

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

Aromatherapy – Help, Tips and Useful Information! “One Liners” - Maybe Two and Occasionally Three

by Penny Keay

Every now and then I like to present a list of Aromatherapy Tidbits that are short and sweet.

Something that is useful to anyone and everyone interested in Aromatherapy. A short quip filled with helpful information on how to use essential oils easily in our lives each and every day.

They are the “One Liners” or like I said maybe two and even occasionally three sentences long.

Again, like in other newsletters I’m going to present them in different Categories to help you reference them easily and quickly. Something you can use to glance at to see if there is a quick solution to a situation you are addressing. How many will there be? Don’t know until it’s all written. But hopefully you’ll enjoy reading it as I will try to keep it light hearted too! Enjoy!

Physical Ailments

1. Add 2 drops **Peppermint** and 2 drops **Eucalyptus** to a teaspoon of lotion. Rub on sore arthritic hands. This will not only soften the hands, but give you less painful ones too.
2. Paper cuts are painful enough, so put a small drop of **Lavender** on the paper cut, cover with a bandage and before you know it, its’ a thing of the past!
3. Itchy Skin from any unknown cause can be relieved with a little blend of **Lavender, Roman Chamomile** and **Peppermint**. Blend a drop or two of each in a little lotion (1 tablespoon) and smooth on the area. Repeat as needed.
4. Upset stomach? Inhale a little **Fennel** or **Ginger** or **Peppermint**. All of these are known to help with nausea.
5. Put a drop of **Peppermint** and drop of **Rosemary** in a small amount of massage oil such as **fractionated coconut oil** and massage on the back of the neck and temples to help relieve a tension headache. A **roll-on perfume** applicator is great for this and easy to carry in purse or pocket.
6. Allergy season is just around the corner. **German Chamomile** and **Roman Chamomile** have natural antihistamine properties and may help give you some relief.
7. Sore throats are a pain in the neck! Get a little relief by gargling with salt water that you have added a drop of **Myrrh** and a drop of **Oregano** or **Thyme**. Use 2-3 oz of warm tap water add the salt, then stir in the oils. Do not swallow this, just gargle, swish and spit. And yes it will feel hot and may have a burning sensation. But then your sore throat does whether you have essential oils added to the water or not.
8. Apply a **10% Helichrysum in Jojoba** to a new bruise. Reapply every couple hours to reduce the time for the area to heal. **Helichrysum** is also an analgesic and anti-inflammatory, so it will help to reduce the discomfort from your injury too. I have personally seen small bruises heal within 2 days instead of going through all those beautiful colors – red/purple, green and yellow before returning to normal. Of course, if you like your skin all those colors don’t use the Helichrysum and – enjoy the rainbow!
9. Diffuse a little **Eucalyptus radiata, Niaouli** and **Pine needle** oils when you have a nagging cough.
10. For burns of any kind caused by either heat or cold – includes damaged skin from frost bite. Using **Lavender** and **Helichrysum** can help give relief and help heal the injury more quickly. If there are no open wounds, make a mixture using **Rose hip Seed oil** and **Hazelnut oil** – they are very nourishing to healing skin.
11. Essential oils with heating properties can warm up muscles before exercising. Try a blend of any of the following: **Black Pepper, Juniper berry, Peppermint, Sweet Marjoram, and**

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

Ginger. Mix and match. Just a few drops in your favorite carrier oil and applied and soon you'll be off and running!!

12. if you are concerned with 'strangers' germs while traveling, be sure to take along some essential oils you have premixed in our **Linen** or **All purpose cleaner** to spray on door knobs, around the sink or toilet. Great ones to use – **Four Robbers Blend** or **Pure cleansing Blend**. Lightly spray on the surfaces and let dry. (Don't spray on any painted or varnished surfaces though unless you wipe it off right away as even small amounts of essential oils can ruin those finishes.)



