

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

## Physical ailment

### Winkin', Blinkin' and the Land of Nod

by Penny Keay

Sleep is such a much needed daily activity. Many people including children, teenagers, adults and even babies never seem to get all the sleep they need.

Sometimes it is not being able to drift off to sleep that cause adults the most distress. Once asleep they will sleep through the night but getting to sleep is more the problem.

We all have experienced sleepless nights here and there. But for some it seems to be a daily occurrence that soon drags into weeks and months. Then what happens when you have lost too many hours of sleep? Well you will most likely get sick!

Illness from lack of sleep can fester itself in many ways. From depression, to being more susceptible to colds and the flu (and what can put you in bed sleeping faster than the 'flu!), others will develop skin problems, heart problems, diabetes, and muscular/ skeletal problems such as a bad back. Truly, any health care professional will tell you the list of problems is very long for health being ruined due to lack of the proper amount / time of sleep.

So yes, Sleep is very important. Not only good sleep but ENOUGH sleep.

Essential oils can play a very important role in helping you get the sleep you need. The following suggestions can be used in part or the suggestions can be used however you desire. What ever you do, try to keep a diary so you can remember what works and what doesn't work for you.

First is one of the simplest things we suggest for any and everyone. Whether you have had a stressful day or just want to wind down at night. Simply put a drop or two of Lavender on each side (end) of your pillow case about 10-15 minutes before you go to bed. This gives the essential oil a little time to diffuse into the air and permeate the area around where your head will be.

This simple thing can help many folks. You also can diffuse, with a fan diffuser, a few drops of lavender too. Some people like the 'white noise' of the fan. It will lull them to sleep along with the lavender. If you don't want to use a fan diffuser the little terra cotta disc style diffusers can sit quietly on your nightstand with your lavender or other essential oils diffusing throughout the night.

For those that feel the Lavender isn't working, you can always try Roman Chamomile. We have one client that found using Lavender a couple nights a week and then switching to Roman Chamomile, both he and his wife have had the best sleep ever. He was the one that suffered from lack of sleep. Restless nights for him kept his wife from sleeping too.

In fact, even though they are retired, they occasionally have to set their alarm clock, they told me that a few times they were sleeping so hard they barely woke up to the sound of their alarm. Realize this is more in likely an exception as most folks are accustomed to waking up at a certain time each day.

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## Birch Hill Happenings Aromatherapy Newsletter      Volume 109

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Another group of clients found that Ylang ylang and Bergamot alternating along with the continuous use of Lavender worked to lull them to sleep. Again, you have to experiment a little to see what works for you.

Other essential oils that have been known to help include: Clary sage, Cistus, Sandalwood, Mandarin, Marjoram, Vetiver Lemon, geranium, rosewood, neroli and petitgrain. Again, there may be others that work better for you.

Now of course, there are other things you can do and should do to help you fall asleep.

Set up a bedtime routine. This tells your body that it will soon be time for the night rest period.

Don't eat for a couple hours prior to bed time, but if you enjoy a bit of herbal teas you might want to give that a try.

Read a book, listen to quiet music and take a warm bath for 20 or so minutes. Not too hot, as if you get over heated your heart will race to help cool you down and a fast beating heart may give you energy and not let you drift off to the land of Nod!

Before I forget, I may have mentioned this in another article before. For you to get a good night's sleep you have to have some daily sunshine. Yep, real daylight! Many of us work all day in artificial lighting. In the northern half of the USA in the winter months (like here in Minnesota) we have days where we go to work in the dark and return home in the dark. Some folks, possibly, never see the sun for several days to weeks. And do they have problems falling asleep - Ya you betcha! (My Scandinavian coming out in me - he, he!)

There is something very special about direct sunlight especially in the early part of the day. To help your body make some special hormones needed to help you sleep at night you need the sun light to trigger the chemical reaction. If this doesn't happen in the morning hours or not at all, your body has a difficult time knowing when it needs to shut down for sleep.

So, if you are one of those folks that have a hard time falling to sleep and winding down each night, it is very important for you to get a minimum of 30 minutes a day of walking around (you can sit too) outdoors with your glasses and sun glasses off. Now you don't need to be looking at the sun or anything like that, but you need to be in the bright light from the sun just for 30 minutes. This will help trigger the making of the hormones you will need later (melatonin) to help you sleep. If you can get the 30 minutes shortly after rising in the morning, which is best, then before noon is better than in the late afternoon. Remember the trigger of the hormone - well it needs several hours to develop too, so if you don't see the sun until late afternoon - when do you think the hormone for sleep will be ready for you to sleep??? Late, late at night - of course!

