



Doeň<D>»D³/₄ Ñ€ÑfÑ†D¹/₂D³/₄D¹ Ñ€D°D±D³/₄Ñ,Ñ< D² D•D D¶D¹/₂DµD¹/₄ D•D³/₄D²D³/₄Ñ€D³/₄D´Dµ, D°ÑfD¿D,Ñ,Ñ€ Ñ•D³/₄D²D°Ñ€Ñ< D´D»Ñ• D¹/₄Ñ<D»D³/₄D²D°Ñ€DµD¹/₂D,Ñ•.

Doeň<D>»D³/₄D²D°Ñ€D¹/₂D¹/₂.Ñ€Ñ,,

D-Ñ,,D,Ñ€D¹/₂Ñ<Dµ D¹/₄D°Ñ•D»D° _



D-Ñ,,D,Ñ€D¹/₂Ñ<Dµ D¹/₄D°Ñ•D»D° (Essential oils) á€“ D°D%½Ñ†DµD¹/₂Ñ,Ñ€D,Ñ€D%²D°D¹/₂Ñ†Dµ D´ÑfÑ´D,Ñ•Ñ,Ñ†Dµ D²DµÑ%DµÑ•Ñ,D²D°, D¹/₂D°D-Ñ†D²ÑŽÑ,Ñ•Ñ• Ñ,D°D°D¶Dµ D»DµÑ,ÑfÑ†D, D¹/₄D, D¹/₄D°Ñ•D»D°D¹/₄D,
D¶D»D³/₄D²D° Á«Ñ•Ñ,,D,Ñ€D¹/₂Ñ<DµÁ» D, Á«D»DµÑ,ÑfÑ†D, DµÁ» D¿D%½D´Ñ†DµÑ€D°D, D²D°ÑŽÑ, D%½Ñ,D»D,Ñ†D, Dµ Ñ•Ñ,D,Ñ...
D¹/₄D°Ñ•DµD» D%½Ñ, D%½Ñ•Ñ,D°D»Ñ€D¹/₂Ñ<Ñ... D¹/₄D°Ñ•DµD» D¶D, D²D%½Ñ,D¹/₂D³/₄D³/₄ D, Ñ€D°Ñ•Ñ,D,Ñ,DµD»Ñ€D¹/₂D³/₄D³/₄
D¿Ñ€D%½D,Ñ•Ñ...D%½D¶D´DµD¹/₂D,Ñ•,
D¹/₄D, D¹/₂DµÑ€D»Ñ€D¹/₂Ñ<Ñ... D¹/₄D°Ñ•DµD». D´D¹/₄DµD¹/₂D¹/₂D% D±D»D°D³/₄D´D°Ñ€Ñ• Ñ•Ñ,,D,Ñ€D¹/₂Ñ<D¹/₄ D¹/₄D°Ñ•D»D°D¹/₄
D°D°D¶D´D³/₄Dµ Ñ€D°Ñ•Ñ,DµD¹/₂D, Dµ D, D¹/₄DµDµÑ, Ñ•D²D³/₄D¹ D¹/₂DµD¿D³/₄D²Ñ,D³/₄Ñ€D, D¹/₄Ñ<D¹ D-D°D¿D¿D°Ñ...;
D³/₄D¹/₂D, D¹/₄D³/₄D³/₄ÑfÑ, Ñ•D³/₄D´DµÑ€D¶D°Ñ,Ñ€DÑ•Ñ• D² Ñ€D°D-D»D,Ñ†D¹/₂Ñ<Ñ... Ñ†D°Ñ•Ñ,Ñ•Ñ... á€“ D² D°D%½Ñ€D¹/₂Ñ•Ñ...,
D´Ñ€DµD²DµÑ•D, D¹/₂Dµ, Ñ•DµD¹/₄DµD¹/₂D°Ñ..., Ñ•D¹/₄D%½D»Dµ, D°D%½Ñ€Dµ, D¿D»D%½D´D°Ñ... D»D,Ñ•Ñ,Ñ€DÑ•Ñ..., Ñ†D²DµÑ,D°D°Ñ...
D°D°D°D³/₄D¿D¿DµD¹/₂D, Dµ Ñ•Ñ,,D,Ñ€D¹/₂Ñ<Ñ... D¹/₄D°Ñ•DµD» D, D,Ñ... Ñ•D²D³/₄D¹Ñ•Ñ,D²D° D-D°D²D,Ñ•Ñ•Ñ, D³/₄Ñ, D¹/₄D¹/₂D³/₄D³/₄D,Ñ...
Ñ,,D°D°Ñ,D³/₄Ñ€D%½D²: D²D, D´D° Ñ€D°Ñ•Ñ,DµD¹/₂D,Ñ•, D¿D³/₄Ñ†D²Ñ< D°D»D, D¹/₄D°Ñ,D°, D²Ñ€DµD¹/₄DµD¹/₂D, D, D¹/₄DµÑ,D³/₄D´D³/₄D²
Ñ•D±D³/₄Ñ€D°, Ñ,,D°D-Ñ< Ñ€D°D-D²D,Ñ,D,Ñ• Ñ€D°Ñ•Ñ,DµD¹/₂D,Ñ•, D¿Ñ€D³/₄Ñ†DµÑ•Ñ•D³/₄D² D²Ñ<D´DµD»DµD¹/₂D,Ñ• D,
Ñ...Ñ€D°D¹/₂DµD¹/₂D,Ñ•. D°D°D¿Ñ€D, D¹/₄DµÑ€, Ñ†D²DµÑ,D°D, D¶D°Ñ•D¹/₄D, D¹/₂D° Ñ•D³/₄D±D,Ñ€D°ÑŽÑ, Ñ€D°D¹/₂D³/₄ ÑfÑ,Ñ€D³/₄D¹/₄,
D¿DµÑ€DµD´ Ñ€D°Ñ•Ñ•D²DµÑ,D³/₄D¹/₄.