Emotional Concerns

1. Did you know that the flowering tops of the plants can correlate to your head and things emotional? When you have emotional concerns choose an essential oil where the source is the flowers themselves! Good choices are: **Rose, Neroli, Lavender, Geranium, Roman and German Chamomiles, Jasmine, Melissa, Rosemary**
2. Bring a **vase of Scented silk flowers** to someone recuperating. They won't have to worry about the flowers wilting and more essential oils can be applied to brighten their spirits. **Citrus and Floral scents** are best (but not Rose- better for grieving then recovering from other illnesses).
3. Fretful babies (and Moms and Dads) can benefit from a little **Roman Chamomile** and **Lavender** mixed with water and spritzed in the room.
4. Women are often attracted to more earthy scents such as **Vetiver, Sandalwood, Cedarwood**. Add a little **Lime** or **Allspice** and the man in her life – well – you get the picture!!
5. Men are often attracted to sweet floral smells like **Rose, Neroli** and **Jasmine**. Add a little citrus or spicy oil like **Cinnamon** and well – he'll be following you around!
6. Feeling the Blues? Diffuse your favorite essential oils. No favorites? Then use bright uplifting oils like **Lemon, Grapefruit, Spearmint**, and **Lavender**. (Yes, **Lavender** too – Remember her nickname is "**the Mother**" and Mom's always make you feel better when you need a hug!
7. Inhale a little **Roman Chamomile, Mandarin, Neroli, Rose** or **Ylang-ylang** before you have to give a speech or presentation. These will help you relax and calm those jittery nerves!
8. If you are a Caregiver (or know someone that is) for a loved one that is chronically or terminally ill remember that you need to take care of yourself too. So indulge yourself – enjoy essential oils whenever possible. How about a long soak in **Bath Salt** with essential oils added to the water?
9. PMS??? Choose essential oils that deal with your individual emotions. You don't have to be miserable nor make the folks around you that way either! Lighten up! Brighten up!! Essential oils can help!
10. For mental alertness and concentration – use a blend of **Basil, Lemon and Rosemary** (our **Concentration blend**). Place a drop or two in your aromatherapy jewelry or in your nasal inhaler. Use while studying and while taking an exam!
11. Suffering from Jet Lag? Place **Basil** and **Grapefruit** in an inhaler or on a personal diffuser such as a necklace or terra cotta diffuser. Both of these oils will help to 'perk' you up!
12. Had a bad dream and now can't fall back to sleep? Diffuse or inhale some **Frankincense and Roman Chamomile**. Add 1 drop of **Ylang-ylang** too. Soon you'll be off to sleep again! And hopefully the bad dream won't return!

