

Aromatherapy



Essentials

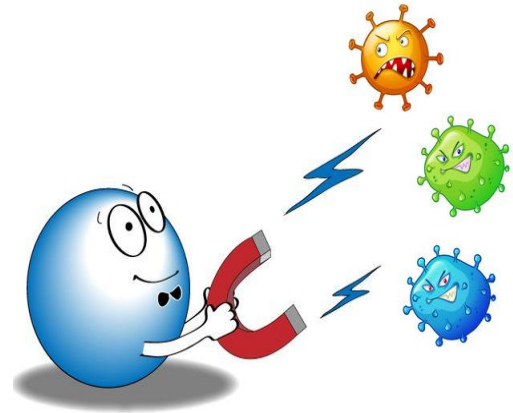
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What is an Aromatherapy Diffuser & How Does it Work?

An aromatherapy diffuser is simply a tool used to disperse essential oils into the air. You start by adding water and essential oils to the diffuser. When the diffuser is turned on, the ultrasonic vibrations agitate the water which then breaks down the particles found in the oils into micro-molecules. The molecules are then released or diffused into the air as negative ions. These negative ions (good guys) then hunt down and attach themselves to harmful positive ions (free radicals or bad guys) in your home or office. The good guys prevail by neutralizing the bad guys and leaving your space clean and fresh. You also get the additional benefit of adding a slight amount of moisture and the pleasant scent of the essential oil to the air.



Why is an Ultrasonic Diffuser Considered to be the Best?

As you can see in the image, ultrasonic diffusion is very powerful. Below are the reasons why the ultrasonic diffuser is the best choice:

- Quiet Motor
- Easy to Use
- Easy to Clean
- Can be Used in Small or Large Areas
- High Air Saturation
- Timer to Shut Off when Water Level Gets Low
- Intermittent Spray for Long Lasting Exposure



- Most Efficient Way to Break Down All Essential Oils

Why Does Every Home Need an Aromatherapy Diffuser?

That's a great question! Besides the fact that your new Your Spirit Space Aromatherapy Diffuser will look great in any room, there are actually several known benefits to using a diffuser. Here is a list of the top benefits you will get when using your new diffuser:



- **Air Purity** – The diffuser will remove toxins in the air creating a clean, healthy environment. It will also remove dust and other particles floating in your space that could be potentially harmful to those with allergies.
- **Adds Pleasant Scents to the Air** – It will only take a few minutes before you notice the delightful, fresh aroma beginning to surround you. Sit back, relax and enjoy!
- **Humidifies the Air** – One of the big added benefits of a diffuser is the small amount of humidity that is emitted into the air. Dry air can be linked to many respiratory infections as well dry skin and membranes. It is important to maintain a humidity level in the 40% to 60% range. The best way to do this is to turn on your diffuser.
- **Allergy Relief** – By ridding your space of dust and other toxins, your diffuser acts as a natural anti-allergen agent. You will find yourself breathing easier, wheezing and coughing less, eyes less watery and experiencing a generally lighter feeling in your overall breathing.
- **Calm and Relaxing Space** – The pleasing aromas and clean air combine to create a calm and relaxing environment. You will notice a huge difference when you walk into a room where a diffuser is working its magic versus a room with stagnate, stale air. The effect is almost immediate when you walk into a room with a diffuser.

- Body Cleansing – The essential oils emitted into the air are also absorbed through the pores in your skin. From there, they travel throughout your body via your bloodstream cleansing your body as well. This results in a complete body wellness, enhancing your entire well-being.
- Emotional and Physical Relief – Your diffuser can be used to help you or a loved one overcome or better cope with the struggles we all face at different points in our life. Placing a diffuser in your home can help with:

- ✓ Anxiety management
- ✓ Boost self esteem
- ✓ Relieve stress
- ✓ Fear control
- ✓ Boost your memory
- ✓ Grief relief
- ✓ Sleep issues
- ✓ Energizer
- ✓ Low libido
- ✓ Bug repellent
- ✓ And many more

Where Can I Use My Aromatherapy Diffuser?

Your diffuser can be used wherever you have access to a plug and water. However, the most common uses are:

- In any room in your home to purify the air and add a pleasant aroma to your home
- In your bedroom or your child's bedroom to promote sleep
- In your office to keep you awake and promote clarity
- In your animals space to cleanse the air of unpleasant odors



- In your yoga room to create a calm, relaxing atmosphere
- In your house to keep germs away and remove toxins from the air
- On your porch to keep bugs away

How to Care For Your Diffuser

As with any product, proper maintenance is the key to long term use. Your new diffuser is no exception. Although the diffuser is very easy to care and maintain, it is important you take the time to clean it after using 5-6 times, or for 3-5 days. This removes built up oils on the inside of the unit which then allows the motor to pump free of obstructions for many years.



