

From the AROMATHERAPY RECIPE FILES July 2010 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!

Burning the Midnight oil? How about meeting a deadline? Bugs, are they bugging your plants? Something crawled into your sneakers and died, oh it's just your smelly shoes! Out in public a lot? Need a purse size sanitizer? Tired of hot humid air? Try this Refreshing blend for stale odors.

Here area just a few recipes to help your life be more enjoyable. Try a few of them at your leisure. And don't forget to check out our past issues for more great recipes to help you and your family using Nature's wonderful gifts!

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.

When your System has been on Overload!

S'Woods blend - 10 drops
Clove bud - 5 drops
Nutmeg - 3 drops
Lemon -1 drop

Blend well and use in a Personal area diffuser such as a Terra Cotta Disc. Or put in a nasal inhaler and take a 'whiff' as needed. Do remember to get up and stretch and take a break from that computer terminal occasionally ☺

Making that Deadline! (or Getting ready for the Weekend or vacation! ☺)

Grapefruit - 10 drops
Peppermint - 5 drops
Rosemary - 5 drops

Blend these together and diffuse in a Personal area diffuser such as a Terra Cotta Disc. This blend is great to help stimulate your mind and keep you alert as you work hard to accomplish the task at hand!

After the Deadline Massage oil Blend! (To help loosen those tight back muscles)

Bay Laurel - 10 drops
Niaouli - 10 drops
Lavender - 8 drops
Black Pepper - 6 drops
Spruce Needle - 6 drops
Fractionated coconut oil - 2 ounces

Blend essential oils in a small glass beaker, then add to the fractionated coconut oil and blend well. Have your massage therapist or special friend massage into your tight shoulder and upper back muscles. Take a warm bath or warm shower after the massage and GO TO BED!!

Disclaimer:

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Stinky Sneakers! Formula 1

Aroma beads (polymer beads) - 1 ounce unscented
Spearmint - 4 ml
Cedarwood - 2 ml
Organza bags - 2
Small glass jar

Mix the Spearmint and Cedarwood in a small glass jar. Add the Aroma Beads, cover tightly and let soak until all the essential oils have been absorbed by the beads. This may take 24 hours or more.

Then place 1-2 tablespoons of scented beads in the organza bag and place one bag inside of each 'stinky' shoe overnight.

Stinky Sneakers! Formula 2

Aroma beads (polymer beads) - 1 ounce unscented
Lemongrass - 4 ml
Anise - 2 ml
Organza bags - 2
Small glass jar

Mix essential oils in a small glass jar. Add the Aroma Beads, cover tightly and let soak until all the essential oils have been absorbed by the beads. This may take 24 hours or more.

Then place 1-2 tablespoons of scented beads in the organza bag and place one bag inside of each 'stinky' shoe overnight.

My Plants are being Bugged too!

Sage - 35 drops
Litsea Cubeba 30 drops
Cinnamon Leaf - 25 drops
Coriander - 20 drops
Organic Dish Soap - 5-10 drops
Distilled water 8 ounces
Trigger Sprayer or Fine Mist Sprayer - 8 oz size

Blend essential oils together in your Spray bottle. Add 5-10 drops of unscented organic dish soap. Mix well. Then add the distilled water, shake well before spraying.

Repeat every 2-4 days as needed. This is best as a repellent for your plants but some bugs may also be anxious to leave (forever) if they are sprayed with this blend!

Mint it up - Carpet Freshener

Spearmint - 4 mL
Peppermint - 2 mL
Lemon - 1 mL
Birch - 1 mL
Unscented Fiber Bits - 1 oz
Glass jar

Blend essential oils together in the glass jar. Then add the Fiber bits. Let the essential oils soak in the fiber bits. The essential oils may take about 24 hours to totally absorb.

Once the essential oils have absorbed into the fiber bits, sprinkle a few onto your carpet and let stand for 15-30 minutes, then vacuum.

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VERY Citrus Blend Room Spray - Refreshing

Room Spray base 8 oz

Lime - 10 mL

Tangerine - 4 mL

Grapefruit - 4 mL

Mandarin - 4 mL

Cedarwood - 2 mL

Emulsifier - 1 tablespoon (1/2 oz - or 15 mL)

Blend essential oils and emulsifier in a glass beaker, then add to the Room Spray base. Shake well before each use.

Spray into the room - just a spray or two to see how it lasts before spraying too much at one time.

Store in a refrigerator for 1-2 months, after that you'll want to make fresh. Remember that Citrus oils are great at eliminating cooking odors - especially those 'fishy' cooking odors. Say now - You did cook the fish your 'men' caught - didn't you?

Sanitizer for those Away from Home places (like public toilets, door knobs etc)

Linen Spray base - 2 oz

Peppermint - 40 drops

Orange - 20 drops

Thyme - 5 drops

Emulsifier - 1 teaspoon (5ml)

In a small glass beaker (100mL) blend the essential oils together, add emulsifier and stir well. Then stir in the 2 oz of Linen spray base. Pour back into Spray bottle and Label well.

Use this spray to sanitize surfaces. Spray on lightly, let sit for 30 more seconds, then wipe off with a tissue. Make sure you shake the bottle before use.

Make a Take along Sanitizer bottle to carry in your bag too. (We have small glass mini misters that you might want to carry along too).

Hope you enjoy these Recipes.

Be sure to visit us on line at <http://www.birchhillhappenings.com/aroma1.htm> for all your Essential oils and Aromatherapy Supplies needs.

Check out our **NEW BLENDER's Kit** - found on our Bottles and Glassware page

<http://www.birchhillhappenings.com/bottles.htm> . Great for use while mixing these and other recipes!

Aromatherapy Recipes Using Essential Oils Volume 1 by Penny Keay now available at

<http://www.birchhillhappenings.com/recipebook.htm>

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