

In this newsletter we will try to help you further your knowledge and use of essential oils.

Physical ailment

Sniffles, Sneezes and Coughs

by Penny Keay

Sounds like a walk in the woods with the Wizard of Oz - OH MY!!

This time of year all you have to do is walk into any shopping area and what do you hear?

Yep, sniffing, sneezing and coughing. Many people are conscientious and cover their mouths and noses when they are about to start these common symptoms of colds and flu's. But what do they cover them with? Their bare hands or worse yet their gloved hands little havens for germs. Then they wipe them on their clothes or worse yet just reach down and grab the shopping cart - ugh!!

So, then you come in the store and 'grab' their cart. Well, you get the picture. Next thing you know you might be headed down their same road - and it is not the "yellow brick" road of the Wizard of Oz, but it will still lead you to the same path of sniffles, sneezes and coughs - OH MY!!!

This is where the use of essential oils comes into play. Several essential oils help to keep your immune system strong and others help to stop viruses and bacteria in their tracks. Thank goodness for that.

First we want to use essential oils to prevent viruses and bacteria from attacking you. So diffusing them in the air is one of the best ways.

While you inhale the essential oils they are easily absorbed in through your lungs into the blood stream and throughout the body. Several essential oils will deter the viruses right then and there.

So when you have been out shopping during this busy time of the year - be sure to do the following:

1. Wash your hands often and apply a lotion or cream that has a few drops of essential oils or an essential oil blend added to it.

Remember most essential oils have antiviral, antibacterial and germicidal properties. Some of the best are: Thyme, oregano, cinnamon leaf and eucalyptus. Lavender is good too, but if you have had serious exposure to germs (or ill people) you should use a blend that has one of the fore mentioned essential oils. The Four Robbers blend is very popular with many folks. This blend is wonderful as it contains Cinnamon and Eucalyptus that are great at killing germs. Of course the rest of the blends essential oils work synergistically to practically knock off the rest of all those nasties!!

2. Avoid touching your face and especially your eyes. Many viruses are transferred into your body by you rubbing your eyes and introducing the germs by the eyes mucous membranes. The body then washes the virus through your tear ducts into your nasal passage and voila! You have just been inoculated with a cold virus or worse yet a flu bug of some sort.

3. Get plenty of rest. This time of year with the clock changes, daylight changes and busy schedules you may not get adequate rest. This weakens the immune system too.

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

4. Drink plenty of fluids, keep hydrated. With cooler temps many of us forget to drink water. Did you know that dehydration can occur in the winter months, too? Usually not to the point of dehydration as serious as when it is hot outside. Without adequate hydration and good water, the immune system again suffers. It conserves water and can't flush toxins out like it should.

5. Be sure to scent your home with real essential oils. There are several methods of diffusing oils please visit our section on diffusing at <http://birchhillhappenings.com/aroma4a.htm>.

Many times, especially this time of year folks like to scent their home but they use fragrance oils. Well, sorry to say but many of those scenting candles or room scenting products they say have essential oils, often times, have such a tiny amount and then it is mixed with fragrance oils. Fragrance oils may smell nice and give you a warm cozy feeling but they do not contain the elements essential oils do to help fight off all those nasty bugs.

The essential oils in them just can't compete with the man-made petroleum based fragrance oils. Also, any scented candle may be made with a wax that burns at too high a temperature rendering the few essential oils 'burnt' up into the flames, not diffused.

Essential oils helpful to build your immunity include: Bay laurel, Cinnamon Leaf, Eucalyptus, Frankincense, Oregano, others that help to fight infections and help the body heal itself include: Roman chamomile, Lavender, Lemon, Myrrh, Pine, Tea Tree, Thyme and Vetiver.

The following oils help the body when filled with toxins. Remember you haven't been drinking enough so use these oils ALONG with water (drink the water, not the essential oils!!). Anyway use the following oils in massage oil: Bay laurel, Grapefruit, Juniper berry and Lemon.

For those wanting to diffuse some of our blends that contain two or more of the suggested essential oils, we suggest you try any of the following: Four Robbers, Pure Cleansing, Celebration, Conifer, Enlighten, Forest Rain, or Take Five. Of course you can diffuse any essential oil that makes you feel better too.

If you wish to treat your symptoms once you have been invaded by those nasty viruses please check our past issues for the following: congestion, coughing, headaches, sore throats, chapped lips and skin at <http://birchhillhappenings.com/news.htm>

Emotional Concern

Enlighten me!

by Penny Keay

The holidays are upon us and exciting days, especially in households with children or grandchildren.