Now, back to sleeping and the use of essential oils, certainly for some, you may have many different types of stress. Please look over the sections in our previous newsletters that are about Stress. If you can't fall asleep due to pain or muscle aches, you may need to use massage oils with essential oils added that can give you relief.

If you have been suffering from lack of sleep try using essential oils to help build your immune system or to help to fight off existing infections. Even though you might not be getting enough sleep yet, at least you can help your body not get to the point of putting you in bed with something dreadful!

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You might also be interested in previous articles written about Insomnia and Fatigue, please see our Past Newsletter Index and our Health & Beauty Index for other areas of interest that may cause you to have difficulties in falling asleep. Don't forget to check out the Recipe Section for additional recipes to help too!

If you have tried this things and are still having difficulty, please send Al an E-mail for a consultation (they are free) and let him know you have tried the things mentioned above. We will suggest a few other oils that may be better - just for you!

## Emotional Concern

### Loss and Grief

by Penny Keay

Everyone will experience some kind of loss in their lifetime. Some are not so hard to handle, while others can take you months to recover. Sometimes the loss is emotional, sometimes monetary. Essential oils can help with the emotional part but please realize that no matter what, you will still need to go through the grieving process. Essential oils can make it a little easier to cope.

The emotions triggered by a loss of a loved one or close friend can be many. Loss of a home, job or other valuable can trigger a few emotions just the same but some will be different. Some will be easier to deal with and recovery will be quick. Anger, anxiety, sadness, sorrow, confusion, guilt and depression are just a few. There are still many other emotions you may experience during the period of loss. You will not heal overnight. It can take months to years in some cases.

It has been 10 years since Al's mother passed and soon it will be 5 years since I lost my mother. For us it took a while to heal from the losses. We were both very close emotionally to our mothers, (both of us to each others too).

Everyone will handle loss and grief differently. Some can go on easily, while others it takes time to heal.

We know that had it not been for our constant exposure to all these wonderful essential oils, our coping with the deaths of his mother, my mother and my father all within a 5 year period of time would not have been easy.

It seemed for us that we were always exposed to the right oils at the right time.

Some essential oils used for grief include Bergamot, Cypress, Roman Chamomile, Jasmine, Marjoram, Neroli, Rose otto, Nutmeg, Frankincense, Helichrysum, Lavender, Patchouli, Mandarin, Melissa, Spikenard, Vetiver and Vanilla. Each one of these oils can be used separately or in combinations. Try not to use more than 4-5 oils in a blend. These can be used in diffusers or in a nice relaxing, warm bath. Truly, any essential oil that makes you feel good inside, may be just the oil you should be using.

Giving a small silk arrangement with some of these oils applied to the flowers to someone grieving is a beautiful way to brighten someone's day. Give them a small bottle of the blend to freshen the scenting so they can continue the healing process. They will start to feel better without knowing the real reason why!!

Please check through the list of our synergy blends as several contain one or more of the above mentioned oils and diffusing these may help with loss too. Some suggestions would be Calming, Beautiful, My Angels, Sensual, Tropical

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Dreams, and For Women's blends. Each of them has wonderful smells that may help you or another loved one or friend deal with a loss of any kind.

Any essential oil that is liked and that makes an individual feel better will help them emotionally. They will be the ones to choose. If you are choosing an oil or two for yourself or someone close to you, smell several different ones and if one of the oils you feel you just can't get enough of, try diffusing it for a few days. Of course, you may have 2 or 3 you want to use and that is fine too.

Use the oils daily and soon you will feel better. They say time heals. But with essential oils things seem to be better faster and are definitely more enjoyable.

## Beauty Tips aka Skin and Hair Care

### Winter time skin

by Penny Keay

**DRY, Dry, dry!** Not sure why winter has to be so tough on our skin. Of course it's probably more the case that the weather, heating and the fact that many of us drink less in the winter as the cooler temperatures usually disrupt our signals for thirst.

Even if you have normal, oily or dry skin naturally, you will most likely need moisturizers in the winter. The humidity level in many homes tends to be low because of the need for heat.

We never want to tell you to minimize hand washing any time (unless you are obsessive/compulsive) as with everyone being in closer contact, you will want to try to keep germs to a minimum that can cause the cold or flu.

What we do suggest is that you wash your hands, dry them with a towel then apply a moisturizer and let it dry or absorb into your skin before going out in the cold and frigid outdoors. This same advice is for you after washing your face and applying makeup or moisturizer too. Extreme changes in temperature of your skin can dry, irritate and chap them too.

