

Taking some Time for Yourself - is a MUST

This time of year can be so busy and hectic we forget to take a few minutes each day for ourselves.

This is easy to do as all you need to do is reach for your favorite bottle of essential oil. Put a drop or two in a personal inhaler or on a tissue and inhale several deep breathes.

If you have more than a minute or two you can take a relaxing bath.

Please see our article about the **Art of Taking a Bath** (found on <http://www.birchhillhappenings.com/takebath.htm>).

It has great suggestions to help you enjoy a nice long soak.

For those of you that spend time meditating you may want to try a few new essential oils. Although some of the more common ones are also ones that are familiar this holiday season - that is Frankincense and Myrrh. Others include: Lavender, Jasmine, Rose, Roman Chamomile, Bergamot, Cypress, Neroli, Sandalwood, Juniper berry, Geranium, Cedarwood and Ylang-ylang.

Two of these Frankincense and Myrrh are known for their peacefulness, joy and positivity they can bring. They also have several applications besides emotional support. They are used in many other aromatherapy concerns as listed below and may be why they were so precious gifts presented to the newborn child we celebrate this time of the year.

Myrrh: has been said it is useful for asthma, coughs, colds, catarrh, sore throat, weak gums and teeth, ulcer and other sores. It has anti-septic, antifungal, and anti-inflammatory properties among many others.

Frankincense: has been said it is useful for rheumatism, respiratory and other infections. It has antiseptic, anti-inflammatory and expectorant properties again among many more. It is considered one of the MUST have essential oils for use when praying and meditating.

Try this Simple Meditation Blend

Frankincense - 5 drops

Neroli - 2 drops

Ylang-ylang - 2 drops

Myrrh - 1 drop

Blend together in a glass bottle and use in a personal inhaler or on a tissue. Smell prior to your session of prayer or meditation.

Disclaimer:

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Aromatherapy Tip of the Week

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