



Mudbrick Herb Cottage: How To Use Essential Oils

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Mudgeeraba, Queensland-based Mudbrick Herb Cottage has published a new guide on how to use essential oils. Mudbrick Herb Cottage is the perfect choice for those who prefer to live a more herbal and natural life, offering over 400+ varieties of healthy herb plants and hundreds of spices, teas, medicinals and oils that are hard-to-find in Australia. Learn more at their website: <https://www.herbcottage.com.au/>.

As Mudbrick Herb Cottage explains, there are over a 100 different essential oils, each boasting their own benefits ? some physical, some mental, and some emotional. These benefits can include anti-inflammatory properties, insomnia management, anxiety and depression relief, and more. However, with so many varieties to choose from and different application methods for each, those interested in essential oils may be wondering what the best way to utilize them is.

To maximize the benefits of essential oils, users must know how to use essential oils topically, via diffusion and inhalation, and other methods around their home. ?Essential oils are highly-concentrated and affect everyone differently. It's important to begin by using a small dose and observing how your body responds,? says Deby Atterby, Editor of Aromatherapy Today International Journal.

As explained by Mudbrick Herb Cottage, essential oils are made through a steam distillation process whereby steam is used to pull aromatic oils from plants and package them in bottles. Once extracted in such a manner, the result is a highly concentrated oil, so a little can go a long way. As these oils are so concentrated, if they are used in large quantities or if they are used on their own, they can cause irritation and other adverse reactions. For the best results, users must dilute essential oils with a carrier oil when applying to their skin in order to avoid adverse side effects. Common carrier oils include coconut, olive, jojoba, argon, and sweet almond oil.

While topical application is a way to use essential oils, it is not the only way. Depending on the essential oil, they might also be meant to be ingested or inhaled. Mudbrick Herb Cottage insists that users properly understand how to use essential oils for each case, whether this involves treating allergies, relieving headaches, or any other application.

For topical use, Mudbrick Herb Cottage recommends that users patch test their chosen carrier oil on a small region of skin and wait 24 hours. This can help identify any potential allergies or other adverse reactions. Should there be no redness, inflammation, or acne around the area, they can proceed with making the essential oil mixture. The recommended concentration for essential oils is 3% (or roughly three drops of essential oil per teaspoon of carrier oil).

Diffusers can also be used as a delivery method for essential oils. They break essential oils down into small molecules and disperse them into the air with a natural fragrance. It is important to check the instructions on the diffuser before adding any type of oil, however, because some diffusers may not be compatible with oils. In such cases, water will be used in place of the carrier oil to avoid damaging the heating element or diffuser. Similar to diffusers, humidifiers can also be used to disperse essential oils into the air, but they also require a water-based essential oil mixture.

It is recommended that users check the instructions on the oil bottle to make sure that it is safe for inhalation. There are many more ways through which essential oils can be delivered, and the full blog post on Mudbrick Herb Cottage's website has more information on this topic: <https://www.herbcottage.com.au/blogs/aromatherapy/how-to-use-essential-oils>.

Mudbrick Herb Cottage has built a dedicated community, every member of which has proven to be extremely pleased with the products and services they provide. Carly Evans writes in a review, "I've ordered essential oils and dried botanicals from Mudbrick Cottage three times now. Everything I have received has been top quality, packaged well and has arrived so quickly. I am so grateful to have stumbled across their website!?"

Anyone interested in learning more about Mudbrick Herb Cottage should visit their website for more information about the company itself and their range of herbs, spices, teas, medicinals, and oils. Bart Nanka of Mudbrick Herb Cottage encourages interested parties to get in touch with them via phone or email for any questions or clarifications. Mudbrick Herb Cottage also maintains a social media presence on Facebook and Instagram.

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For more information about Mudbrick Herb Cottage, contact the company here: Mudbrick Herb Cottage Bart Nanka +61 475508639 bartnanka@hey.com 491 Gold Coast Springbrook Rd, Mudgeeraba, 4213 QLD

Mudbrick Herb Cottage

This family-owned brand is Australia's top seller of organically grown herb plants, dried herbs, herb tea, essential oils, and herbal skincare.

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