depend on the size of the room, placement and output of the diffuser, and air turnover in that specific space. It'll also depend on how close you are to the diffuser and how intense you want the aroma to be.

If you're wondering how much oil to use and how long to diffuse for, a good rule of thumb is to start with a small amount and work your way up as necessary. Always start with moderation and increase the amount of essential oil you're using or the amount of time you're diffusing if you feel comfortable. If you plan to diffuse essential oils in a small space, you won't need to add as much oil, and the intensity or duration of diffusion can be lower. Likewise, you can use more essential oil and increase the duration of diffusion if you'll be diffusing over a large space.

Essential Oil Diffuser Maintenance and Tips

No matter what kind of diffuser you choose, be sure to take good care of the device by regularly cleaning and maintaining it. Without proper cleaning, your diffuser can develop an oil buildup that could eventually keep it from working correctly. When you take good care of your diffuser, you avoid altering the potency and efficacy of your essential oils and can enjoy the device for much longer.

To avoid oil buildup and other issues, be sure to clean your diffuser regularly, according to the manufacturer's instructions. This includes a deep cleaning at least once a month. When cleaning your diffuser, try to use natural cleaning agents, like water and vinegar. It's also a good idea to unplug the device before cleaning.

We've covered everything from volatile aromatic compounds and why people use essential oils aromatically, down to the best advice for buying a diffuser. Now it's time to dive into some of the best ways to use oils aromatically. In the next chapter, we'll talk about the easiest, most effective methods to take advantage of the benefits that come from using essential oils aromatically.



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Chapter four

How to Enjoy Aromatic Use

Now that we better understand aromatic use, you're probably looking for ways to get started. When used safely, essential oils have endless applications for refreshing the air, transforming your space, and creating the perfect atmosphere.

Let's start with a simple and creative way to enjoy the benefits of essential oils through the air: diffuser blends.



How to Make a Good Diffuser Blend

We've talked about the variety of options for diffusing, but creating a diffuser blend—or combining several essential oils into a single diffuser—is one way to truly create a unique experience. The sheer number of essential oils available gives you practically limitless options for creating unique blends. Though if you're new to essential oils, it can be difficult to know which ones to pair together for the best results. The good news is it's easy to learn how to make your own diffuser blend.

Because everyone has a unique reaction to every essential oil, your definition of a "good" diffuser blend will depend on your personal preferences. Don't spend time worrying whether you're doing it right. If you like the combination of oils you've put together, then you've successfully created a good diffuser blend!

To help you get started, let's go over some of the basics for blending essential oils together.

First, ask yourself what you're hoping to achieve by creating your diffuser blend. Do you want an aroma that's calming and relaxing? Are you hoping to promote an encouraging or energizing atmosphere? Do you need to dispel unpleasant odors and freshen the air? Or do you simply want the smells of your favorite essential oils to fill the space around you? Once you determine the desired effect of the diffuser blend, it'll be easier to choose your essential oils.

With your purpose in mind, you're ready to choose oils with properties that will help you achieve your goal. If you're trying to create a relaxing atmosphere, choose essential oils with calming aromas, like Lavender, Roman Chamomile, or Bergamot. When you want an uplifting environment, try essential oils with bright or invigorating aromas, like Grapefruit, Wild Orange, or Peppermint.

Keep in mind, you aren't limited to only choosing essential oils with similar aromas. Most essential oils fall under one of the following categories: mint, floral, herb, spice, wood, or citrus. So, if you have a favorite citrus oil—for example, Lemon—you could choose to blend it with one of your favorite essential oils from another category, perhaps an herbal oil like Rosemary. This is a great way to add variety to your diffuser blend when you want to get creative.

When you've chosen the essential oils you think will help to achieve your desired effect, start pairing them together. Worried about how some oils might smell when paired? Simply take the lids off the bottles and hold them under your nose. As you breathe in the aroma from several bottles simultaneously, you'll get a better idea of how those essential oils will smell when blended.

The number of drops you'll add to the diffuser from each bottle will depend on how you want your blend to smell.

Say you decide to blend Lavender, Lime, and Peppermint together. If you add three drops of Lavender, one drop of Lime, and one drop of Peppermint, your blend will have strong floral notes from the Lavender and lighter hints of citrus and mint from the Lime and Peppermint. Say instead you add four drops of Peppermint, two drops of Lime, and one drop of Lavender to your diffuser. The floral notes in your blend will be much more subtle, while the sharper and minty notes of Peppermint will be more prominent, coupled with lighter notes of citrus from the Lime.

