



ESSENTIAL OIL STORAGE



WITH
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ALWAYS STORE YOUR OILS CORRECTLY

Essential oils, like food, have a shelf life so it's important to store them correctly to prolong their life.

Keep your oils in dark glass bottles that block UV light. Amber glass bottles with a screw cap and dropper are made especially for the purpose of storing essential oils as they prevent light degrading the quality and the dropper allows one drop at a time to be dispersed.

My favourite bottles, and the BEST, are MIRON violet glass bottles, that block the complete spectrum of visible light, keeping your oils fresher for longer.





KEEP THEM COOL

Citrus oils and other top notes like tea tree go off quicker than other oils - around 6-12 months, you should keep them in the fridge to keep the freshness. Other oils in the fridge will last around 2 years.

If you keep them in your food fridge lock them in an airtight container so as not to taint your food with the aroma of oils.

Citrus oils fade in colour with age so you can tell at a glance how fresh your oil is - it doesn't mean you need to throw it away, just be mindful of the date of opening and purchase.





THE SMELL TEST

You will be able to tell once an oil has expired by the change of smell, the aroma will not be fresh but rancid or stale.

Train your nose to detect the difference between new and old oils.

Some oils actually improve with age – Patchouli is a wonderful oil when it is aged, it becomes thicker and the scent is heavier and more musky.

Sandalwood and Frankincense also get better with age.

Once you open your oil put a label on it with the date you opened it – trust me you will not remember!





WASTE NOT WANT NOT

If your oils have passed their expiry date but still smell okay then you can still use them to fragrance the air around around and perfume your home.

HERE ARE SOME OF MY FAVOURITE WAYS TO SCENT

- Put a few drops on a cotton pad or tissue and place on a warm radiator.
- Refresh your potpourri.
- Fragrance your underwear drawer or wardrobe by making a small organza bag filled with dried flowers, sprinkled with your essential oil.
- Make a room spray with your favourite essential oil blend.
- Place a few pellets of beeswax on top of your tea-light oil burner and add some drops of your essential oils - this method not only perfumes your home but the beeswax purifies the air by removing positive ions.





STORE WISELY!