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

Beauty and Skin Care

1. Unsightly warts on you fingers? Simply soak the hand in a little soapy water for 10-15 minutes. Dry thoroughly then put a drop of **Tea Tree**, or **Lemon** or even something as strong as **Thyme** may help. Be consistent and do this every day for a week! Take a few days off and repeat if needed.
2. Give your hair a simple hot oil treatment. Using **Jojoba or Camellia oil** massage a tablespoon or two onto your dry hair and scalp. Wrap your head with a hot damp towel and leave on for an hour. Shampoo, rinse and shampoo again if needed. Dry and style as usual. You can do this 'hot oil' treatment every week if needed.
3. **Rosemary** applied to your hair brush may help to stimulate growth.
4. Facial blemishes may dry up more quickly when you use a few drops of **Geranium** added to a toner or astringent and applied after you have cleaned your face.
5. Tired Feet from a busy day of shopping? Soak them in a small basin of hot water with Epsom salts and add **Lavender, Tea Tree, Geranium** and **Peppermint** (1 drop of each). Relax!
6. Make your own Perfumes. Just blend 20-30 drops of essential oils with 1/3 oz **Jojoba** or **Fractionated coconut** and use in a **roll-on style** applicator bottle. Let blend for several days before use.
7. Speaking about Soft Lips. Again, use a **roll-on applicator** you have filled with **Jojoba** add one drop of **Spearmint or Peppermint** if desired. Roll on your lips. Jojoba is as close to your natural skin oils as nature makes. It'll keep your lips soft too.
8. Make a easy to use underarm deodorant – to make a simple body spray – add **Lavender** to a bottle of water or our unscented **Body Spray**. I have found I enjoy adding our **Fresh Face blend** to the body spray to make a underarm blend that can quickly sooth this area after shaving. Spritz! Spritz!
9. **Rosehip seed oil** is a great substitute for Evening Primrose oil or Borage oil in recipes for skin care. It provides a very high level of GLA (and Vitamin C) and has a more stable shelf life than Evening Primrose oil.
10. A great oil for baby and infant massage- Just plain **Jojoba or Grapeseed oil**. A SINGLE drop of **Lavender and/or Roman chamomile** can be added to 1 ounce of massage oil.
11. For lovely soft feet. Soak your feet in a basin of warm water that you have added 1 cup Epsom Salt, and 1 drop of **Peppermint** and 1 drop of **Lavender**. Sit back and enjoy then, rinse and dry and apply **Jojoba** to your feet.
12. Did you know that you can use any **Carrier oil** to remove makeup and daily grime from your face? Simply use a cotton pad apply several drops to the pad of any carrier oil – **Sweet Almond** is great for this provided your not allergic to nuts! Wipe off the makeup and dirt. Then follow with several splashes of fresh warm water. Pat dry and then use a **toner** and or **astringent** to remove any excess residue. Your face will feel soft. Add essential oils to your **toner or astringent** if you have specific issues you need to address.

**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

Around the Office, House and Garden

1. Add a few drops of **Anise** to your vacuum cleaner bag before using. Especially good before company arrives. **Spearmint and Peppermint** are great too!
2. Fill the bathroom sink with warm water. Add several drops of **Lemongrass, Lemon or Orange**. Swish around, then use a cleaning cloth to clean the tub and sink fixtures. When done, just pull the drain, rinse the sink and the bathroom will be nice and fresh.
3. Been working in the garden and your hands smell like – well – Dirt? Wash them in warm soapy water, add a drop to your hand of **Lavender, Orange or Lemon**. Rub your hands together, then rinse well. Don't forget to put on some lotion too! Repeat if needed.
4. Need the Office Staff to be more productive after lunch? Diffuse a blend of **Grapefruit and Spearmint**. Add a little **Rosemary** too for mental alertness.
5. Stale and stinky odors can be eliminated with any citrus scented essential oil. For a change from the basic **Lemon, Lime, Tangerine and Orange** try **Lemongrass, Eucalyptus Citriodora (Eucalyptus Lemon), Citronella** in any diffuser. Add a drop of **Rosemary or Nutmeg** and you'll be pleasantly surprised!
6. Use a **Terra Cotta diffuser** in your car to keep it smelling fresh. Use **Pine** or any of the **mints** but only use a drop or two, you don't want to use too much in such a small space.
7. Out of glue remover and need to remove some of those sale tags stuck on too tightly? Use just a little **Eucalyptus or Lemon** essential oils on a cotton ball to help remove the glue from the glass or metal. Rinse well and don't set the essential oil soaked cotton ball on any finished surface – Eucalyptus is strong and could mar or damage the paint or varnish.
8. To freshen the bed linens of your guest room by spraying with a **Linen Spray** made with a few drops of **Lavender**. Other essential oils you might want to consider – **Rose, Mandarin, Neroli** or blends such as our **Calming, Relaxing, Peaceful or Beautiful**.
9. Sick of spiders? One of our readers swears by **Pennyroyal** to rid the house of these creatures. Simply place some scented cotton balls or terra cotta discs in areas where you have seen their webs and see if they won't vacate the premises!
10. Ants and Bees hate the smell of **Peppermint** – or so we've been told. Flies and moths don't like **Lavendin**. Bugs that attack plants dislike **Geranium**.
11. Attention Fisherman – Having a hard time getting those waders on? Put a little **Talc** on your socks or inner shoes – Fireman and other fisherman swear by this. The **unscented Talc** won't distract the fish should you get a little powder on the outside of the boots.
12. Having your house appraised for its current value? Diffuse some warm friendly scents. **Vanilla** with a tiny touch of a **Cinnamon, Cloves or Ginger**. Don't use too much, you just want a hint. These scents are especially good for use when Men appraisers are present – **Cinnamon and vanilla** are enjoyed more by men than some other floral scents. For women – **Light floral, Vanilla or citrus scents** – the house will smell clean and fresh – and more appealing.
13. When making a Carpet Freshening Powder use a cotton ball or **cotton pads** to apply the essential oils – Then place this in the jar – shake well – let it sit for 24-48 hours before using on the carpet. Just putting essential oils directly on the powder will make it clump and the scent won't be dispersed very effectively.
14. Clean out your Garbage cans with hot soap water that you have added Orange or Lemon oils. Swish around. For a change of pace try stronger oils like Sage, Cinnamon and Clove Bud. Who says your garbage bin has to smell so bad? (I often wonder what our Garbage man thinks when he picks up our trash. It's probably some of the best smelling garbage he picks up each week!!)

