



Birch Hill Happenings

Aromatherapy, LLC

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Thank you for requesting our **Free Aromatherapy Report**.

"Ways to Use Essential Oils"

If you are new to the world of aromatherapy, you might not know all the ways you can use Essential oils. In this report you will see just a few of the hundreds of ways to use these most beautiful plant essences. Try a few, and when you get brave, blend a few blends.

One of our favorite ways to use Essential oils is in our bedroom. About 20 minutes before going to be we place a drop of Lavender oil on the corner of our pillow case. It leaves a wonderful smell that helps us to drift off to sleep.

In the kitchen, you can use a drop of Clove oil in a simmering pan to help with cooking odors.

In the bathroom, place a few drops of your favorite citrus oil. Lemon or Orange are wonderful here.

Add a few drops of an Essential oil, drop in your vacuum cleaner bag and give the whole house a nice scent while you do your house work.

Use Lavender Oil and Tea Tree oil directly on cuts, scrapes, scratches and burns. It will heal much faster. By the way Only Lavender and Tea Tree can be applied directly to skin without diluting in a carrier oil. But remember, only a drop or two is all that is needed at any one time.

Grapefruit is a wonderful "Pick me up" at the end of the day, when you still have more to do but your steam is running down.

In the office a mixture of Grapefruit and Lavender will help to create a calm tranquil atmosphere (lavender) yet stimulate the senses (grapefruit) and give you a more productive afternoon.

Have a Headache? Try Peppermint or Lavender or Rosemary. All can help relieve headache pain. Rub into the back of the neck. Remember to dilute in a carrier oil.

Forgetful? Try a little Rosemary to stimulate your memory and promote alertness.

Selling your Home? Houses that have that warm, cozy feeling are apt to sell more if there is a pleasant odor in the house. In the kitchen use some of the spicy ones such as Clove, Cinnamon, Vanilla, and Nutmeg.

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Pests? Citronella oil in the melted wax of a candle will help to dispel mosquitoes and other back yard pests.

Peppermint on cotton balls helps to keep mice away. Place cotton balls here and there.

Sore Achy Muscles? Mix a blend of 1 part Cajuput, Sage and Basil in 4 parts Jojoba oil and massage. Make up only small amounts.

Cotton balls with any of your favorite Essential oils dropped on them may be placed in inconspicuous places throughout the house. You can freshen your silk arrangements and potpourri too with a drop or two.

If you are writing letters and would like to give your friend a special treat - place your stationary in a zip lock plastic bag with a drop of an essential oil. Lavender, Lemon, Peppermint, and of course, Rose are all nice.

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We hope this report gave you a few ideas on ways you can use Essential oils. As time goes on and you learn and read more about Essential Oils and Aromatherapy, the more you will enjoy them!

Alan & Penny Keay

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