



SUBTIL ACADEMY • ARN

Using Essential Oils

Choosing the right way to use them

A beginner's foundation for safe, confident essential oil use.



THE BASICS

A fatty, volatile liquid



The olfactory bulb identifies the impression and tells you whether the smell is **pleasant** — or not.



THE BASICS

Our sense of smell

10,000×

more precise than all our other senses combined —
sensitive to over 10,000 different compounds.

Faster than sight or sound

A scent reaches the brain more quickly than anything you see
or hear — which is why aromas act on mood almost instantly.



THE BASICS

What does the olfactory bulb do?

Olfactory bulb



Thalamus



Neocortex



Hypothalamus



Limbic system



The limbic system governs our most primitive, instinctive responses.

- Olfactory signals trigger emotions and behaviors
- They are responsible for hormonal regulation
- That regulation is itself controlled by the pituitary gland



THE BASICS

What to remember about EO olfaction



Neurochemical effect

Breathing in an EO can stimulate the brain to produce neurotransmitters essential to wellbeing, such as serotonin and dopamine.



Mood, then immunity

This explains aromatherapy's positive effect on low mood and mood disorders — with a direct knock-on impact on the nervous system, and therefore on immune quality.



APPLICATION

Ways of applying essential oils



“The skin's lipid film acts as a carrier all the way into the bloodstream.”

Applying oils to the skin is the base method of application in holistic aromatherapy — simple, effective, and the starting point for everything that follows.



APPLICATION

Essential oils that don't irritate the skin



Gentle on skin

- True lavender (*Lavandula angustifolia*)
- Spike lavender (*Lavandula latifolia*)
- Geranium (*Pelargonium*)
- Sandalwood (*Santalum album*)
- Tea tree (*Melaleuca alternifolia*)
- Manuka (*Leptospermum scoparium*)



A few drops act fast for:

- Headaches and insect bites
- Minor skin problems and burns
- Sore throats and nausea
- Premenstrual discomfort
- Early signs of cystitis or a fungal infection
- A dip in mood



APPLICATION

Good ways to administer EO's



Compress



Inhalation



Diffusion



Bath



Sitz bath



Pessary / suppository



Mouth rinse



Local application



Full-body massage



Oral administration: reserved for treating the stomach in cases of microbial infection only.



The compress



Cold compress

- Sprains and swelling
- Bruises and fever
- Headaches
- Any “hot” inflammation



Hot compress

- Menstrual pain
- Boils and abscesses
- Cystitis
- Toothaches and muscle pain

How to make one

- Pour cold or hot water into a bowl and add 1–2 drops of essential oil.
- Lay a cloth on the water's surface, gather it up, wring it out, and apply where needed.



Inhalation



When to use it

- Colds and sinusitis
- Coughs and a stuffy nose
- Allergic rhinitis



How to use it

- Pour about half a litre of hot water into a bowl.
- Add 2–3 drops of EO (depending on strength).
- Lean over the bowl under a towel and inhale the vapor for 5–10 minutes.



Diffusion



What it's good for

- Brightening a room
- Clearing stubborn odors
- Repelling insects
- Purifying the air



How to use it

- The number of drops depends on the type of diffuser used — check its instructions.
- Run in short sessions rather than continuously in occupied rooms.



The bath



What it's good for

- Releasing tension and muscle pain
- Warming up after a chill
- Detoxifying tissues
- Promoting sleep



How to use it

- Add a maximum of about ten drops of EO to a full bathtub.
- Dilute first in a dispersing base — a bath dispersant, a neutral bubble bath, or a glass of whole milk.



The detox bath



What it does

- Stimulates the elimination of metabolic waste
- Creates an electrical field that helps neutralize excess electrical charge in the body



How to use it

- Add Epsom salts to the bath water.
- Add your essential oils on top, diluted in a dispersing base as usual.



The sitz bath



What it's good for

- Constipation
- Hemorrhoids
- Vaginal fungal infections



How to use it

- Add 2–3 drops of EO to a basin of hot water.
- Baking soda can be added, but isn't required.



The pessary or suppository



What each one is for

- Pessary: treats the vaginal mucosa and reaches the cervix — for local fungal, bacterial, and viral infections.
- Suppository: acts on the anus, rectum, and colon, using the rectum's rich blood supply for fast EO absorption.



How to make one

- Blend the oils for local application into coconut oil.
- Pour into molds and let set in the cold.



APPLICATION METHODS

Mouth rinse



What it's good for

- Soothing a sore throat
- Freshening breath and reducing certain bacteria



How to use it

- Add 4–6 drops of EO to half a litre of water and shake well.
- Rinse and gargle, then spit the water out — don't swallow.



APPLICATION

Essential oils on the skin



“Touch is the ideal way to practice holistic aromatherapy.”

- The skin is an excellent carrier for essential oils.
- It removes the usage restrictions that apply to children and pregnant women elsewhere.



APPLICATION

Blending and applying essential oils



Ask yourself

- Do I need relief right away?
- Should it act both physically and emotionally?
- Am I looking for a subtle, long-term effect?



Then choose

- Immediate relief: a one-off local application
- Holistic effect: repeated local application
- Long-term effect: local or general treatment repeated over several weeks
- Daily prevention: a small local application, every day



INTENSIVE USE

Aromatic care: the intensive protocol

Day 1

Up to 6 applications per hour



Following days

Frequency is gradually reduced

Purpose: get as much EO into the body as possible during an acute, viral episode.

Typical uses:

Flu, throat infections, pain, infections, low mood, stage fright, indigestion, trauma, and similar acute episodes.



LONG-TERM USE

The deep, long-term treatment

1–3× daily

for months — sometimes years

Works on the underlying terrain of a chronic condition, rather than a single flare-up.

Candidiasis

Asthma

Diabetes

Obesity

Autism spectrum

Fibromyalgia

Arthritis



BLENDING

Knowing how to blend oils together

Denser oils are used in smaller amounts than light, fluid oils. Dilution ratios help you dose essential oils correctly relative to one another.

Oil	Ratio
Vetiver	1
Cardamom	1
Peppermint	2
Ylang ylang	3
Mandarin	6
Black pepper	7
Bergamot	12



Example blend

- For a total of 5 drops: 1 vetiver + 4 bergamot
- Or: 1 cardamom + 4 mandarin

Ratios shown are relative parts within a single blend — not drop-for-drop dosing instructions.



SAFETY RULES

Dilution rules in a vegetable base

Age group	Topical application	Full-body massage
0 – 3 years	2 drops / 5 ml base	1 drop / 5 ml base
3 – 10 years	3 drops / 5 ml base	2 drops / 5 ml base
Over 10 years	5 drops / 5 ml base	10 drops / 20 ml base



Always dilute in a vegetable base for children and for full-body use — never apply undiluted EO directly for these applications.



Vegetable base oils

- Sweet almond oil
- Apricot kernel oil
- Macadamia oil
- Borage oil
- Grapeseed oil
- Aloe vera gel
- Jojoba
- Calophyllum (tamanu)
- Wheat germ oil
- Avocado oil
- Peach kernel oil
- Arnica
- St. John's Wort
- Calendula



YOUR NEXT STEPS

All that's left is to...

- Get to know essential oils well
- Identify your own needs
- Practice often
- Notice that it works
- Build your confidence

Keep going with Subtil Academy

Use the resources shared with you inside the ARN platform, and bring your questions to your coaching sessions.