

Aromatherapy Tip of the Week - #66

SIMPLE to Make Splashes and Sprays

May 6, 2009

Running here, running there. It's spring and summer and we are all on the go.

Now is the time to create some fun Splashes and Sprays to use to feel fresh and cool.

You can make a simple spray or if you prefer to splash it on after a shower or bath but using a little emulsifier, your favorite essential oils and some distilled water or our unscented Body spray.

Mix equal portions of essential oils with emulsifier. You can use either our coconut emulsifier or the Polysorbate 20.

Next you will add 10-12 drops of this blend to 4 ounces of distilled water or Body Spray. Shake well and use as a light spray over your body or just pour a little in your hands and splash onto your body.

This is not for your face, this is a body splash. Try a few drops of Peppermint or Spearmint. Add a little lavender, or other floral like Ylang-ylang or Geranium to your splashes. Have fun and be creative.

One word of caution because the citrus essential oils are often cold press and could possibly cause a photo toxic reaction, we don't suggest using any of those in your splashes if you will be going out into the sun within a few hours of their application. The exception would be any citrus oils you know that have been steam distilled. Most Citrus essential oils are cold pressed so finding them distilled is rare. (We do carry steam distilled Lime Essential oil and that is safe to use in your splashes)

Here are a couple recipes for Splashes to use for an Evening out on the town!

A Simple Tranquil Splash for an Evening out!

Lavender - 3 drops
Frankincense - 3 drops
Neroli - 3 drops
Emulsifier - 9 drops
Distilled Water - 8 ounces

Mix these essential oils with the emulsifier and add to 8 ounces of distilled water. Shake well and splash on after your shower or bath!

A Lovely Evening with your Date Splash

Sandalwood or our S' Woods - 3 drops
Ylang ylang - 3 drops
Jasmine - 2 drops
Black pepper - 2 drops
Emulsifier - 10 drops
Distilled Water - 8 ounces

Mix these essential oils with of emulsifier and add to 8 ounces of distilled water. Shake well and splash on after your shower or bath!

Both of the above blends can be mixed (omitting the emulsifier and water) with the Body Spray for a light perfume for hair and skin.

These are just a couple suggestions. Try a new recipe every few days. Mix the Splashes fresh and use within a week (because there is no preservatives in this water based product you need to use within a week)..

If you create a recipe that is your favorite and want to share - please send us an e-mail and will add it to our Recipes Collection giving you credit as the creator!!

Have fun!!

Disclaimer:

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

Aromatherapy Tip of the Week

Presented by Birch Hill Happenings Aromatherapy, LLC

Copyright 2009

Visit on the web at: birchhillhappenings.com/aroma1.htm