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Essential oils for the Golfer! (or other Sport enthusiast)

Summer is in full swing! (no pun intended) And so are many of you that love the sport and outdoor activity of Golf.

Every now and then we are asked if there are essential oils that might help a Golfer focus and concentrate during their game.

Of course, there are other reasons to use essential oils on the golf course too. Number one is as a repellent. But you might use them in your personal care products too.

As for help in focus and concentrating the following essential oils are good to help you concentrate Not in any particular order: Basil, Cinnamon, Clove, Cypress, Fennel, Ginger, Juniper, Lemon, Lemongrass, Litsea Cubeba, Nutmeg, Rosemary, Thyme, Ylang-ylang.

Our Favorite blend for use in Concentration and Focusing are:

Basil, Rosemary and Lemon! - Yep you probably already knew that. Rosemary is great for mental concentration, focus, memory and alertness. Lemon is good for decision making (how to approach the ball, what club to use), alertness and awareness too. Basil helps with concentration, alertness, focus and also can help to relax. This is our Concentration blend for those that prefer to use something ready to use. Simply place a few drops in a nasal inhaler and take a few whiffs during your golf game.

Focus Blend Just for Golfers

Litsea Cubeba - 15 drops

Juniper Berry - 15 drops

Cypress - 10 drops

Fennel - 10 drops

Blend these in an amber bottle then place them in a Personal inhaler. Carry this along while golfing. Inhale every few holes to help you concentrate and focus.

Now onto the insect problem that many golfers have to deal with during this season of the year.

A simple to make Water based spray using Lemongrass, Eucalyptus lemon, Lavender and Peppermint.

Water Based Golfers Spray

(This can be used by anyone doing outdoor activities when the bugs are around).

This blend will not only repel insects but for many folks these essential oils will help them feel more invigorated and enthused during their game. This is best used late in the day or early evening when the bugs come out!

Lemongrass - 15 drops

Eucalyptus Lemon - 15 drops

Lavender - 15 drops

Peppermint - 12 drops

Emulsifier - 1 teaspoon

Body Spray base - 8 ounces

Blend the essential oils with the emulsifier until mixed together well. Then add to the Body Spray in a PET bottle with a spray top. Shake well. This blend can be sprayed on shirt sleeves, pant legs, collars, your hair.

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Aromatherapy Tip of the Week

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