

Essential Oil Guide

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Scents & Serenity provide a bespoke range of fragrance products which includes pure essential oils and essential oil blends. These can be purchased in neat form in 10ml dropper bottles as well as speciality blends of fragrance oil and essential oil candles.

The use of essential oils is becoming increasingly popular within natural health care. It is a part of the holistic approach to health and treatments and more scientific evidence is validating traditional uses of such oils within aromatherapy. Scents & Serenity is devoted to using quality oils at an affordable price to give a wide range of people access to the oils and their benefits. Please refer to the information below to ensure you use your essential oils safely. It is recommended that you seek medical advice if you are pregnant, suffer from a skin condition, epilepsy, are taking medication or have any form of respiratory illness.

SAFETY INFORMATION

Essential oils provided by Scents & Serenity are in their raw form. They are essentially concentrated extracts from plants and need to be treated with great care. The majority of essential oils must be diluted in carrier oils, lotions, bathing oils/water or soaps before being used on the skin. Essential oils should never be ingested without the advice of a medical professional.

Infants/babies should not be exposed to essential oils however it is widely accepted that Lavender has no known adverse effects and is suitable for infants under the age of 1 when diluted with a carrier oil or base. Some essential oils are safe to use on children from 1 year and above however it is recommended you seek further advice from a medical professional or aromatherapist before you do so.

You should only purchase therapeutic grade carrier oils from a reputable manufacturer you trust. Look for oils that are 100% pure, cold pressed and additive/preservative free. Carrier oils include (but are not limited to):

Almond Oil	Argan Oil	Coconut Oil
Jobba Oil	Grapeseed Oil	Hempseed Oil
Sunflower Oil	Avocado Oil	Rosehip Oil

Using Essential Oils

Smell is a brilliant sense and has many evolutionary benefits; Scents & Serenity is passionate about this from the perspective of emotions, memories, and creating your perfect atmosphere for various different spaces. We provide essential oil products in the form of candles, neat oil and blends. We also stock various styles of oil burners which can be used with our wax melts and our essential oil range. Please see below the different ways you can use your essential oils and blends.

DIFFUSERS

Heat Diffusers (Oil Burners)

Widely available and a more affordable option, heat diffusers work through the heating of essential oils within a vessel of water. Usually this is achieved with the use of a naked flame underneath the pool of diluted essential oil. This is not as safe as other available options but is still effective. As temperature cannot be controlled or monitored the therapeutic benefits may be limited compared to humidifiers and ultrasonic diffusers.

Ultrasonic Diffusers

These are widely available in many styles and operate without the application of heat. An electronic ultrasonic, diffuser dispenses essential oils into the air through vibrations of a plate which causes ultrasonic waves, creating microscopic particles of your chosen oil which disperse into the air. The water tank must be filled as directed in manufacturer instructions for each diffuser.

Humidifier Diffusers

This type of diffuser contains a heating element within a vessel that contains your chosen essential oil. The big difference between an evaporative diffuser and a heat one is that the evaporative diffusers use a fan. Heat diffusers disperse oil via evaporation but an evaporative diffuser generates a wind which helps the oil to evaporate and circulate more effectively.

CANDLES

Scents & Serenity have developed a range of soy wax candles which include essential oil ingredients. The fragrance oils used range from pure essential oils to blends of synthetic oils and essential oils. One key benefit of essential oil candles is that they create a beautiful atmosphere and ambiance, however the therapeutic benefits may be limited. Essential oils are not supposed to be directly burned which is why some of the candles in our range have blends of synthetic oils.


Our standard range of candles hold the maximum fragrance load of 10%. Did you know that if you want to achieve the same scent throw in a pure essential oil candle you would have to use approximately three times the amount of essential oils?!

ROOM SPRAYS / LINEN SPRAYS

These are great for deodorising a room or creating a quick burst of scent in a space. You can make a homemade spray by purchasing an empty plant or cosmetic spray bottle and diluting 10-20 drops of essential oil in water. You can make your own blends using your favourite oils or even use ready prepared blends. Avoid spraying fabrics unless the product is purchased and application is for that specific purpose.

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