You can really be creative with your diffuser blends as you decide which essential oils to use and how many drops of each to add to a diffuser. As you grow more familiar with essential oils, you can decide which aromas you like best and how to use them in certain situations. Keep a log of your favorite diffuser blends so you can put them together quickly when you want to create a calming, uplifting, energizing, tranquil, refreshing, or encouraging environment.

Blending Oils for Your Diffuser Blend

Mint essential oils

blend well with wood, herb, and citrus oils

Popular mint essential oils:
Peppermint and Spearmint



Floral essential oils

blend well with wood, spicy, and citrus oils

Popular floral essential oils:
Lavender, Jasmine, Clary Sage, and Ylang Ylang



Herbaceous essential oils

blend well with wood and mint oils

Popular herb essential oils:
Rosemary, Basil, and Thyme



Spicy essential oils

blend well with wood, floral, and citrus oils

Popular spicy essential oils:
Cassia, Cinnamon Bark, Clove, and Ginger



Wood essential oils

blend well with mint, floral, herb, spicy, and citrus oils

Popular wood essential oils:
Cedarwood, Sandalwood, Douglas Fir, and Siberian Fir



Citrus essential oils

blend well with wood, spicy, floral, and mint oils

Popular citrus essential oils:
Lemon, Lime, Grapefruit, Bergamot, and Wild Orange



More Ideas for Using Essential Oils Aromatically

While diffusers offer a simple and safe way to use essential oils, countless methods are available that allow you to experience essential oils through the air. If you're looking to broaden your horizons when it comes to aromatic use, consider some of the following suggestions.

Creating a Calm Atmosphere

Dozens of different pure essential oils exist that come from a variety of plants, all with unique aromas. However, most essential oils can be categorized as having either a generally calming aroma or uplifting aroma.

The essential oils in the calming category include aromas that create a grounding, relaxing, soothing, settling, or centering experience. So how do you use oils with calming aromas to your advantage?

Consider diffusing essential oils with calming aromas during quiet time to create a more desirable atmosphere.

For example, if tensions are high in your home, or if you simply want to promote an atmosphere of tranquility and peace, you can diffuse essential oils and blends like Lavender, Adaptiv®, dōTERRA Balance®, or dōTERRA Peace® to create the type of environment you're looking for.

When mediating, try diffusing an essential oil with a calming aroma, like Sandalwood, Frankincense or Bergamot. You can also apply an essential oil to your hand, rub the palms together, cup your hands over your nose, and inhale deeply when you want to create a calming atmosphere quickly. Consider doing this when you have a few moments of quiet to yourself, or perhaps before other relaxing activities such as journaling or reading.



Creating an Uplifting Atmosphere

When you find essential oils you enjoy from the uplifting category, you can create that kind of atmosphere practically anytime, anywhere.

For example, if you want to keep the uplifting aroma of essential oils with you throughout the day, you can spritz oil blends like dōTERRA Cheer® or Citrus Bliss® over your clothes in the morning. This will allow you to breathe in the aroma as you go about your day.

You can also diffuse invigorating aromas like Peppermint or Douglas Fir for an enjoyable aroma when you're studying for a test, fulfilling a particular task, or working with your child during homework hour.

If you find that you have a difficult time getting going in the morning, try diffusing essential oils with a bright, cheery aroma, such as Wild Orange or Grapefruit. By diffusing these oils as you get ready for the day, you can create an energizing environment that helps you start things off on the right foot.

This is also a good strategy for when you're dragging at work in the afternoon. Place a diffuser at your desk and use essential oils like Bergamot to promote an uplifting environment as you go through afternoon grogginess.



Aromatic Use at Bedtime

Because aromatic usage of essential oils can be so helpful for creating a calming environment, it's a popular choice for bedtime. After all, who doesn't want a peaceful atmosphere when getting ready for bed at night?

Whether you have toddlers running around, need to wind down after a demanding day at work, or would like everyone in the house to settle down in the evening, essential oils can be a powerful way to create the perfect bedtime environment.

Here are a few ideas for aromatic use at bedtime. If you're craving a relaxing atmosphere at the end of the day, try adding essential oils like doTERRA Serenity®, Lavender, or Roman Chamomile to a warm bath. You can also put a diffuser in the bathroom to diffuse your favorite calming essential oils while you enjoy a relaxing bath before bed in a spa-like environment.