Please clean the product as follow:

1. Unplug the unit from main power supply and remove the cover.
2. Pour out any remaining water from the tank.
3. Add a small amount of warm, **mild** kitchen detergent and water.
4. Use a swab to gently wipe around the inside, and then use a dry, soft cloth to lightly dry the unit.
5. Do not use other acids or enzyme detergents, as this may give off poisonous gas or cause malfunction.

What is Essential Oil?

es·sen·tial oil

noun

1. A natural oil typically obtained by distillation and having the characteristic fragrance of the plant or other source from which it is extracted.

Above is the official definition of essential oil. However, what it does not say is the power of these oils when used in an aromatherapy diffuser.

The healing or therapeutic use of essential oils can be traced back to Paleolithic cave drawings found in the Lascaux caves in the village of Montignac in France dating back to 18,500 B.C. However, evidence of the medicinal use of plants spans the globe. We can find references to the power of plants in Egypt, India, China, Rome, Europe and beyond. Probably the best known proponent of using plants in medicine was the Greek doctor, Hypocrates or The Father of Medicine. He recorded the healing power of over 400 plants including many of the essential oils used today in aromatherapy diffusers. The process of extracting the oils from the plants has been simplified throughout the years but the benefits and therapeutic healing remains just as powerful today.



Holistic Benefits of Essential Oils

So I'm sure you have heard a great deal about the holistic healing powers of essential oils. I can also assume you, like me, have wondered if there is any truth to any of this. Well, after doing some research myself, I have learned over the past several years, there have been over tens of thousands of studies performed on the subject of the healing power of essential oils. Guess what they found...yep, it's true! Here are just a few of the results:



- **Frankincense Superior to Chemotherapy in Killing Late-Stage Ovarian Cancer Cells**

Source: <http://www.greenmedinfo.com/blog/frankincense-superior-chemotherapy-killing-late-stage-ovarian-cancer-cells>

- **Lavender Aromatherapy Proven to Calm Premenstrual Emotions**

Source: <http://www.greenmedinfo.com/blog/lavender-aromatherapy-proven-calm-premenstrual-emotions>

- **Peppermint has 15 proven health benefits**

Source: <http://www.greenmedinfo.com/blog/power-peppermint-15-health-benefits-revealed>

- **Natural Ear Infection Alternatives to Antibiotics Proven Safer and More Effective**

Source: <http://www.greenmedinfo.com/blog/natural-ear-infection-alternatives-antibiotics-proven-safer-and-more-effective>

- **Clove oil tested to be the most effective repellent against mosquitos**

Source: <http://www.greenmedinfo.com/article/clove-was-determined-be-most-effective-repellent-against-mosquitos-38-essential-oils-tested>

- **Cinnamon verum bark has the highest antimicrobial activity, particularly against antibiotic resistant strains.**

Source: <http://www.greenmedinfo.com/article/cinnamon-verum-bark-has-highest-antimicrobial-activity-particularly-against-antibiotic>

So if you prefer to go the natural route when caring for you and your family's health, start using your new diffuser today.

Browse through this chart to learn more about the holistic benefits of some of the most common essential oils used today. I'm sure you can find a few that will benefit you and your family as well!

Essential Oil	Physical Benefit	Emotional Benefit
Angelica root	Dull skin, gout, psoriasis, toxin build-up, water retention	Exhaustion, nervousness and stress
Anise	Bronchitis, colds, coughs, flatulence, flu, muscle aches, rheumatism	Depression
Basil	Bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism and sinusitis.	Fatigue, exhaustion, burnout, memory and concentration
Bay	Dandruff, hair care, neuralgia, oily skin, poor circulation, sprains and strains.	Emotional exhaustion and fatigue
Bay laurel	Amenorrhea, colds, flu, loss of appetite, tonsillitis.	Confidence, mental confusion
Benzoin	Arthritis, bronchitis, chapped skin, coughing, laryngitis	Insecurity
Bergamot	Acne, abscesses, anxiety, boils, cold sores, cystitis, halitosis, itching, loss of appetite, oily skin, psoriasis	Anger, anxiety, confidence, depression, stress, fatigue, fear, peace, happiness, insecurity and loneliness.
Bois de rose (Rosewood)	Acne, colds, dry skin, dull skin, fever, flu, frigidity, headache, oily skin, scars, sensitive skin, stress, stretch marks	Depression, emotional imbalance
Cajeput	Asthma, bronchitis, coughs, muscle aches, oily skin, rheumatism, sinusitis, sore throat and spots.	Fatigue, mental confusion
Cardamom	Appetite loss of, colic, halitosis.	Fatigue, stress, shame, guilt
Carrot seed	Eczema, gout, mature skin, toxin build-up, water retention	Anxiety, confusion, exhaustion, mood swings and stress
Cedarwood Atlas	Acne, arthritis, bronchitis, coughing, cystitis, dandruff and dermatitis.	Anxiety, fear, insecurity and stress.