**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

Aromatherapy General Tips and Hints including Do's and Don'ts

1. **DO** - When blending your essential oils gather your **equipment, glass (ideal)** or Stainless steel **containers, pipettes** and **oils** but be sure to protect your table or counter top with some heavy weight paper – Freezer paper works great as it has a plastic side and a paper side. Place the plastic side down, so the paper side can absorb any spilled oils.
2. **DO** – cut a paper towel into small 2 X 2 inch squares to quickly wipe up little drips while blending.
3. Using **Soy wax** in your **tart warmers** will help your precious oils last longer. Melt the wax and before it hardens again, stir in several drops of your favorite essential oils. Time saver – Just add more essential oils to your melted wax before you turn off your **tart warmer** – the **essential oils** will be in the wax next time you turn your warmer on!
4. To dab just a small amount of a diluted essential oil on a small cut or scratch use a cotton swab. This will allow the essential oil to be placed on the area and not everywhere. Especially great for use on **pimples** and bug bites.
5. **DO** - Remember to step outside every 20-30 minutes or so and get some fresh air after you have been blending for while. Stop blending if you get an unexplained headache or become nauseated and get some fresh air. These are both signs of too much of a good thing in a closed area.
6. **DO** -Unless you have a photographic memory (Sorry there is no essential oil that can do this!), make sure to write all your recipes down. Keep them in a recipe card box or in a notebook.
7. Never store your essential oils on a window ledge. It's not so much the sunlight that will deteriorate them but the heat the sun can produce as it shines on the darker glass used. Keep them in the refrigerator or dark cupboard out of the reach of children.
8. **DO** -Keep your bottles of essential oils tightly capped. Replace caps even while blending. Oxygen is essential oils worst enemy. Oxidation is what will ruin your essential oils even faster than heat will. But keeping them in the refrigerator when not in use will slow the oxidation process. So keep them cool too!
9. Essential oils can ruin rubber and some plastics. When mixing your blends use glass or stainless steel bowls, cups and stirring equipment. Clean up is quick and easy and glass and stainless steel won't retain the smell of the essential oils. Rinse with alcohol to removed any residue if necessary.
10. **DON'T** - NEVER EVER USE PURE ESSENTIAL OILS ON or Around Cats – They cannot metabolize them and the essential oils can cause irreversible liver damage.
11. **DON'T** - Pure essential oils **should never be ingested unless prescribed by a medical doctor**. Essential oils should only be inhaled or mixed with a suitable carrier such as water, massage oil, shampoo, lotion or creams before using. Gargling and mouth rinses are not considered ingesting. You may ask or say – but what about those used in cooking and baking? They are specially formulated and most often diluted to be used at the proper dilution as required by the USDA for baking and cooking. The ones used in the food industry are not the PURE essential oils used in Therapeutic Aromatherapy.
12. Some essential oils can cause a Photo Toxic reaction. This means if these essential oils are used in a lotion, cream or massage oil or even used in the shower or bath and you should go outdoors or to a tanning salon your skin could be burned and discolored. Avoid Bergamot and other cold pressed citrus oils if you will be out in the sun or going tanning. Bergamot FCF and Most Distilled citrus oils are safe to use in the sun. But if you prefer you can always avoid the sun when you use them too.
13. IF you get essential oils in your eyes – flush with lots of water. The old rule was to use whole fat milk, but since water and oils don't mix. Using plain cool water will do a much better job. The fat in milk can mix with the essential oils and actually keep them in solution and in your eyes. Seek medical attention if needed.