When it's time for bed, try diffusing essential oils to create a tranquil atmosphere. Vetiver, Sandalwood, Lavender, and Cedarwood can be useful for this. Simply place a diffuser on your bedside table or dresser and allow the aroma of the oils to fill the room as you prepare for bed. You can also do this in your child's bedroom. Diffuse essential oils with calming aromas during story or quiet time at night to help your child recognize when it's time for bed.

You can even combine calming aromas with water in a spray bottle and spritz the combination over your pillows and bedding for a powerful aromatic experience. When you lay down to go to sleep, you'll breathe in the aroma of the essential oils for the perfect nighttime ambiance.

Aromatic Use and Household Cleaning

The refreshing aromas of essential oils can be extremely useful for household cleaning. When you want to dispel unwanted odors in the home, they can help. For example, if you're expecting company, diffuse oils and blends like Lemon or Purify in your entryway or living room for a clean, refreshing aroma. If you're constantly battling the odor of the trash can in your kitchen, place a few drops of an essential oil like Lime on a piece of newspaper or cotton ball and place at the bottom of the can to help with the smell.

If things are feeling stuffy in your house, you can mix essential oils like Wild Orange, Eucalyptus, or Lemon with water in a spray bottle and mist the mixture over your furniture, carpet, or other linens. This will keep things smelling fresh and help to dispel any unpleasant odors that might be hanging around.

When you notice your teenager's room has developed a funky smell, you can diffuse oils in his or her bedroom to dispel odors and refresh the space. When you want to make your guest room more comfortable for visitors, consider diffusing essential oils for 15 minutes before they arrive to promote a clean, inviting environment.

You can even improve the aroma of your laundry by placing a drop of Purify, Citrus Bliss®, or Grapefruit on a dryer sheet, and then add it to your next batch of laundry. Some people also like to add essential oils to dryer balls to give their clothing a fresh, clean aroma.



Aromatic Use and Exercise

If essential oils are useful for creating a tailored environment, then what better time to use them than for exercise? For example, you can diffuse oils during your daily yoga practice to promote a relaxing, focusing, grounding, or energizing atmosphere. When you're about to go on a run, place a drop or two of Peppermint essential oil in your hand, rub the palms together, and inhale deeply. You can rub the remaining oil on your chest, which will act as a vapor during your run for an especially invigorating environment.

Trying to maintain motivation for working out at home? Diffuse essential oils to create an uplifting and encouraging environment that will help you finish your workout. If you're headed to the gym, spritz your favorite invigorating essential oil over your clothing for an easy way to breathe in the aroma throughout an exercise routine.



Aromatic Use and Travel

We've said it before—aromatic usage is one of the easiest application methods for essential oils. This is especially true when you're on the go. For example, when you have a small, travel-friendly diffuser, you can pack it in your luggage for a simple way to enjoy essential oils, regardless of where in the world you find yourself. Or perhaps you're concerned about creating a calm atmosphere before getting on a plane. Choose your favorite calming aroma, place a drop in your hand, rub the palms together, and cup your hands over the nose as you take a few slow, deep breaths.

When you first check into your hotel room, the air might feel stuffy—or there may be a lingering, unpleasant odor. Simply pull out your diffuser, add a few drops of essential oils, and voila! You've transformed a stuffy hotel room into a comfortable space that feels more like home.

You can also take essential oils with you in the car to make every trip more pleasant, from daily errands to long road trips. You can find a diffuser that fits well in your car—perhaps something that doesn't require a plug and can fit in your cupholder. You can also place a few drops of an oil on a cotton ball and wedge it in-between the vents of your car to circulate the pleasant aroma of the essential oil throughout the vehicle.

Conclusion

Open a Bottle and Change Your World

With a better understanding of the true power of aroma and a few ideas for aromatic use under your belt, you're ready to use essential oils to change your world.

You'll remember that in Chapter 1, we talked about the sense of smell and what a powerful tool it can be for experiencing the world. With essential oils at your disposal, you get to decide how you'd like to experience the world. Do you want to create a calm, relaxed environment? Could you use a more invigorating or energizing atmosphere? Do you need help eliminating odors or creating a home that feels and smells clean? You have the tools you need to create the kind of world you want to live in. Essential oils are powerful, natural tools, simply waiting to be used.

So start today. Discover your favorite essential oils. Find unique aromas that remind you of your favorite memories or best experiences. Start using them in your home, workplace, exercise space, and family space for a tailor-made environment that's all your own.

Now that you're equipped with the power of essential oils, only one question remains: What kind of world will you create?

To continue your journey with essential oils, visit [doterra.com](https://www.doterra.com).



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