D¿D³/₄D»D,Ñ†DµÑ•Ñ,D²D³/₄ Ñ•Ñ,,D,Ñ€D¹/₂Ñ<Ñ... D¹/₄D°Ñ•DµD» D² Ñ€D°D-D¹/₂Ñ<Ñ... Ñ€D°Ñ•Ñ,DµD¹/₂D,Ñ•Ñ... D¹/₄D³/₄D¶DµÑ,
D°D%½D»DµD±D°Ñ,Ñ€DÑ•Ñ• D³/₄Ñ, 0,001% D´D³/₄ 20-25% (D² D¿DµÑ€DµÑ•Ñ†DµÑ,Dµ D¹/₂D° Ñ•ÑfÑ...D³/₄Dµ D²DµÑ%½DµÑ•Ñ,D²D³/₄).
D´D»Ñ• D¿D³/₄D»ÑfÑ†DµD¹/₂D,Ñ• 2,5 D°D³ Ñ•Ñ,,D,Ñ€D¹/₂D³/₄D³/₄ D¹/₄D°Ñ•D»D° D»D°D²D°D¹/₂D´Ñ< D¹/₂DµD³/₄D±Ñ...D³/₄D´D, D¹/₄D³/₄
D¿DµÑ€DµÑ€D°D±D³/₄Ñ,D°Ñ,Ñ€D 100 D°D³ Ñ•Ñ<Ñ€Ñ€D, D° D´D»Ñ• D¿D³/₄D»ÑfÑ†DµD¹/₂D,Ñ• 0,5 D°D³ Ñ•Ñ,,D,Ñ€D¹/₂D³/₄D³/₄
D¹/₄D°Ñ•D»D° Ñ€D³/₄D-Ñ< á€“ 100 D°D³ D»DµD¿DµÑ•Ñ,D°D³/₄D² Ñ€D³/₄D. DÝD³/₄Ñ•Ñ,D³/₄D¹/₄Ñf D¹/₂D°Ñ,ÑfÑ€D°D»Ñ€D¹/₂Ñ†Dµ
Ñ•Ñ,,D,Ñ€D¹/₂Ñ†Dµ D¹/₄D°Ñ•D»D° D¹/₂Dµ D²Ñ•DµD³/₄D´D° D»DµD³/₄D³/₄ D´D³/₄Ñ•Ñ,ÑfD¿D¹/₂Ñ< D, D²Ñ•DµD³/₄D´D° D³/₄Ñ,D»D,Ñ†D°ÑŽÑ,Ñ•Ñ•
D²Ñ<Ñ•D³/₄D°D³/₄D¹ Ñ•Ñ,D³/₄D, D¹/₄D³/₄Ñ•Ñ,Ñ€ÑŽ.

D-Ñ,,D,Ñ€D¹/₂Ñ†Dµ D¹/₄D°Ñ•D»D° D¹/₂Dµ Ñ€D°Ñ•Ñ,D²D³/₄Ñ€D, D¹/₄Ñ< D² D²D³/₄D´Dµ, Ñ...D³/₄Ñ€D³/₄Ñ†D³/₄ Ñ€D°Ñ•Ñ,D²D³/₄Ñ€Ñ•ÑŽÑ,Ñ•Ñ• D²
Ñ•D¿D,Ñ€Ñ, Dµ, D´Ñ€ÑfD³/₄D,Ñ... D³/₄Ñ€D³/₄D°D¹/₂D,Ñ†DµÑ•D°D,Ñ... Ñ€D°Ñ•Ñ,D²D³/₄Ñ€D,Ñ,DµD»Ñ•Ñ..., D° Ñ,D°D°D¶Dµ D¹/₄D°Ñ•D»D°Ñ...
D¶D,Ñ€D°Ñ... D²D³/₄Ñ•D°Dµ. D-Ñ,,D, Ñ•D²D³/₄D¹Ñ•Ñ,D²D° D¿Ñ€D, D¹/₄DµD¹/₂Ñ•ÑŽÑ,Ñ•Ñ• D¿Ñ€D, Ñ€D°D-D»D,Ñ†D¹/₂Ñ<Ñ...
Ñ•D¿D³/₄Ñ•D³/₄D±D°Ñ... D,D-D²D»DµÑ†DµD¹/₂D,Ñ• Ñ•Ñ,,D,Ñ€D¹/₂Ñ<Ñ... D¹/₄D°Ñ•DµD».

