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# Refreshing Essential Oil Inhalers for Invigoration and Clarity

## What This Recipe Is Good For

This recipe creates invigorating essential oil inhalers that are perfect for boosting focus and energy. The combination of peppermint and eucalyptus essential oils with menthol crystals provides a refreshing and cooling aroma that can help clear the mind and enhance alertness. These inhalers are portable, making them ideal for travel or any on-the-go needs.

## Shopping List

- **Essential Oils Section:**

- [Peppermint Essential Oil by Rocky Mountain Oils](#)
- [Eucalyptus Globulus Essential Oil](#)

## 2. Pharmacy or Health Section

- [Menthol Crystals: 5 grams \(1 small pack, approx. \\$5.00 – Brand: Pure Organic Ingredients\)](#)

## 3. Cooking Oils Section



- [Fractionated Coconut Oil: 2 tablespoons \(1 bottle, approx. \\$10.00 – Brand: Viva Naturals\)](#)

#### 4. Craft or Health Supplies Section

- [Cotton Wicks for Inhalers: 10 pieces \(1 package, approx. \\$5.00\)](#)

### Equipment Needed

- **Small Glass Bowl:** For mixing oils and menthol crystals.
- **Double Boiler or Warm Water Bath:** For gently heating the mixture.
- **Measuring Spoon:** For measuring menthol crystals.
- **Label Maker or Stickers:** For labeling the inhalers.

### Step-by-Step Instructions

#### 1. Prepare Your Workspace

- Ensure your workspace is clean and sanitized. Gather all materials and tools. This is important to prevent contamination of your ingredients.

#### 2. Dissolve the Menthol Crystals

- Measure 2 tablespoons of Fractionated Coconut Oil and pour it into a small glass bowl.
- Warm the bowl slightly using a double boiler or by placing it in a warm water bath. This gentle heating will help the menthol crystals dissolve. Stir until the crystals are fully dissolved into the oil.

#### 3. Add Essential Oils

- Once the menthol is completely dissolved, add 20 drops of Peppermint Essential Oil and 15 drops of Eucalyptus Essential Oil to the mixture.
- Mix thoroughly to ensure the oils are well combined.

See also [The Ultimate Guide to Making a Spa Room Waterless Blend](#)



#### **4. Prepare the Inhaler Wicks**

- Place the cotton wicks into a small container. Carefully pour the blended mixture over the wicks, ensuring they are saturated evenly.

#### **5. Assemble the Inhalers**

- Insert one saturated wick into each inhaler tube. Push the wick down gently, allowing it to sit snugly inside.
- Securely snap on the base cap to seal the wick inside the inhaler tube.

#### **6. Label and Store**

- Label each inhaler with its contents and the date. This will help you keep track of the freshness.
- Store them in a cool, dry place away from direct sunlight to preserve the potency of the essential oils.

### **Usage Tips**

- Open the cap, bring the inhaler close to your nose, and take a deep breath to enjoy the refreshing aroma.
- Close the cap tightly after each use to maintain the scent's strength.

### **Variations and Options**

- For a stronger inhaler, consider adding a few extra drops of menthol crystals or peppermint oil.
- Substitute the Fractionated Coconut Oil with almond oil or jojoba oil if desired.

### **FAQs**

#### **1. How long do the inhalers last?**

- The scent typically lasts for several months if the cap is securely closed after each use.



## **2. Can I use other essential oils?**

- Yes, you can experiment with other oils like lavender or lemon for different aromatic effects.

## **3. Is it safe for children?**

- Always ensure the inhalers are used under adult supervision. Some essential oils may not be suitable for children.

## **4. What are menthol crystals?**

- Menthol crystals are a natural compound found in peppermint oil, known for their cooling effect.

## **5. How should I store the essential oils?**

- Keep them in a cool, dark place to prevent deterioration.

## **Conclusion**

Creating your own essential oil inhalers is a simple and rewarding process that can provide a personal and rejuvenating aromatherapy experience. With just a few ingredients and tools, you can craft an effective product that boosts your mood and refreshes your senses.

See also [DIY Bedtime Pillow Mist](#)