In cases of dry skin, we suggest a 2 step approach. First is to moisturize from within - drink plenty of liquids especially water. This helps your body to replenish what the skin needs without having to conserve what it needs for other body functions. Secondly, keep the moisture in by using oils and natural waxes to keep the water in your skin from escaping.

First part is easy - just drink plenty of liquids.

The second part can be a little more difficult for some folks, if their hands are being exposed to water, soap and detergents.

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Secondly is to apply a lotion or oil to trap in the moisture or at least slow it down. One of the best oils is actually a liquid wax - namely Jojoba. It absorbs quickly into the skin and you only need a few drops! There is another oil that many find helpful too. Camellia oil is this other good oil, again, only a few drops are needed. Either of these oils can be used alone or you can blend them together.

If you have special needs other than just dry skin you can easily blend essential oils into these. Or if you prefer you can add Jojoba or Camellia to your favorite lotion or cream. One to two tablespoons per 8 ounces of lotion and blend well.

Now onto a few suggestions of essential oils to add to your lotions, creams or oils:

For Normal skin you can add your favorites. Skin friendly essential oils include; Geranium, Jasmine, Lavender, Neroli, Rose and Ylang ylang.

For sensitive skin: try a few drops of Roman Chamomile, Lavender or Helichrysum.

For extremely Dry skin: In addition to any oils mentioned previously - Carrotseed, Geranium, Lavender, Cedarwood, Frankincense, Myrrh, Palmarosa, Sandalwood, Thyme -linalool and Vetiver. Also in [Aromatherapy for Dummies by Kathi Keville](#) suggests a small amount of peppermint can sometimes stimulate your bodies own oil production. [Erich Keller of Aromatherapy Handbook for Beauty, Hair and Skin Care](#) states that may also help to stimulate or balance oil production by using a little Bergamot, Jasmine or geranium

For mature skin: Carrot seed, cypress, frankincense, geranium, Helichrysum, lavender, myrrh, neroli, rose and rosemary.

Stay warm and cozy this winter and treat your skin with a little moisturizer!

## Around the House and Garden

### Love those Silk Flowers

by Penny Keay

I'm such a big fan of Silk flowers you just can't imagine. Especially in Minnesota in the winter when the only life you see in plants are the evergreen trees. So seeing lovely flowering plants brightens up my day.

And trying to transport live plants without them getting frostbite is almost impossible here.

Now don't get me wrong. I love real flowers too, I love them a lot, but I have NO GREEN THUMB!

Well, not any more, I don't. Back when I was a young mother I could grow some pretty cool annual flowers in my garden, but for the past 15 years my gardening skills have disappeared - I know, how sad.

So I have resorted to silk arrangements - they don't die on me and I can make them smell pretty and use different scents for the season or the mood I'm in.

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It is so simple. I just put a few drops on several of the petals of the flower arrangement. It will last a day to a week or so depending on the blend I use.

It's fun to fake someone out!! Buy some Jasmine silk flowers and add a drop or two of real jasmine absolute. We usually just buy silk flower bouquets of multiply flower varieties and then just add any of our blends that we enjoy.

Place them in the bathroom, dining room, living room or on your mantle. We used Conifer blend on our artificial Christmas tree and wreaths. In the bathroom where there is a exotic looking arrangement, we use our Tropical dreams or Caribbean blends or if we've been exposed to folks with colds etc, we may use Pure Cleansing or Four Robbers - a little strange in the bathroom, but since they smell exotic and jungle like (the eucalyptus does to me) we don't mind using them in the bathroom.

Let your mind and available essential oils to have a little fun. More than once I have bluffed folks thinking the flowers were real! (Until they looked up close that is!)

## Recipes to try

by Penny Keay (unless otherwise noted)

### **To help you Fall Asleep**

Lavender - 15 drops

Roman Chamomile – 5 drops

Ylang ylang – 5 drops

Blend all in an amber bottle, then shake well. Add to any diffuser. If you wish you can add 1.25 ml of emulsifier to the essential oil blend and then add two ounces of water. Shake well and spray around the room as desired.

### **To Comfort at a Time of Loss or Grief**

Rose Otto – 3 drops

Vanilla – 5 drops

Roman Chamomile – 3 drops

Mandarin – 3 drops

Blend the above essential oils in an Amber glass bottle. Use in any diffuser or add to 1 ounce of a carrier oil and use as a massage oil.