Cedarwood	Acne, arthritis, bronchitis, coughs, cystitis, dandruff, dermatitis, insect repellent, stress	Anxiety, fear and insecurity
German chamomile	Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, rheumatism, sores, sprains, strains, wounds.	Anger, anxiety, depression, fear, irritability, loneliness, PMS and stress.
Roman Chamomile	Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, wounds.	Anger, anxiety, depression, fear, irritability, loneliness, insomnia and stress.
Cinnamon	Constipation, exhaustion, flatulence, lice, low blood pressure, rheumatism, scabies.	Concentration, emotional and mental fatigue
Citronella	Excessive perspiration, fatigue, headache, insect repellent, oily skin	Mind fog, tension
Clary sage	Amenorrhea, asthma, coughing, gas, labour pains, sore throat.	Anxiety, fatigue, exhaustion, fear, loneliness and stress
Clove bud	Arthritis, asthma, bronchitis, immune system, rheumatism, sprains, toothache	Memory and concentration, fatigue, depression
Coriander	Aches, arthritis, colic, gout, indigestion, nausea, rheumatism	Fatigue, irritation
Cypress	Excessive perspiration, haemorrhoids, oily skin, rheumatism, varicose veins.	Confidence, grief, memory and concentration
Elemi	Bronchitis, catarrh, extreme coughing, mature skin, scars, stress, wounds.	Agitation, grief
Eucalyptus Globulous	Arthritis, bronchitis, catarrh, cold sores, colds, coughing, fever, flu, poor circulation, sinusitis.	Concentration, memory
Fennel	Bruises, cellulite, flatulence, gums, halitosis, mouth,	Fatigue, emotional imbalance

	nausea, obesity, toxin build-up, water retention	
Frankincense	Anxiety, asthma, bronchitis, extreme coughing, scars and stretch marks	Anxiety, depression, fatigue exhaustion and burnout, fear, grief, happiness and peace, insecurity, loneliness, panic and panic attacks and stress
Galbanum	Immune system abscesses, acne, boils, bronchitis, cuts, lice, mature skin, muscle aches, poor circulation, rheumatism, scars, sores, stretch marks, wounds	Emotional rigidity, mood swings, nervousness and stress
Geranium	Acne, cellulite, dull skin, lice, menopause, oily skin.	Anxiety, depression, happiness, mood imbalance and stress
Ginger	Aching muscles, arthritis, nausea, poor circulation	fatigue exhaustion and burnout
Grapefruit	Cellulite, dull skin, toxin build-up, water retention.	Confidence, fear depression, happiness and peace, and stress
Helichrysum	Abscesses, acne, boils, burns, cuts, dermatitis, eczema, irritated skin, wounds	Grief, loneliness, panic and panic attacks, shock
Hyssop	Bruises, coughing, sore throat, respiratory system	Concentration, nervousness
Jasmine	Dry skin, labour pains, sensitive skin.	Stress, depression, fear, fatigue exhaustion and burnout, confidence and anger
Juniper berry	Cellulite, gout, haemorrhoids, obesity, rheumatism, toxin build-up, urinary system	Agitation, negative energy
Lavender	Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labour pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, whooping cough	Anxiety, depression, irritability, panic attacks and stress
Lemon	Athlete's foot, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts	Fear happiness and peace, memory and concentration
Lemongrass	Acne, athlete's foot, digestion, excessive perspiration,	Fatigue and mental confusion