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

Recipes to try

by Penny Keay (unless otherwise noted)

For Normal Skin Care

Lavender - 15 drops

Geranium - 8 drops

Rose otto - 4 drops

Emulsifier – ¼ teaspoon

Blend these together in a glass beaker then add the emulsifier still well. Then add to 8 ounces of Toner or Astringent. Apply to freshly washed face.

For Mature Skin Care

Lavender - 15 drops

Frankincense - 5 drops

Neroli - 5 drops

Carrot seed - 5 drops

Emulsifier – ¼ teaspoon

Blend these together in a glass beaker then add the emulsifier still well. Then add to 8 ounces of Toner or Astringent. Apply to freshly washed face.

A Very Happy Spring Time Blend

Orange- 4 drops

Lavender - 3 drops

Rose - 1 drop

Neroli – 1 drop

Add to 2 ounces of our Linen and Room Spray. Spritz in the room you are working in.

Or use a diffuser of your choice or the Personal inhaler.

This is a very wonderful blend. You can easily adjust the amount of any of the oils as some will prefer less it to smell citrus (orange) or more floral add more (Rose or Neroli).

Blend just the essential oils in an amber bottle then add to the Line spray or if you want they can be added to a tub of warm water to sit and soak in.

Down and Dirty Spring Cleaner

Lemon – 20 drops

Eucalyptus Globulus – 10 drops

Juniper Berry – 10 drops

Pine – 10 drops

Rosemary – 5 drop

Emulsifier – 1 teaspoonful

All Purpose Cleaner - 8 ounces

A PET bottle with Spray top.

Blend essential oils well in glass beaker then add a teaspoon emulsifier. Mix thoroughly. Then add to the All Purpose cleaner and shake well. Spray around the room, let sit for a bit then wipe clean. OR you can add the essential oil/emulsifier blend to a bucket of soapy water and use to do your spring cleaning everywhere!!



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

BIRCH HILL HAPPENINGS NEWS

Hello Everyone,

Yeah! Spring is HERE! At least that is what the calendar says.

Nothing is better then when the snowy season is gone and to watch the lawns and gardens turn springtime green again! Little flowers will follow then too!

It's been a long cold and snowy winter. And so during these past few weeks not only have we been busy thinking of new ways to use aromatherapy in your everyday lives but we have been shopping and learning about new ways to use these wonderful essential oils.

We have found a couple new suppliers for some beautiful and smaller diffusers. They are smaller and therefore will give you back some of your counter space.

One of the new tart warmers is the Mini Ivory Warmer. It has a smaller bowl and can be used more easily in those limited spaces. Also to go with these are our new Scented Fiber Bits. These bits provide you with the ease of scenting without the hot wax cleanup. With the Fiber bits you can easily and quickly change (or mix and match) your scents as needed.

The new Fiber bits are made from organic material and can be tossed in your compost bin when you need to throw them away, But because they can easily be reused and impregnated again and again with essential oils you won't need to toss them out for quite awhile.