Although most of us are in the festive spirit there are days or moments when you feel a little down.

Essential oils can help you feel better emotionally and restore some of the excitement (if you give them a try).

Simply smell or diffuse some of your favorite essential oils. Maybe you would feel better smelling one of the floral scents: Rose, Neroli, and Jasmine; these are great uplifting and enlightening oils.

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

You might prefer something with a biblical context - such as Frankincense and Myrrh.

Others want to be reminded of the outdoors (especially since we are spending more time indoors) so maybe Juniper berry, Pine, or other woody scents like Cedarwood, Sandalwood. Patchouli or Vetiver are earthy scents.

Whatever scent gives you a special 'fresh' feeling or one you simply enjoy should be the essential oil of choice to help inspire and enlighten you any day, any time, not just around the holidays.

Holiday Gift Ideas

Or anytime giving!

by Penny Keay

As promised from the last newsletter, here are some easy and simple suggestions for your holiday gifting.

Some easy to do homemade gifts include: Bath salts, and Sugar scrubs. We have an easy recipe from a past newsletter:

To make basic bath salt use:

1 1/2 cup dead sea salt

1 1/2 cup Epsom salt

(you can use any combination of various salts - there are many different types of sea salt - you can use any sea salt, dead or not!!)

To this add 15-35 drops of essential oil - any single note or any synergy blend depending on what you would like to have it do - calming, relaxing, energizing, etc.

Add the essential oils to 1 tablespoon of Fractionated coconut oil or other carrier oil - Sweet Almond or Sunflower are commonly used.

Add this to the salts and mix completely. Place in a glass jar, seal and let "age" or "ripen" for a few days. Stirring or mixing every day.

Add 1/2 to 1 cup to running bath water, mix well to be sure salt has dissolved.

If you wish to make a Salt scrub, use the basic recipe from above, but add enough carrier oil to completely cover the salt in your jar. (Don't add more essential oils though as you don't need more of those.)

Again, you will scoop a little on your fingers and rub over the body parts you want to exfoliate.

Rinse off and wash with a mild cleanser to remove excess oil.

You can make a Brown Sugar Scrub, these are a very popular scrub and softer and gentler on you face.

This would also make a very nice personalized gift.

Use 2 cups brown sugar, add 1 cup of carrier oil - a nice blend such as coconut and almond is very nice. But you can use any combination of 2 or three carrier oils. Some are better for different skin types.

Then add your favorite mixture of essential oils. Use up to 90 drops of essential oils or blends. Stir well, then let blend.

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

We carry small white jars to use to put your "personalized" bath salts or brown sugar scrub in. Again, have fun making labels. Buy some parchment paper and some calligraphy pens and do a little fancy writing and scrolling!

Something extremely simple is to add Lavender essential oil to a bottle of any unscented base product. Add about 20-30 drops per 2 ounces of Shampoo, Conditioner, Shower gel and Lotion. Stir well then make a pretty label - get those colored markers out and draw something 'cool' on them, then stick them to the bottle - cover the label with 2 inch wide clear packing tape. This will help protect your 'cool' label when they are used in the shower!!

If you have several folks you want to make these for, we have the PET plastic bottles available in Clear or Green.

Now on to gift ideas for those on a budget. Wait a minute - aren't we all on a budget?? With climbing gas prices you may want to do more of your shopping indoors on your computer. (Did I mention, we are having a Holiday Sale?)

For gift ideas about \$10.00:

- A Terra Cotta Pendant \$8.27 and a small bottle of an essential oil or essential oil blend (many 2ml and 4 ml are under \$4.00, several sample sizes are under \$2.00).
- A Car diffuser (2 styles both under \$9.00) and of course you'll want to give some essential oils again.
- See our selection of preblended massage oils. We make them fresh when you order them, we blend them so you don't have to!
- One of our Passive diffusers - Ceramic shell (\$4.97) or one of our many terra cotta discs (\$5.47), add a bottle or two of essential oils or blends - place them together in a fancy little box - tie a pretty bow on it, oooh, what a nice inexpensive, thoughtful gift!
- One of our helpful and educational Aromatherapy Decoders, Wall charts or Mini Charts.
- Of course, we have our new Scented Mini Tarts. They make great stocking stuffers for those that already own a oil or tart warmer
- Any bottle of essential oil will always be a welcome gift for those that use essential oils or blends.

