



Essential Oils

A close-up, profile view of a woman's face, her eyes closed, as she smells a plant. The lighting is warm and soft, highlighting her features. The background is blurred, showing green foliage.

**15
Practical
Tips and
Hacks for
Everyday
Use**



Discover the Versatility of Essential Oils

Whether you're just starting out or seeking new ways to incorporate essential oils into your routine, this guide is packed with creative ideas and clever hacks to help you make the most of these powerful natural extracts.





Ditch Toxins in Your Daily Routine

Conventional products—such as air fresheners, scented candles, bath additives, cleaning products, and cosmetics—often introduce unwanted and harmful chemicals into your environment through inhalation or skin absorption. By choosing natural essential oils, especially 100% pure ones—as many on the market are adulterated—you eliminate that risk, providing a safer, more natural alternative that prioritizes your health and wellbeing.

What you can't see can hurt you—especially when it's synthetic!

Enhance Your Space

Diffusing is one of the most popular and effective ways to enjoy the benefits of essential oils. By adding a few drops of your favourite essential oil to a diffuser, you can easily transform any room to suit your desired mood—whether it's calm and relaxing, energizing, or uplifting. This simple practice not only fills your space with delightful scents, but also creates an atmosphere that enhances your wellbeing and emotional state.

How:

Add a few drops of your favourite essential oil to a diffuser.

Benefit:

Instantly transforms any room, creating a soothing atmosphere that elevates your mood and wellbeing.

Types of Diffusers



Ultrasonic Diffusers

Use water and ultrasonic waves to disperse a fine mist.



Nebulizing Diffuser

Release essential oils without water, offering a more concentrated aroma.

Freshen up with DIY Room Sprays

Create a fresh and inviting atmosphere in your home by making your own natural room sprays with essential oils, ideal for living rooms, kitchens, bathrooms, even cars, and more.



Caution:

Make sure to aim your spray upwards, avoiding direct contact with people, children, animals, clothing, furniture, electronics, or porous surfaces.

Ingredients

- 1 spray bottle
- 1 cup of water
- 10 drops of essential oil or your favourite blend

How:

Combine the ingredients in the spray bottle, shake well, and spray to freshen any room instantly.

Usage Tips:

Shake before each use to ensure the oils are well mixed.

Prevent Germ Spread with Natural Hand Hygiene

Maintaining hand hygiene is essential, and creating your own hand sanitizer with essential oils allows you to customize its ingredients to suit your preferences, while avoiding nasty chemicals found in many commercial products.

Hand-Sanitizer Ingredients

- 60 ml of alcohol: Use a high-proof alcohol such as isopropyl alcohol (99% purity)
- 30 ml of carrier oil: Choose a moisturizing oil like jojoba or almond oil to help prevent skin dryness
- 10 drops of lavender essential oil: Adds a pleasant, calming fragrance
- 6 drops of lemon essential oil: Provides a fresh, uplifting scent
- 5 drops of tea tree essential oil: Contributes a clean, crisp aroma



How:

Mix all ingredients in a spray bottle, shake before use, and apply to hands as needed. Avoid touching your eyes.

Make Eco-Friendly Cleaning Products

Harness the power of essential oils to create your own eco-friendly cleaning solutions and reduce the reliance on chemical commercial cleaning products. These natural cleaners are effective, safe for your home, and leave a pleasant scent behind.



Caution:

Make sure to avoid direct contact with people, children, animals, clothing, electronics, or porous surfaces.

All-Purpose Cleaner Ingredients

- 1 cup of natural liquid soap
- 1 cup of vinegar
- 10–15 drops of essential oils (e.g., tea tree, lemon, lavender)

How:

Combine all ingredients in a spray bottle, shake well, and use to clean surfaces, floors, and more.

DIY Fridge Refreshers

Turn odour control into a cute, crafty project! These solid fridge refreshers look like mini soaps, but they work like natural deodorizing powerhouses. With essential oils and baking soda, they'll leave your fridge smelling clean and fresh.

