

OPERATING INSTRUCTION

How to Operate

1. Turn the unit on.
2. Set the temperature by turning the knob as desired.
3. When the Orange light turns off it means the unit is ready for aromatherapy use.

Benefits

Essential oils are vaporized because when we breathe these tiny molecules of vaporized essential oils, they stimulate the odor receptors that are situated to the base of the nose. These odor receptors are directly connected to a part of the brain that is called the Limbic system. This Limbic system is responsible for memory, moods and emotions.

All essential oils have different properties, bergamot, lavender and ylang ylang help to relax and unwind after a stressful day while black pepper, cardamom, lemon and rosemary revitalize a wary mind.

These oils can also be vaporized to stop the spreading of germs and purify the air we breathe, thus preventing the spreading of colds and flu from one family member to another. Not only this, vaporizing also helps to get rid of unwanted smells.

Helpful Tips

An air freshener is a dispenser with which one uses to dispense essential oil into a room or space for Aromatherapy.

Aromatherapy has been used for centuries to calm the nerves and relieve stress. Aromatherapy induces relief through the sense of smell. The different scents of Aromatherapy can be found in many forms such as incense sticks, bath cubes, and oil to name a few. These are used differently for different purposes.