For gift ideas around \$20.00

- How about one of those Electric Oil and Tart warmers??
- Or a Tea Light diffuser with some essential oil or tarts.
- A variety Pack of unscented products for those sensitive to scents or chemicals, or for those experimenting scenting their personal care products.
- Our Top 8 Essential oils kit in the 4 ml size. Just a perfect selection for those just starting out.
- An inhaler set (an inhaler and a bottle of energizing or relaxing blend).
- A Storage box for all those precious essential oils

For gift ideas around \$50.00

- Our Basic Oils Sampler kit (\$47.17) - this has 10 essential oils, a couple carrier oils and pipettes and a few empty bottles
- Start with an Electric oil/tart warmer, and add several packages of Mini tarts - add up to - whatever price you want.
- A Fan Fuser diffuser and a couple small bottles of essential oils
- A Decoder Kit - Several to choose from under \$40.00 - includes a decoder, oils and more!

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

The Ultimate Gift

- The Aromatherapists Dream - \$469.97 - For those really serious about using, studying and enjoying essential oils!

For more ideas please visit our Gift Ideas page at <http://birchhillhappenings.com/giftsets.htm>

PS. Don't forget to get yourself a few things too! You deserve a little something extra from that End of the Year Bonus your boss gave you. You don't have to spend it all on bills or gifts for others. After all you are the one that earned it ☺

Recipes to try

by Penny Keay (unless otherwise noted)

Germ Busting Air Disinfectant

Eucalyptus – 12 drops
Thyme Linalool – 12 drops
Clove bud – 6 drops
Lemon – 12 drops
Cinnamon – 5 drops

Blend all in an amber bottle, then shake well. Add to any diffuser. If you wish you can add 2ml of emulsifier to the essential oil blend and then add two ounces of water. Shake well and spray around the room as desired.

Spicy Air Freshener

Anise – 10 drops
Cinnamon leaf – 10 drops
Ginger – 10 drops
Clove - 15 drops
Orange – 10 drops
Emulsifier – 2 ml

Blend the above mixture in a 2 ounce Amber glass Spray top bottle. Add purified or distilled water shake well and spray around the room as desired.

Brighten Me Bath Blend

Rosewood – 5 drops
Palmarosa – 5 drops
Grapefruit - 5 drops
Petitgrain 2 drops
1 teaspoon of Jojoba.

Fill a bath tub with warm water, add the above mixture to the tub and swish around. Enjoy!

Holiday Carpet Scent

Pine - 15 drops
Spruce – 10 drops
Spearmint – 5 drops
Peppermint – 2 drops

Blend the above essential oils, then add all to a Scentball pad. Take this pad and add to a jar with ½ cup baking soda in it. Shake well and let sit for a few hours. Then sprinkle on the carpet. Let sit for ½ hour if possible. Then vacuum.

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

(This is a clean refreshing scent and you may want to just put it in a diffuser to enjoy it that way too.)

BIRCH HILL HAPPENINGS NEWS

Hello Everyone,

The year has flown by and here we are at the last few weeks of 2007.

As you know we have been busy with a major building project. Finally, we are moved into our new rooms. The business is enjoying the added storage space and is slowly becoming more organized.

Once we have everything in its place we'll most likely have a few items on our clearance page. We'll make an announcement when we have all the things we discover we thought that were already gone, as we get organized!!

In the meantime, as you can see, is our Annual Holiday Sale. 5% off just about everything from now through the end of the year! Whether you order once or a dozen times, you'll get the discount on each order!

We have added a few new products. Some new Electric Oil/Tart Warmers- Apples; White Clouds; and Ivory Swirl. A new Tealight diffuser: Leaves (has an electric Oil /Tart warmer for those that prefer electric over tealight).

Also we have a few Glass Amber bottles with spray tops available in 1 oz or 2 oz (the most popular requested size).

Last but not least is a new Terra Cotta Disc design - Leaf Blossom.

We hope our suggestions for Holiday gifts will help you with the sometime hard decisions for those hard to buy for folks that seem to have just about everything.

As always, if you have suggestions, questions or comments please feel free to send us an e-mail to bhinfo@birchhillhappenings.com and we will get back to you as soon as possible.

Yours in Aromatherapy,

Penny & Al

Be sure to visit us on line at

<http://birchhillhappenings.com/aroma1.htm>

for all your Essential oils and Aromatherapy Supplies needs.

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