



Utama Spice Displays Aromatherapy Diffuser Insights

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Utama Spice, based in Ubud, Bali, Indonesia, has announced an upcoming four part Utama Spice blog article series on aromatherapy diffuser technology. This series is designed to address the lack of clarity in the marketplace regarding diffusers in general, and their role in effective aromatherapy modalities. These articles will provide insights into the uses of diffuser technologies.

Ria Templer, spokesperson for Utama Spice, says, "There's a lot of information out there about essential oils, aromatherapy, and diffusers, so we wanted to put it all together for you in one, straightforward, easy-to-read guide. We'll include some of the best benefits, tell you a little about the practice of aromatherapy, uncover the different kinds of diffusers and tell you which one's our favorite and why."

In one of these articles, the various essential oil benefits are discussed. These include stress relief; improved sleep; relief for headaches and migraines; pain relief; creation of a healthy environment by killing mold and bacteria; boosting of the immune system and fighting off colds and flu; detoxification for the skin, hair and organs; control of appetite and support for digestion; improved lung and respiratory health; increase in energy; improvement of memory, cognitive function, and concentration; repelling of insects; balancing of emotional health and hormone levels; and elimination of odor and functioning as an air freshener.

Meanwhile, those in Indonesia may learn more about these topics in person at one of the Utama Spice locations, for example, the Batu Belig store offers the essential oils needed for diffusers. Indeed, aromatherapy and oils have been used as far back as thousands of years ago in some ancient civilizations like the Indians, Mesopotamians, Greeks, Egyptians, Chinese, and Romans. Aromatherapy is a kind of holistic, alternative medicine that is based on the therapeutic properties of plants and essential oils, particularly their aroma.

With the advent of new technology, essential oil diffusers have been developed. There are different kinds of diffusing systems, such as the heat diffuser, evaporative diffuser, ultrasonic diffuser, and nebulizing diffuser. The heat diffuser uses heat to evaporate the oil into the air. The heat could come from electric heaters or from a candle. The most common form of the heat diffuser is the electric heat diffuser. The simplest is the candle warmer, which anybody can use at home. Meanwhile, there is also the lamp ring diffuser in which the essential oil is placed near light bulb to heat up the oil and disperse it.

The evaporative essential oil diffusers do not use heat. Instead, the essential oils are placed in something that is highly absorbent like a wick or a pad so that the essential oil can diffuse simply by evaporating into the air. Many of these diffusers have a fan to boost circulation and evaporation in a controlled manner.

In ultrasonic diffusers, water is placed in a small reservoir along with the essential oil or oils. A small disc under the reservoir is then made to vibrate at ultrasonic frequencies, which breaks down the essential oils into tiny particles, dispersing these particles with the water in a thin mist. Because it does not use heat, the mist is cool and refreshing as it is dispersed throughout the room.

Meanwhile, the nebulizing diffusers also don't use heat. They are different from ultrasonic diffusers in that they don't use water. Pure essential oils are used and the nebulizing diffusers make use of cool, pressurized air to blow the essential oils into an atomizer, which breaks down the oil molecules into very fine particles that are then dispersed into the air as a mist. It is believed that the nebulizing diffuser is the best type of diffuser because it uses undiluted essential oils for aromatherapy, allowing for better absorption in the lungs, skin, and also surfaces that need to be disinfected.

In the other blog posts and articles, Utama Spice focuses on specific essential oils. In one article, it focuses on rosemary essential oil. Rosemary oil has seven important benefits, which include stress relief; improved brain function; prevention or elimination of cold and flu; increase in circulation; reduction of pain and joint inflammation; use as air freshener; and use as bug repellent.

People who would like to know more about diffusers, aromatherapy and essential oils can visit the Utama Spice media page or their website, or contact them by email or by phone.

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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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