

From the AROMATHERAPY RECIPE FILES March 2011 Issue

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

These recipes were created for our readers, customers and our own use.
We Share them here with you. Try a Few and see how they work for you!

Recipes for Relaxing, Energizing, Aches, Pains, Coughs, Allergies, Insect Relief, Flying and More!

Remember if you should share these with others – they need to have credit for their source to be given to Birch Hill Happenings Aromatherapy LLC. The recipes are still copyright protected.

Relaxation blend for the bath

Jasmine – 3 drops
Coriander – 3 drops
Lavender - 2 drops

Fill the tub with warm water. Swirl water and add the essential oils. Close the door for 5 minutes and let the oils permeate the room. Light a few candles, play some soft music. Enjoy a wonderful bath.

Energizing blend for you and your Co-workers

Lavender – 15 drops
Geranium – 10 drops
Cedarwood - 10 drops
Peppermint – 5 drops

Blend the above essential oils in an glass bottle. Then put several drops in some unscented lotion. Leave this lotion where coworkers will easily grab the bottle and use it. They will be so surprised how energized they will be!

Are you feeling a little S.A.D Today?

Bergamot – 10 drops
Grapefruit– 10 drops
Spearmint – 5 drops

Blend essential oils in an glass glass bottle. Diffuse in any room diffuser or Place several drops in a Personal inhaler, or a drop or two on an aromatherapy necklace such as the Terra Cotta Pendants or aromatherapy bracelet and smell as needed.

Excite the Romance Senses

Ginger – 6 drops
Myrrh – 4 drops
Cinnamon leaf – 2 drops
Jasmine – 2 drops
Cardamom – 1 drop
Jojoba – 1 oz
Sweet almond 1 oz

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Blend all together and use to give a romantic massage. Please do not massage on the genitals as the Ginger. Cinnamon and Cardamom are very warming oils and may turn your night from fun to not so fun within just a few minutes.

A Great Back Massage Blend

Spearmint – 15 drops

Black Pepper – 10 drops

Eucalyptus globulus – 5 drops

Sweet almond – 2 ounces

Blend all in a PET plastic bottle. Use to massage the mid-back and the whole back as desired.

Refreshing & Clean Bathroom Scent Spray Blend

Cypress – 8 drops

Eucalyptus globulus – 8 drops

Juniper berry – 8 drops

Pine needle – 4 drops

Rosemary – 4 drop

Emulsifier – 1 teaspoonful

Distilled water - 8 ounces

Plastic HDPE spray bottle .

Blend essential oils well in PET plastic bottle then add a teaspoon emulsifier. Mix thoroughly. Then add the distilled water and shake well. Spray around the room, let sit for a bit then wipe clean.

If you prefer, you can blend just the essential oils together and use in any aromatherapy diffuser, such as a Scentball or terra cotta disc. You can just put a few drops on a cotton ball and sit in an inconspicuous space.

Spirit Lifting Blend

Bergamot – 15 drops

Grapefruit– 15 drops

Orange – 10 drops

Frankincense – 8 drops

Blend the above essential oils in an glass bottle. Use several drops in any aromatherapy diffuser. A fan diffuser will help to circulate the essential oil molecules in a larger area. Try this blend next time you Meditate.

Ker Chew!! – An Allergy Blend

German Chamomile – 8 drops

Helichrysum – 4 drops

Geranium – 4 drops

Eucalyptus citriodora – 3 drops

Rosemary – 3 drops

Allergy season will be here before you know it. Get this blend ready before the pollen starts to fly! Blend these essential oils together and use in any Personal inhaler. German Chamomile is a natural antihistamine and helps to deter the sneezing allergy symptoms.

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Anti-Itch Lotion – Great for use on Flying Insect bites

Lavender – 20 drops
German Chamomile – 10 drops
Eucalyptus globulus – 10 drops
Peppermint – 5 drops

Blend the above essential oils in an Amber glass bottles. Then add to 2 ounces of unscented lotion. Blend well, then apply to itchy – insect bitten area as needed. Rub in lightly so as not to increase the itchiness.