Fridge-Refresher Ingredients

- 1 cup baking soda
- ½ cup cornstarch
- 2½ tablespoons water
- 10–15 drops of essential oils
- Optional: Natural food colouring, dried herbs, or flower petals



How:

Mix baking soda and cornstarch in a bowl. Add essential oils and water slowly, stirring until the mixture forms a thick, slightly crumbly paste. Spoon mixture into silicone molds and press firmly. Let dry 24–48 hours until completely hardened. Pop out of molds and store in an airtight container until ready to use.

Use: Place one fridge refresher on a small plate or open dish in your fridge or freezer. Replace every 3–4 weeks for continued freshness.

Keep Your Trash Can Smelling Fresh

Easily neutralize odours in your trash can by adding a drop of essential oil onto a cotton ball whenever you change the trash bag. This natural method helps keep unpleasant smells at bay without relying on synthetic air fresheners.



Caution:

Be cautious not to spill essential oils directly onto the trash can to prevent stains.

Trash Can-Freshener Ingredients

- 1 cotton ball
- 5 drop of your favourite essential oil (e.g., lemon, peppermint, or lavender)

How:

Place a drop of essential oil onto the cotton ball and put it at the bottom of your trash can before inserting a new trash bag. Enjoy a cleaner-smelling trash can every time you take out the garbage!

DIY Shoe Freshener

Keep your shoes smelling fresh with a simple essential oil hack! By adding a few drops of your favourite oils to cotton balls, you can create a pleasant fragrance that lasts. Perfect for shoes, boots, or even hockey skates.

Shoe-Freshener Ingredients

- Cotton balls
- 5–10 drops of essential oil (choose your favourite scent)

How:

Add the essential oils to the cotton balls, place them inside your shoes, and leave them overnight. In the morning, your shoes will smell fresh and inviting.



Tip:

This also works great when storing shoes for the off-season—just add the cotton balls to your winter or summer shoes for a pleasant scent when you take them out!

Revitalize Your Feet with a Soothing Foot Bath

Treat your feet to a relaxing and refreshing pedicure experience with a simple foot soak. This easy treatment combines the cleansing power of tea tree oil and honey, perfect for soothing tired feet and even helping with nail fungus.



Tip:

Be sure to wash the bowl thoroughly after use to prevent any buildup of oil or honey.

Foot-Bath Ingredients

- 1 bowl of warm water
- 5–10 drops of tea tree oil
- 1 tablespoon of honey

How:

Mix the tea tree oil and honey into the warm water, then soak your feet for 15-20 minutes.

The natural properties of tea tree oil can help with nail fungus, while honey moisturizes and softens skin.

Personalized Skin Care

Create your own custom-scented body-care oil or cream by combining premium organic care oils or your favourite cream with essential oils to deliver their full benefits to the skin. When added to a carrier oil or cream, essential oils can enhance your daily skin-care routine, leaving your skin feeling soft and rejuvenated.

How:

Mix 3–5 drops of essential oil with 1 tablespoon of a carrier oil, like jojoba or almond, or add it directly to your favourite cream.

Apply:

Gently massage the mixture into your skin using circular motions.

Customize your blend to suit your preferences and enjoy a personalized addition to your daily skin-care routine. Whether you're creating a calming massage oil, an energizing body cream, or a soothing lotion, the possibilities are endless!

Essential Oil Recommendations

Geranium essential oil

Known for its versatility, it blends well with carrier oils and is gentle on the skin.

Clary sage essential oil

A soft, floral option often used in facial blends.

Cedarwood essential oil

Offers a grounding aroma and is suitable for skin when used in low concentrations.

Enjoy Soothing Bath Experiences

Transform your bath into a luxurious and relaxing experience with the addition of essential oils. This simple enhancement can turn an ordinary bath into a spa-like retreat, promoting relaxation and self-care.



Enhancements:

Use subdued lighting and soft music to create a relaxing ambiance.

