



Using Therapeutic Essential Oils and Aromatherapy

"Researchers have found that the quickest and safest way to change a mood, is with the sense of smell." Our Essential Oils combined with Jojoba Oil works in two ways:

Using our Organic Jojoba Oil our favorite carrier with single note/blends topically to the skin and breathe in the transforming aroma. When inhaled, the component molecules within the essential oils stimulate the olfactory nerve, affecting the limbic center of the brain and respiratory system.

Topically, **Jojoba oil** is similar to sebum, which is secreted by human sebaceous glands to lubricate and protect skin and hair. The essential oil molecules then easily pass through the dermas of the skin to the lymph and capillary system, especially when the skin is dry.

- 1.) When sebum production decreases due to age, pollutants, or environmental stresses, jojoba oil can be used to replicate sebum oil.
- 2.) Jojoba oil can accumulate around hair roots, thereby conditioning hair and preventing it from becoming brittle and dull.
- 3.) If there is too much sebum buildup on the scalp, it dissolves and removes the sebum, leaving the hair clean.

General Rule: Mix 1oz to 10 drops of essential oils.

Options for Use

- * Smooth oil and favorite scents onto clean damp body after bathing! A transforming aroma for an overall sense of well-being and restoration.
- * Add to bath water
- * Run a small amount through dry hair to condition, smooth and shine
- * Treatment: Add a small amount to wet hair and scalp. Shampoo and Rinse.
- * Perfume!

Learn more about Essential Oils and their benefits at www.KasiaOrganicSalon.com

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