DÝÑ€D, D¹/₄DµD¹/₂DµD¹/₂D, Dµ

D-Ñ,,D,Ñ€D¹/₂Ñ†Dµ D¹/₄D°Ñ•D»D° D,Ñ•D¿D³/₄D»Ñ€D-ÑfÑŽÑ,Ñ•Ñ• D´D»Ñ• D°Ñ€D³/₄D¹/₄D°Ñ,DµÑ€D¿D,D, D´D»Ñ•
D¿Ñ€D³/₄D, D-D²D³/₄D´Ñ•Ñ,D²D° Ñ,,D°Ñ€D¹/₄D°Ñ†DµD²Ñ,D,Ñ†DµÑ•D°D,Ñ... D¿Ñ€DµD¿D°Ñ€D°Ñ,D³/₄D² D,
D°D%½Ñ•D¹/₄DµÑ,D,Ñ†DµÑ•D°D,Ñ... Ñ•Ñ€DµD´Ñ•Ñ,D², D,D-D³/₄Ñ,D³/₄D²D»DµD¹/₂D,Ñ• D°Ñ€D¹/₄D¹/₄D°Ñ,D,D-D,Ñ€ÑfÑŽÑ%½D,Ñ...
D¿D,Ñ•DµD²Ñ<Ñ... D´D³/₄D±D°D²D³/₄D°.



Đ-Ń,,Đ₃Ń€Đ^{1/2}Đ^{3/4}Đμ Đ^{1/4}Đ°Ń•Đ»Đ^{3/4} Đ›ĐμĐ^{1/4}Đ^{3/4}Đ^{1/2}Đ³Ń€Đ°Ń•Ń• 10 Đ^{1/4}Đ»
100Đ ŃfĐ±

[\[ĐŸĐ^{3/4}Đ´Ń€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)



Đ-Ń,,Đ₃Ń€Đ^{1/2}Đ^{3/4}Đμ Đ^{1/4}Đ°Ń•Đ»Đ^{3/4} Đ›Đ₃Đ^{1/4}Đ^{3/4}Đ^{1/2} 10 Đ^{1/4}Đ»
65Đ ŃfĐ±

ĐžĐ±ŃŖĐμĐ^{1/4} 10 Đ^{1/4}Đ» [\[ĐŸĐ^{3/4}Đ´Ń€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)



Đ-Ń,,Đ₃Ń€Đ^{1/2}Đ^{3/4}Đμ Đ^{1/4}Đ°Ń•Đ»Đ^{3/4} ĐœĐ°Đ^{1/2}Đ´Đ°Ń€Đ₃Đ^{1/2} 10 Đ^{1/4}Đ»
75Đ ŃfĐ±

ĐžĐ±ŃŖĐμĐ^{1/4} 10 Đ^{1/4}Đ» [\[ĐŸĐ^{3/4}Đ´Ń€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)



Đ-Ń,,Đ₃Ń€Đ^{1/2}Đ^{3/4}Đμ Đ^{1/4}Đ°Ń•Đ»Đ^{3/4} Đ;Đ^{3/4}Ń•Đ^{1/2}Đ° 15 Đ^{1/4}Đ»
80Đ ŃfĐ±

ĐžĐ±ŃŖĐμĐ^{1/4} 15 Đ^{1/4}Đ» [\[ĐŸĐ^{3/4}Đ´Ń€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)

- « « Đ' Đ^{1/2}Đ°Ń†Đ°Đ»Đ^{3/4}
- « ĐŸŃ€ĐμĐ´Ń•Đ´ŃfŃŃ°Đ°Ń•
- 1
- Đ;Đ»ĐμĐ´ŃfŃŃŃ°Đ°Ń• »
- Đ' Đ°Đ^{3/4}Đ^{1/2}ĐμŃ† » »

Đ ĐμĐ•ŃfĐ»ŃœŃ,Đ°Ń,Ń‹ 1 - 8 Đ₃Đ• 8