Also we have the new Outlet Plug-in warmers. These are perfect for use in the kitchen or bathroom. They warm the mini wax tarts or scented fiber bits using a 15 watt bulb. The Ceramic wax bowl can be removed and the warmer then becomes a kitchen or bathroom nightlight.

Next we have the medium sized Ceramic Oil and Tart Warmers. A nice size tart warmer with an ample bowl size for 1 oz of wax tarts or again you can use the Scented Fiber bits.

And several medical and dental offices have requested a timer unit. Well, just new to the market is a Tart Warmer with a timer - you can set for up to 12 hours of heating. Just set it and you can forget it (of course you might need to add more essential oils to your wax before 12 hours is up - depending on the EO's you use.)

Potpourri - Yes we have found some Inspirational Ceramic Boxes perfect for Potpourri, Scented Fiber bits or our new Scented Aroma Beads! To go along with these boxes we have created an all natural botanical potpourri blend of flower, buds, petals and more. We are developing more scented natural botanical potpourri blends. We hope to have a Fruity Floral, A Spicy blend and a Woodsy or Forest type blend soon. Anyway the covered potpourri boxes can be left closed when you don't want scenting or of course uncovered when you want to freshen up the area.

The Scented Fiber bits and the Aroma Scented Beads can be used in our new Votives too. The votives make it handy for you to put scenting in your bathroom, closets or other small area. Fill with the Scented beads or Fiber bits and set on the bathroom window or on a shelf in the linen closet. They will gently scent the area for a week or two. Apply more essential oils to the votives contents (fiber bits or beads) as needed!! Simple, easy and decorative!

Also we found some inspirational Ceramic Flower Vases. These are perfect for you to use as a gift for someone. Just add some Silk Flowers which you can purchase from us or another store (we have some cute arrangements available of these too) and apply your favorite essential oils to the

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

Birch Hill Happenings Aromatherapy Newsletter Volume 123

March 18, 2009

8

flowers. Just because the flowers are daisies or such doesn't mean they have to smell like a daisy. I personally like Neroli and a little orange smell on my silk flowers!

The Ceramic Flower Vases can also be used as Reed Diffusers. You can purchase the reeds and reed oil from our Reed Oil and Diffuser page.

Oh and for those of you that have some 'spent' candles where the wick is too low to burn the candle and want to extract the scent from the left over wax, we have some beautiful yet simple Ceramic Heating pads. These heating pads can be used with any ceramic, glass or metal bowl and use our Scented Mini tarts or use our Unscented Wax tarts and add your own essential oils and blend to them.

We do have a couple new ceramic tealight diffusers coming soon too we hope to have them up on the website shortly.

We are working on several new synergy blends. Several blends we have developed for from our consultations and instead of having to mix it over and over again, we will offer them on our website.

We are duplicating a couple more YL's blends as we have been donated a sample of them.

Several customers (massage therapists in particular) have asked for the premixed massage blends in larger quantities. We are getting the recipes adapted and pricing figured for this, watch our Premixed Massage blend page.

And as time permits, I'm working on some new Aromatherapy Gemstone necklace, bracelet and possibly even earrings ensembles. We'll send out announcements when we have them ready.

Here it is the end of March and for many of our readers you know that Alan and I celebrate our Wedding Anniversary this time of year (34 years on March 29 !!). So we are going to take a little bit of a break and take a long weekend from March 27 through March 30. Any orders placed during those days only will be processed and shipped ASAP on March 31 and April 1st. Before and after those dates Processing and shipping of orders as usual!!

We have new and exciting things planned for April so be sure to watch your e-mails for our notices!! If you haven't already signed up for our other e-mail notices be sure to update your e-mail preferences. Just click on the bottom of the E-mail notice you received where it says to Update your Profile and you can see all our interest categories available!

As always, if you have suggestions, questions or comments please feel free to send us an e-mail by visiting our contact page at www.birchhillhappenings.com/contact.htm 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