Essential Oil Bath

- Mix 5–10 drops of essential oil with 1–2 tablespoons of honey
- Stir well until fully blended
- Add the mixture to the running bathwater for even distribution

Mixing essential oils with honey ensures they disperse evenly in the bathwater, preventing the oils from floating on the surface. It also acts as a natural carrier, diluting the essential oils to reduce the risk of skin irritation while still delivering their full benefits.

Natural Bug Repellents

For those looking to avoid chemical bug sprays and prefer a more natural approach, this DIY repellent offers a simple solution.

Bug-Repellent Spray Ingredients

- 1 spray bottle
- 1 cup of water
- 10–15 drops of citronella or preferred repellent essential oil



How:

Mix the ingredients in a spray bottle, shake well, and apply to exposed skin and clothing as needed.

Alternative Method:

Create a natural repellent sachet by soaking small pieces of cloth or cotton pads with the essential oils and placing them around windows, doors, and outdoor seating areas to help keep pests at bay while protecting surfaces.

Caution: When you spray, make sure you avoid direct contact with the face, children, animals, etc.

Elevate Your Massage

Enhance your massage experience with the therapeutic power of essential oils, designed to relax and calm. By blending carrier oils with calming essential oils, you can turn every massage into a peaceful escape for both mind and body.



Massage-Oil Blend Ingredients

- 2 tablespoons of carrier oil (e.g., jojoba or almond)
- 5 drops of your chosen essential oil(s)

How:

Mix the oils and gently massage into the skin for a relaxing experience.

Suggested Blends:



Relaxation

Lavender and chamomile



Comfort

Tea tree and rosemary



Energy Boost

Peppermint and eucalyptus

Inhale for a Refreshing Boost

Explore the soothing benefits of essential oils through inhalation techniques. Whether through direct inhalation or steam, these methods allow you to experience the calming and invigorating effects of essential oils.

Direct Inhalation

Add a few drops of your favourite essential oil to a diffuser.

Steam Inhalation

Add a few drops of essential oil to a bowl of hot water, cover your head and bowl with a towel, and inhale the steam.



Note:

Always ensure the water is not too hot to prevent burns, and always avoid direct contact of oils with your eyes. Close your eyes during the process.

Tips for Safe and Enjoyable Use

Using essential oils may seem like a no-brainer, but there are simple tips to follow to ensure you have a pleasant and enjoyable experience.

Dilution Is Key

Always dilute essential oils with a carrier oil before applying them to your skin to prevent irritation.

Quality Matters

Choose high-quality, pure essential oils from reputable sources to ensure their effectiveness and safety.

Consult Professionals

If you are pregnant, nursing, or have any underlying health conditions, consult a health-care practitioner before using essential oils.

Proper Storage

Store essential oils in dark glass bottles, away from direct sunlight and heat, to maintain their potency.

Patch Test

Before using a new essential oil, perform a patch test to check for any allergic reactions.

Safe Use Around Kids and Pets

Essential oils can be powerful—always diffuse in well-ventilated areas and keep oils out of reach of children and animals. Some oils may be toxic to pets or too strong for little ones, so research safe options and consult a professional when in doubt.

Blending Your Own Essential-Oil Combinations

Creating your own essential-oil blends allows you to customize scents and enhance your personal experience. Here are some basic principles and a simple recipe to get you started.

Blending Principles



Top Notes

Light and uplifting scents. They tend to evaporate quickly but are crucial for setting the initial mood of your blend (e.g., citrus oils like lemon or bergamot).



Middle Notes

Balanced and harmonious scents (e.g., lavender or rosemary) that emerge after the top notes fade.



Base Notes

Rich and grounding scents (e.g., cedarwood or patchouli) that linger the longest. They add warmth and stability to your blend and help to anchor the lighter notes.



Simple Blend Recipe

- 5 drops of lavender (middle note)
- 3 drops of lemon (top note)
- 2 drops of cedarwood (base note)

Tips:

- Start with small quantities and adjust based on your preference
- Keep a record of your blends to recreate your favourite combinations
- Experiment with different ratios to find what works best for you

How:

Combine the essential oils in a glass bottle, shake gently, and use in a diffuser, as a personal fragrance, or in a massage oil.

