



Aroma Baths at Home — Instructions for Beginners

Mini-brochure: safety first, dilution chart, equipment & setup, base options, starter recipes, timing & temperature, routine builder, mistakes & fixes, contraindications, aftercare.

Safety First (read before starting)

- Essential oils are potent. ****Do not**** use undiluted on skin; disperse in ****milk, honey, or carrier oil**** before adding to bath.
- Avoid hot tubs/jacuzzis with oils. Rinse tub afterward — oils make surfaces slippery.
- Pregnancy, asthma, epilepsy, cardiovascular disease, very sensitive skin — ****consult a clinician****; or skip oils and use plain salts.

Dilution Chart (standard bathtub ≈ 150-200 L)

User	Drops of essential oil	Disperser (pick one)	Notes
Healthy adult	4-8 drops total	1 tbsp milk/cream or 1 tbsp honey or 1 tbsp carrier oil	Start with 4 drops; increase if comfortable.
Sensitive skin	2-4 drops total	same as above	Patch-test; avoid hot water & strong oils.
Teen (12-16)	1-3 drops total	same as above	Use mild oils (lavender, chamomile) only.

Equipment & Setup

- Towel, bath mat (non-slip), small bowl/cup for mixing, timer, water bottle/tea.
- Phone on ****Do Not Disturb****; warm room; dim light/candle.

Base Options (choose one for dispersing oils)

Base	Portion	Why
Whole milk/cream	1-2 tbsp	emulsifies oils; leaves skin soft
Honey	1 tbsp (mix with hot water first)	mixes and adds humectant effect
Carrier oil (almond, jojoba)	1 tbsp	dilutes oils; moisturises (may leave tub slippery)
Unscented bath salt	1-2 handfuls	relaxes muscles; no fragrance added

Starter Recipes (mix with base first; then add to running water)

Goal	Blend (drops)	Good with
Unwind	Lavender 4 + Chamomile 2	milk or honey
Refresh	Lemon 3 + Peppermint 2 + Eucalyptus 1	milk (avoid eyes)
Comfort	Vanilla oleoresin 2 + Sandalwood 2 + Orange 2	milk or oil



Breathe-easy (shower steam)	Eucalyptus 2 + Peppermint 1 (bowl steam, not bath)	steam bowl; inhale 2–3 min
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Timing & Temperature

- Water: ****warm, not hot**** ($\approx 36\text{--}38\text{ }^{\circ}\text{C}$ / $97\text{--}100\text{ }^{\circ}\text{F}$).
- Time: 10–20 minutes; finish if you feel dizzy or flushed.
- Evening baths aid sleep; morning ‘refresh’ blends are brief (8–10 min).

Routine Builder (simple flow)

1. Mix drops with chosen base in a small cup.
2. Start water; pour mix under the stream for even dispersion.
3. Soak; breathe slowly (4-7-8). Add calm music/dim light.
4. Rinse lightly if oily base used; pat dry; moisturise within 3 minutes.

Common Mistakes (and quick fixes)

- Dropping oils straight into bath. Fix: always ****disperse first**** in milk/honey/oil.
- Too many drops → irritation. Fix: start low (4 drops) and observe skin response.
- Very hot water. Fix: lower to warm — hot water increases irritation and dizziness.

Contraindications & Cautions

- Pregnancy/breast-feeding, uncontrolled hypertension, cardiovascular disease — consult a clinician; avoid stimulating oils (peppermint, rosemary).
- Asthma/migraine: test briefly or avoid strong menthol/citrus; ventilate well.
- Pets/children: minimal diffusion; store oils locked away.

Aftercare — Keep the Calm

- Hydrate with water/tea; small light snack if needed.
- Moisturiser/oil on damp skin; comfy robe and 20–30 min of low light to extend effect.



Scan the QR to open the full beginner guide with ideas and cautions.