

## Whew It is HOT! How to Cool Down using essential oils!

Summertime heat waves are upon us. Recording breaking temperatures can easily make summer an unpleasant and dangerous situation when it comes to our health.

When temperatures and humidity soar our body can have a very hard time regulating its own internal thermostat.

Staying indoors with air conditioning would be ideal but not everyone has this luxury. Or in our case, here in our particular area in Northeastern Minnesota, extremely hot days don't usually last for more than a few days at a time so air conditioning really isn't necessary.

Of course that doesn't mean we don't have to be aware that over heating of our bodies can occur. It can and it does. Usually we just move indoors or into the shade and 'fan' ourselves.

There are easy to blend, wonderful scented sprays that can help you cool down and also give you a little pick-me up.

When you are hot you also loose your energy while your body works hard to cool you down. Dehydration and the loss of electrolytes all play a roll in how your body handles the heat.

To help you cool down make a simple body spray using just a drop or two of essential oil (try [Lavender](#) to begin with) added to a 4 or 8 oz [spray bottle](#) of cool water. Shake well before spraying. Spritz on as desired.

Don't forget to use equal portion of [emulsifier](#) to the essential oil (drop for drop) then add to your bottle of water. The [emulsifier](#) will help keep the essential oils mixed with the water.

Some folks like to add a little [Aloe vera Liquid](#) to the water to make their 'spritzers'. The Aloe will help keep your skin from drying out to much and ease a little sun burn too.

Remember that if you are going out into the sun don't use any of the photosensitizing essential oils such as [Bergamot](#) and any cold pressed citrus oils. ([Bergamot FCF](#) and distilled citrus oils (are hard to find) are okay if you will be outdoors. Currently we do carry distilled [Lime essential oil](#) and [Bergamot FCF](#).)

Other essential oils that should be avoided if you need to be outdoors shortly after using your 'cool down spray' include: [cassia](#), [cedarwood](#), [cinnamon](#), [cumin](#), [ginger](#), [bay laurel](#), [mandarin](#), [orange](#), and [patchouli](#). There may be others so please be aware.

If you are staying indoors most all essential oils can be used in your 'cooling' spray. You will just be mixing a tiny amount of essential oils in your cooling spray.

The essential oils will give the water or aloe and water mix a pleasant light scent, especially since heat and humidity seems to accentuate the slightest of offending odors - both body and room.

### Simple Cooling Spray #1

[Lavender](#) - 2 drops

[Peppermint](#) - 1 drop

[Eucalyptus Lemon](#) - 1 drop

[Emulsifier](#) - 4-5 drops

Distilled water 2 oz

[Aloe vera Liquid](#) 2 oz.

Blend essential oils and [Emulsifier](#) together in a [PET spray top bottle](#) add to the distilled water and aloe liquid. Shake well before and during use.

### Simple Cooling Spray #2

[Peppermint](#) - 2 drops

[Spruce](#) - 1 drop

[Eucalyptus](#) - 1 drop

[Lime \(distilled\)](#) - 1 drop

[Emulsifier](#) - 4-5 drops

Distilled water - 2 oz

[Aloe vera Liquid](#) - 2 oz.

Blend essential oils and [Emulsifier](#) together [PET spray top bottle](#) add to the distilled water and aloe liquid. Shake well before and during use.

Avoid spraying mist in or around the eyes and other mucous membranes.

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