

## Method of Application

<b><u>Method</u></b>	<b><u>Procedure</u></b>	<b><u>Dosage</u></b>	<b><u>Benefits</u></b>
Massage	Use a massage couch and cover the person with towels, exposing areas one at a time. Massage up to 90 minutes	7-10 drops (1.5-2%) in 25ml (1 fl. Oz.) of carrier oil, for a complete massage (adult dose)	Benefits physical and psychological problems. Good for muscular fatigue and aching, nervous tension, and anxiety.
Ointments and Creams	These require a cream base, preferably made from cold-pressed vegetable oil. Apart from essential oil, one may add wheat-germ and herbal oils such as calendula and hypericum at 10-20%	5-20 drops (.5-2%) in a 50g (20oz.) jar or tub	Higher dose of 2% may be applied to bruises, sprains, painful joints, and the chest and back for respiratory ailments. Lower dose of .5% is for sensitive or inflamed skin.
Compress	Add essential oil to a bowl of either hot or cold water; place a cloth on the water and wring out; apply to affected area for 5 mins. Repeat 2 – 4 times.	3 – 5 drops in a 6-liter (one-pint) bowl of water	Hot compresses are suitable for cold conditions characterized by a fixed, cramping pain, worse in cold weather. Cold ones are for hot, swollen conditions, and pains of a “burning” nature
Steam inhalation	Add essential oil to a bowl of boiled water. Draping a towel over the head, breathe in the steam for 1 – 2 minutes only. Repeat 2 – 4 times.	2 – 3 drops in a 6-liter (one-pint) bowl of water	Effective for respiratory complaints, including: bronchial and sinus congestion; coughs and bronchitis; and sore throats, colds and influenza.
Bath	Add essential oil to a very warm bath water, vigorously stirring in the drops to ensure full and safe dispersal. Allow time for a good, relaxing soak.	4-6 drops (adult) 3-5 drops (13-16 yrs.) 2-4 drops (10-12 yrs.) 1-3 drops (7-9 yrs.) 1-2 drops (4-6 yrs.) 1 drop ( under 3 yrs.)	The ultimate way to relax. Especially beneficial for nervous tension and tired, sore muscles. For insomnia, bathe in oils such as lavender, orange, and chamomile before going to bed.
Vaporization	Add essential oils to a burner (containing water), or a dish of water that can be safely warmed. Or use an electric nebulizer (without water).	5 – 20 drops in a burner or dish; 20 – 200 in a nebulizer.	A burner is best employed for the psychotherapeutic purposes of mood enhancement and upliftment. A nebulizer is preferable for disinfecting the air and to improve breathing.

# Yin & Yang

<b>Yin</b>	<b>Yang</b>	<b>Yin</b>	<b>Yang</b>
Yin and Yang in Nature		Energetic Functions of Yin & Yang	
Material Substantial Matter Stasis Condensation Centripetal movement Descending Darkness Cold Moisture Space	Immaterial Non-substantial Energy Movement Expansion Centrifugal movement Ascending Light Warmth Dryness Time	Calming Inhibiting Cooling Absorbing Storing Generating Moistening	Energizing Stimulating Warming Transforming Transporting Eliminating Protecting
Yin and Yang in the body		Psychological aspects of Yin and Yang	
Structure Inferior Anterior Medial Interior Nutritive-Qi Blood & body fluids Essence (Jing)	Function Superior Posterior Lateral Exterior Defensive-Qi Qi Mind (Shen)	Feeling Impression Sensation Intuition Receptive Observant Implicit Yielding Adaptable Spontaneous Serenity Inward security Collective Being	Thinking Analysis Idea Inspiration Expressive Articulate Explicit Assertive Single-minded Structured Excitement Outward confidence Individual Knowing