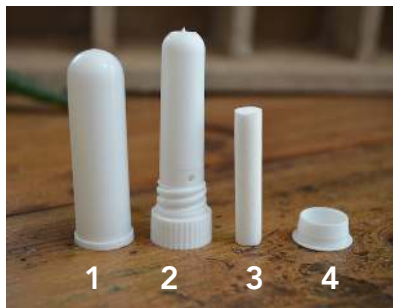


Using an Essential Oil Inhaler or Aromastick



Here is how to fill an aromastick:

- Create your essential oil blend and place 10-15 drops on the insert (3).
- Place the insert inside the inhaler (2).
- Snap the plug (4) into place.
- Screw on cap and label!

An essential oil inhaler or aromastick is a very effective way to gain the benefits of aromatherapy with personalized use. Aromasticks are great for using oils in a populated area, where diffusers may not be allowed or where the oil needed is not appropriate for all present.