Your Next Bar-B-Q Insect repellent

Pennyroyal – 10 drops
Eucalyptus Lemon – 10 drops
Cedarwood – 10 drops
Geranium – 10 drops
Citronella – 5 drops
Emulsifier - 1 teaspoon
Distilled Water – 4 ounces

Blend essential oils well in PET plastic bottle then add 1 teaspoon Emulsifier . Mix thoroughly. Then add the distilled water and shake well. Spray around the area as often as needed.

Great places to spray – under chairs, benches and tables. Around plants and their pots, other outdoor garden areas that insects like to hide. Spray around doorways and window openings. Note: use caution and spray only a light mist. Essential oils have been known to dissolve paint and other finishes and so do not saturate the areas – just a light mist.

An alternative to spraying this is to use several Oil and Tart Warmers. Mix just the essential oils together (omit the emulsifier and distilled water). Then add the essential oil blend to the melted Soy Wax tarts. Stir carefully. You will want to place several oil and tart warmers around your patio so the air around your BBQ will have the protective scent of this blend to help ‘shoo all the bugs’ away!

“Take me Away to a Faraway Island” Milk Bath

½ cup Heavy Cream
Lavender – 5 drops
Ylang-Ylang – 3 drops
Jasmine – 2 drops

Blend the essential oils into the heavy cream then add to your hot bath!
Yes the water will become cloudy! But simply sit back and enjoy. Light a few candles and play some relaxing music. The cream will soften your skin as you soak and are Taken Away to some exotic island

Clear your Nose Inhaler Blend

Peppermint – 2 drops
Eucalyptus globulus – 2 drops
Rosemary – 2 drops

Blend these together and apply to the cotton used in any Personal nasal inhaler. Replenish as needed. Simply place the inhaler near your nostrils one at a time and inhale slowly 2-3 times. Repeat as needed.

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Room Spray for the Spring Cold

Eucalyptus radiata – 10 drops
Frankincense– 8 drops
Tea Tree – 8 drops
Ravintsara – 6 drops
Rosemary – 4 drops
Emulsifier – 30 drops
Linen/Room Spray – 8 ounces

Blend the essential oils together then add the emulsifier. Stir well then add to the Linen/room spray. Shake well. Spray around the room as needed. If you want to spray a little on the pillow, only spray on one side. Let it dry then place the sprayed side down, away from the side the face will touch. This allows the essential oils to not touch the skin which could cause irritation but lets them surround you while you sleep.

Steam Bath for those Nagging and Lingered Coughs

Pine needle – 1 drop
Eucalyptus globulus - 1 drop
Peppermint -1 drop

Place all in a bowl of hot water and inhale the vapors for several minutes. You don't need to cover your head with a towel unless you want to. Just inhaling will help to clear air passages and make it easier to cough up mucous. Breathe in for 5-10 minutes several times a day. Repeat 'steaming' every few hours and just before bed until you are not annoyed by the cough.

Pretty Fingernails and Cuticle Care

Jajoba – 1 ounce
Sweet Almond - 1 ounce
Clary Sage – 6 drops
Lavender – 6 drops
Geranium – 3 drops
Rosemary – 3 drops
Lemon – 3 drops

Blend all well, then apply a drop to each fingernail and massage into and around the nail and cuticle at bedtime. Good to apply this blend especially after your hands have been exposed to water, dirt and harsh chemicals.

Ease your Panic – if you Fear flying

Bergamot – 20 drops
Lavender – 15 drops
Basil – 5 drops
Neroli – 3 drops
Rose Absolute -1 drop

Blend all in a glass bottle and then put several drops in a personal inhaler. Use this blend prior to flying while you are relaxing in the evening, reading a book or watching television – diffuse this in the room.

You are setting up the "Lock and Key" mechanism so when you get on the plane later on, you will be easily brought back to a more relaxed setting.

Now, just before you get on the plane breathe in a few inhalations of this blend or any other one of your choice. Maybe this time – flying to see relatives and friends can be a much more pleasant experience.

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