

## Diffusers and Essential Oils

Our essential oil diffuser is what is called a “cold air nebulizing diffuser.” It is different from many diffusers in that there is neither heat nor water used to disperse oils that have fine molecular structures.

### **Use:**

Unpack the diffuser and insert the glass bulb into the hole on the top of the base unit by using gentle pressure and rocking motion. Do not twist. There is a stopper that fits in the top of the glass bulb.

The diffuser is intended to be used with light, full strength, absolutely pure essential oils. Do not use thick oils such as resins of frankincense and myrrh. Do not dilute the oils with carriers. Do not use cheap oils or fragrances that have been distilled with chemicals or made synthetically. The diffuser and oils have therapeutic benefits when used correctly.

If you want to “stretch” an essential oil, you can use a less expensive oil such as lemon or sweet orange in combination with a more precious oil like cinnamon bark.

Put a bit of oil into the glass bulb by removing the stopper and pouring the oils into the bulb. Be careful not to splash the essential oil on the base or the rubber gasket that supports the glass bulb. You will have sufficient oil for correct operation of the unit if there is a centimeter (roughly half an inch) of oil in the glass bulb. Do not put more than twice this much (an inch) of oil into the bulb as much will evaporate before being diffused.

For personal use, do not operate the diffuser more than 3-5 minutes at a time. You can sit within six feet of the diffuser and inhale the mist, but do not do this more than three times per day.

### **Mold Remediation:**

The diffuser blend can be used in combination with mold remediation. Preferably, the mold itself would be removed using proper mold remediation techniques. People should determine the cause of the mold growth and repair leaky plumbing, improper drainage, water intrusion in basements, crawl spaces, and attics. The duct systems should also be professionally cleaned every 2-3 years, filters should be replaced frequently, and air conditioners should be properly maintained.

Those who have had mold growth may also find that spores have become embedded in carpets, upholstered chairs, bedding, and clothing. There can also be mold growing on dust under furniture, behind wall hangings, and on window trim.

Using the Diffuser Blend will inhibit the growth of mold. This will lead to much higher air quality and absence of the odor associated with mold and mildew, but if spores remain, they could still be inhaled and they would be toxic even if non-viable. Therefore, the diffuser is intended to be used in conjunction with proper cleaning.

The Diffuser Blend can be used for hours and days at a time in unoccupied rooms. When the diffuser is placed under a return, the vapor will be drawn into the duct system and reduce mold and odors of particulates in the ducts. These ducts can have moisture due to water intrusion or condensation.

The Diffuser Blend is safe to inhale, but excessive inhalation is not recommended. It is perfectly safe to turn on the diffuser and leave the house for some hours and walk back in to turn off the diffuser. One simply does not want to inhale the aroma for hours on end. This applies to pets as well as people.

Over a period of several days, the odors associated with mold and mildew will subside, but it is recommended that the Diffuser Blend be used on and off for two weeks and then occasionally, especially after vacuuming carpets and when changing linens on the bed. In most areas of the world, the inhibition will gradually be strong enough to prevent mold growth for at least two years.

### **Maintenance:**

The diffuser glass is attached to the base which has a tube through which air is pumped (like an aquarium pump). Do not twist the glass when removing or reinserting it. Push it on gently by rocking it back and forth. Do the same when removing the glass. Twisting it could shut off the air supply.

### **Cleaning the Glass:**

Depending on which oils have been used in the diffuser, cleaning can be performed by using a bit of rubbing alcohol or vodka. If this does not work, try liquid soap and warm water. The cleaning fluid should be inserted into the glass bulb and swished around until all the oil residuals are loosened and mixed with the fluid. Rinse the glass bulb in warm water. Put it back on the base when it is dry. It should function just as it did when brand new if cleaned properly.