



## Utama Spice Reveals Five Ways That People Use Diffusers

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Ubud based Utama Spice Bali enumerates five ways people that people can use diffusers. They also list down a number of home and health benefits of using essential oil infused diffusers.

?Diffusers are a great way of dispersing beneficial essential oils into the air. For many years now, aromatherapists have been using them to cleanse the air and promote more relaxing and healthier living spaces. Using diffusers also enable you to enjoy the natural benefits of essential oils with very minimal side effects because you get to control the duration and concentration of the oils that are dispersed into the air,? says Ria Templer from Utama Spice Bali. She encourages residents of Denpasar, Tabanan, Kabupaten Badung, and the surrounding areas to visit their Batu Belig shop to see their diffusers, as well as their wide variety of natural essential oils.

Meanwhile, Templer also explains that essential oil diffusers provide a number of health benefits aside from being used for aesthetic and therapeutic purposes. Firstly, she states that many people use essential oil diffusers primarily promote better sleep. ?Using essential oils such as lavender, bergamot, and sandalwood stimulates the brain to release the hormones dopamine and serotonin, leading to a more peaceful, relaxing,

and quality sleep," says Templer. Studies have also shown that diffusing essential oils 20-30 minutes before bedtime can dramatically improve the body's sleep cycle as well as address a number of sleep related issues, including insomnia, anxiety, and stress.

Templer further explains that using diffusers infused with essential oils can also help improve respiratory health. "Many essential oils, such as lemon, lavender, tea tree, and eucalyptus can improve inflammation of respiratory tracts, boost the body's immune system, and help to eliminate communicable diseases such as cold and cough. These oils are also capable of providing relief for asthma, help expel phlegm, and loosen the airways for improved breathing," she said.

Next, as seen on diffuser videos on Utama Spice Bali's official YouTube channel, many people also use essential oil diffusers to repel insects and bugs. The company explains that many bugs cannot tolerate the aroma of essential oils, which makes them a good alternative to chemical based insecticides. "Various types of essential oils, including peppermint, lavender, cinnamon, and cedarwood are great at helping to eliminate insect related problems," says Templer. The US Environmental Protection Agency also considers essential oil from citronella grass to be a biopesticide, which means it's a natural "nontoxic mode of action" against potentially harmful insects like mosquitoes.

In addition, independent research shows that inhaling essential oils such as basil, rosemary, cypress, lemon, and lavender helps improve focus and promotes deep concentration.

Highly concentrated oils like frankincense and sandalwood are also known to increase oxygen and blood flow in the pineal, pituitary, and hypothalamus glands, which help improve memory, focus, cognitive function, and overall mental health. In addition, a study from the Journal of the International Society of Sports Nutrition states that essential oil from peppermint increases brain oxygen concentration, improves exercise performance, and reduces exhaustion in healthy male athletes who consumed peppermint oil with water for 10 days.

Notably, Templer also points out that diffusing essential oils supports emotional health. She explains that the calming effect that essential oils provide creates a more relaxing and peaceful environment. "Essential oils can help you de-stress and feel energised, as well as mitigate anger and negative emotions," she said. In fact, a pilot study published in *Complementary Therapies in Clinical Practice* shows that the use of aromatherapy as a complementary therapy helps to reduce anxiety and depression in postpartum women.

Templer confirms that Utama Spice Bali offers a variety of essential oil based products, including deodorant, facial wash, lotions, moisturizers, scrubs, masks, shampoo, shower products, diffusers, and 100% essential oils. Many of their customers recommend their products for being all-natural and environmental friendly. "At Utama Spice, we take pride in developing and producing every aspect of our all-natural skincare products.

From picking the ingredients for our lip balms to mixing our own bases, everything we do is to ensure the highest quality and purest product,? asserts Templer.

More information about Utama Spice Bali can be found on their website. Interested parties may also connect with them through their official social media pages on Facebook, Instagram and YouTube to learn more about their latest news and important announcements.

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## Utama Spice

*Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.*

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