### **Face Oil for Dry and/or Mature Skin**

Palmarosa – 6 drops

Frankincense – 4 drops

Myrrh – 4 drops

Patchouli – 2 drops

Jojoba 1 ounce

Camellia 1 ounce

Blend essential oils in a PET bottle then add the Jojoba and Camellia oils. Blend well for 24 hours then apply a few drops morning and night to a clean face. This blend can be used more often as desired.

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**Silk Flower Floral Scent**

Ylang ylang – 50 drops

Geranium – 25 drops

Petitgrain – 25 drops

Vanilla - 5drops or our V'Nilla Blend – 10-20 drops

Blend well in an amber glass bottle then apply a few drops to several petals of a silk flower arrangement. Reapply as desired.

**BIRCH HILL HAPPENINGS NEWS****Hello Everyone,**

Happy New Year!! Hope you and your family survived the Holidays and had a grand time ushering in the New Year.

It has been quite a while since we had a newsletter. Just as everyone this time of the year, we not only were busy packaging your orders, but have a lot of extra work to do with inventory and bookkeeping as we come to the end of one year and start into the next!!

We have a couple things to announce. First, as most of you know we are always trying to provide you with the best prices for aromatherapy supplies and the highest quality essential oils. As usual, you have helped us grow and we are able to purchase many of our supplies at lower prices. Again, we price things fairly and can pass along better prices to you.

So, as we have been replenishing our inventory since the first of the year, you will see that many of our aromatherapy supplies prices have come down, namely a lot of the electric diffusers.

A lot of oil prices have been reduced too but unfortunately essential oil prices fluctuate due to many factors and although we try to keep them stable there are times when we do have to raise a few. We were able to lower a few of those too since the first of the year.

As a heads up, this past summer the Lavender, Rose, and Helichrysum crops were not plentiful and as the demand goes up and the availability becomes scarce those prices may have to increase too (depending on what our suppliers pricing does). Let's hope not, but if they do, you will know why. Unfortunately Helichrysum from Corsica is the most critical this year.

Our prices are getting close to several wholesale prices and often times we are lower than many wholesale suppliers. Like we said, we are very happy to provide low cost, high quality essential oils so they are affordable for everyone to use.

Soon, Penny will be updating our website and trying to make it even more user-friendly. If anyone has any suggestions of improvements please let us, as she will try to use your suggestions if possible.

Also coming soon will be some new "Convenience Packs". We have several people that order the unscented base products in larger quantities. The plans are to make them convenient for you to order and for us to process and ship. We will send an e-mail notice to those signed up for the "What's New" notices when the Convenience packs are available.

The last announcement is the start of a new "Aromatherapy Tip of the Week". We hope to start these Tips beginning this next week. What is it? A couple of paragraphs with some helpful information about an aromatherapy and essential

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oil related topic. We hope these tips will help all interested in Aromatherapy as we continue to educate you and also to help spark your interest in aromatherapy even further.

The tip will be E-mailed only to those who subscribe to receive them - what we call an Opt-in list. This way, since you sign up, and you are aware it is coming weekly, you know it is not spam. If you decide you no longer want to get the "Tip of the Week", there will be an easy link to unsubscribe in each e-mailed tip.

The actual "Aromatherapy Tip of the Week" will be included in the e-mail but within that e-mail will also be a link to a printable PDF version for those that want to keep them in a 3 ring binder for future reference. Eventually there will be a webpage that will include the link to the PDF versions for those that sign up later or if you prefer not to get an e-mail each week.

If the "Aromatherapy Tip of the Week" is of interest to you, simply click on the link at the bottom in the e-mail notice you received for this Newsletter. At the bottom you will see a link to "UPDATE PROFILE". Simply click on that link and when you get to the "interest category" page, click the box to add the "Aromatherapy Tip of the Week" to your desired interest categories. Click the accept button and you'll be set.

As we continue moving into our new storage areas and rearranging shelves we are coming across a few items that we have discontinued but are still in good condition. We will have them on our clearance page and announce it in a few weeks too.

Don't forget - VALENTINE'S DAY is just around the corner. We have plenty of Sterling Silver aromatherapy lockets and other necklaces available. You may want to check them out on our Jewelry pages. Of course, you might want to order a few bottles of massage oils for a very special evening together! There are many nice blends to choose from too.

We look forward to another great year providing you with essential oils and supplies, educating you and sharing all our aromatherapy knowledge throughout the coming months! Thanks for being the best!

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

Yours in Aromatherapy,

Penny & Al

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

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