Scent Profiles and Harmony

Essential Oil	Scent Profile	Scent Note	Scent Attributes
Bergamot	Citrus, floral, spicy, sweet		Vibrant, inspiring, uplifting
Cedarwood	Woody, fresh, resinous		Relaxing, reassuring, strengthening, empowering
Citronella	Fresh, citrus, herbal, fruity		Purifying, reviving, cleansing
Clary Sage	Herbal, earthy, sweet, floral		Inspiring, focusing, centring
Clove Bud	Warm, aromatic, spicy		Warm, soothing, reassuring
Eucalyptus	Green, fresh, woody		Rejuvenating, clarifying, deep
Geranium	Floral, green, soft, sweet		Nostalgic, purifying, balancing
Ginger	Warm, spicy, earthy, woody		Soothing, clarifying, energizing
Lavender	Floral, herbal, earthy, sweet		Quieting, serene, zen
Lemon	Fresh, citrus, sweet		Refreshing, cleansing, energizing
Lemon Eucalyptus	Aromatic, fresh, citrus		Refreshing, cleansing, inspiring
Peppermint	Fresh, herbal, minty		Refreshing, stimulating, revitalizing
Rosemary	Herbal, fresh, aromatic		Purifying, uplifting
Rose Geranium	Floral, green, sweet, rosy		Sensual, soothing, nostalgic
Sweet Orange	Fruity, citrus, sweet, fresh		Mood-lifting, stress-reducing
Tea Tree	Fresh, woody, earthy, herbal		Cleansing, purifying, grounding
Thyme	Herbal, fresh, spicy		Elevating, revitalizing, clarifying
Wild Field Mint	Fresh, herbal, minty		Refreshing, stimulating, revitalizing
Wintergreen	Sweet, fresh, minty, woody		Stimulating, refreshing, awakening

 Top Note

 Middle Note

 Base Note

Blend Ideas

We hope you enjoy these two blend ideas, each crafted using essential oil-layering principles and complementary scent profiles for a balanced, pleasant, and harmonious experience.



Peaceful Rise



Top Note:
3 drops
Lemon



Middle Note:
4 drops
Clary Sage



Base Note:
3 drops
Cedarwood

Why it works

The lemon brings a vibrant brightness, clary sage supports focus and creativity, while cedarwood grounds and empowers the blend.



Fresh Focus



Top Note:
2 drops
Peppermint



Middle Note:
5 drops
Rosemary



Base Note:
3 drops
Tea Tree

Why it works

Peppermint stimulates and awakens, rosemary sharpens the mind and balances, and tea tree purifies and grounds the overall effect.

100% Organic

All New Roots Herbal essential oils are tested in and on-site, independent ISO 17025–accredited laboratory to ensure they do not contain additives and are safe from heavy metals, herbicides, pesticides, solvents, and other environmental contaminants.

Clove Bud



Eucalyptus



Lavender



Lemon



Peppermint



Rose Geranium



Rosemary



Sweet Orange



Tea Tree



100% Pure and Clean

Bergamot



Cedarwood



Citronella



Clary Sage



Eucalyptus



Geranium



Ginger



Lemon



Lemon Eucalyptus



Thyme



Wild Field Mint



Wintergreen



Essential Oil Gift Set Spray Bottle Included



Thank You for Choosing Our Essential Oils

We invite you to explore the many benefits of our selection of essential oils on newrootsherbal.com.

Try Our Exotic Oils!

Looking for the same product quality for your skin? Our pure exotic oils are rich in the vitamins, nutrients, and antioxidants your skin requires to look its best. You deserve it!

Available exclusively at your
local health-food store



Inspired by Nature, Driven by Science
to ***Make Life Better!***

3405, F.-X.-Tessier, Vaudreuil-Dorion (Québec) J7V 5V5
T. 1 800 268-9486 | F. 450 424-0130



* Selected products

HPL0003-2025-04-28