	flatulence, insect repellent, muscle aches, oily skin, scabies, stress	
Linden blossom	Headache, migraine, Acne, dull skin, oily skin, scars, spots, wrinkles.	Insomnia, stress, tension
Marjoram	Aching muscles, arthritis, cramps, migraine, neuralgia, rheumatism, spasm, sprains	Mood swings, PMS symptoms, stress
Melissa	Flu, indigestion, herpes, nausea, shingles and cold sores	Agitation, anxiety, dementia, nervous tension
Myrrh	Amenorrhea, athlete's foot, bronchitis, chapped skin, gums, halitosis, itching, ringworm	Emotional imbalance, creativity
Myrtle	Acne, asthma, coughs, haemorrhoids, irritated skin	Addiction and self destructive behaviour, depression
Neroli	Mature skin, oily skin, scars, stretch marks	Anxiety, depression, anger, irritability, panic attacks and stress
Niaouli	Acne, bronchitis, colds, coughs, dull skin, oily skin, sore throat, whooping cough	Concentration and mental fog
Nutmeg	Arthritis, constipation, muscle aches, nausea, neuralgia, poor circulation, rheumatism and slow digestion.	Mental fatigue
Bitter orange	Colds, constipation, dull skin, flatulence, flu, gums, mouth, slow digestion,	Anger, confidence, depression, fear, happiness, peace and stress
Oregano	Coughs, digestion, respiration	Insecurity
Parsley	Congestion, digestion, diuretic, immune system, kidney infections and stones	Frigidity
Patchouli	Acne, cellulite, chapped skin, dandruff, dermatitis, eczema, mature skin, oily skin.	Fatigue, frigidity exhaustion and stress
Black pepper	Aching muscles, arthritis, detox, constipation, muscle cramps, poor circulation, sluggish digestion.	Anxiety, fatigue, concentration
Peppermint	Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies, sinusitis, vertigo	fatigue exhaustion and burnout, memory and concentration

Petitgrain	Rapid heartbeat, insomnia	Anxiety, panic
Pine	Colds, congestion, cough, flu, lungs sinusitis	Depression, fatigue, nervous exhaustion
Rose	Eczema, mature skin	Anger, anxiety, , frigidity, depression grief, menopause, happiness and peace, loneliness, panic and panic attacks and stress
Rosemary	Aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation= and rheumatism.	fatigue exhaustion and burnout, confidence, memory and concentration
Sandalwood	Bronchitis, chapped and dry skin, laryngitis, oily skin, strep throat, urinary tract problems	Anxiety, depression, exhaustion and burnout, fear, grief, irritability and stress
Spearmint	Asthma, exhaustion, flatulence, headache, nausea, scabies.	Depression, mental fatigue
Thyme	Arthritis, bronchitis, candida, cuts, dermatitis, gastritis, laryngitis	Concentration and memory
Vetiver	Acne, arthritis, muscular aches, oily skin, rheumatism	Anger, anxiety, exhaustion, insomnia, fear, grief, insecurity and stress
Violet leaf	Bronchitis, insomnia, liver congestion, sluggish circulation, problem skin	Fear, nostalgia, obsession, shyness
Yarrow	Acne, arthritis, inflammation, hair care, hypertension, insomnia	Insomnia, stress and tension
Ylang Ylang	Hypertension, menopause and PMS symptoms, palpitations	Anger, depression, frigidity, mood swings, PMS, stress

Let's Make Some Blends!

Now that you know the benefits of all the essential oils, let's put them together and make some blends! Below you will find the combinations for making some of the most popular blends sold today for your essential oil diffuser.



Sleep Blend

1 drop lavender
1 drop sweet marjoram
2 drops roman chamomile

Calming Blend

3 drops lavender
3 drops lime
3 drops mandarin

Headache Relief

1-2 drops marjoram
1-2 drops thyme
1-2 drops rosemary
1-2 drops peppermint
1-2 drops lavender

Immune Booster Blend

2 drops rosemary
2 drops clove
2 drop eucalyptus
2 drops cinnamon
2 drops wild orange

Rise and Shine Blend

4 drops wild orange
4 drops peppermint

Breathe Easier Blend

4 drops eucalyptus
4 drops peppermint

Energize Me Blend

3 drops rosemary
3 drops peppermint
3 drops lemon

Get Focused Blend

2 drops cinnamon
2 drops peppermint
1 drop rosemary

Blends con't

Respiratory Support Blend

1 drop lemon
1 drop eucalyptus
2 drops peppermint
1 drop rosemary

Bliss Blend

3 drops wild orange
3 drops grapefruit
2 drops lemon
2 drop bergamot

Fresh Air Blend

3 drops melaleuca
3 drops lemon
3 drops lime

Be Happy Blend

3 drops bergamot
2 drops geranium
3 drops lavender

Bug Repellent Blend

1 drop lemongrass
1 drop thyme
1 drop eucalyptus
1 drop basil

Wind Down Blend

4 drops lavender
2 drops cedarwood
2 drops wild orange
1 drop ylang ylang

Odor Eliminator Blend

2 drops lemon
1 drop melaleuca
1 drop cilantro
1 drop lime

Your Spirit Space Products

Diffusers

Large Cherry



Small Cherry



Blue Marble



Your Spirit Space



Tapestries

Rainbow Elephant



Brown Elephant



Orange Tree of Life



Green Tree of Life

