

From the AROMATHERAPY RECIPE FILES Spring Issue

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

Volume 29 - RECIPES for SPRING!

Here is a lotion recipe from one of our good Customers – Easy for those of you that want to make your own lotion.

KIRSTEN'S LOTION

(which takes about 20 minutes to make once you have the ingredients and material out)

ingredients

3/4 c oil (that's 6 ounces - try 3 oz. jojoba, and one oz of evening primrose (rejuvenating), 1 oz of wheat germ (vitamin E) and one oz of something else you love (olive? sweet almond? Tamanu (which has a small that will affect your scenting even with only one oz)

1 c water (part of this one cup can be 3 Tbsp dark red organic juice (i use raspberry) for a rose tint - or aloe juice for general healthiness)

1 3/4 Tbsp (or 1 3/4 oz) beeswax (shaved or in tiny balls)

30-50 drops essential oil (depending on how powerful the oil is - that is, geranium goes a long way; grapefruit not so much)

directions

pour carrier oils into 2 cup Pyrex measuring cup

add wax and place in a pan with water about 3/4 of the way up to the level of the oil / wax mixture

heat the water and simmer until wax completely melts into the oil (about 5-10 minutes)

while it's heating luke warm put water (or water mixture) into cuisine art or blender

when wax is melted into oil remove from heat and cool very briefly (until you can put your finger in without it hurting)

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turn blender on high and very slowly, steadily pour in a thin stream into the water until it's all gone (this is like making mayo, if you've done that)

pour in your essential oils and turn blender on again briefly to mix them in

there will be some water not mixed in with the oils / wax - pour it off (as much as you can)

place cream into a bowl (and pour off more water, or use paper towel to wick it up - you won't get it all but do your best)

whisk the whole mixture for a minute or two for a really smooth cream (this gets rid of more water too).

that's it!

you can adjust essential oils (add) by whisking them in (not ideal, but it works) remember it will harden some as it cools. if you want a still harder cream (less lotion-like) use 1 c. oil and 3 Tbsp beeswax.

Have fun.

Thank you to Kirsten W from Boston Massachusetts for allowing us to share this great recipe with everyone.

SMOOTH & SOFT for Aging Skin

As we age our skin won't retain moisture as well as it did when we were young and soon we develop lines and creases. The skin may also develop rough and discolored areas. If you want to keep your skin looking young it needs to be kept smooth and soft.

One of our customers asked me to create a blend for several of her clients that were in the 40 plus years category. They are just now starting to develop some wrinkles and want to try to slow down the process.

I developed this recipe for her. She loves it!

Frankincense – 10 drops

Carrotseed – 10 drops

Lavender – 10 drops

Rosewood – 10 drops

Neroli – 5 drops

Fennel – 5 drops

Rosemary – 5 drops

Lemon – 3 drops

Rose Otto – 3 drops

Blend well in an amber bottle. This can be used several ways.

1. Add 5 drops to 4 ounces of distilled water, shake well. Then apply to a clean face with a cotton pad. Let dry.
2. Add 15 drops to any unscented lotion or sorbolene cream, blend well. Then apply small amounts to a clean face. Rub lightly to spread evenly.

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This can be used once or twice a day as desired.

ITCHY SKIN

Try this recipe to help relieve the itchy skin. This blend of essential oils are known for their antihistamine actions and when applied as a cold compress or blended into a lotion should give relief to stop the scratching.

Lavender – 4 drops

German Chamomile – 2 drops

Roman Chamomile – 2 drops

Helichrysum – 2 drops

To use as a compress. Add the above oils to a basin of cool water. Swish around. Then using a soft cloth soaked, wring out and apply to affected areas.

To add to a light lotion such as our hand and body lotion, blend the essential oils in an amber bottle and then add to 1 ounce of lotion. Mix well. Let set for 24 hours before using to let the essential oils blend with lotion.

This blend may be helpful in cases of poison ivy and other rashes that are very itchy.

FOOT and SHOE POWDER

Spring time is here and so are sweaty, smelly feet.

Talc Powder – 5 ounces

Tea Tree – 15 drops

Palmarosa – 15 drops

Lavender – 10 drops

Lemon – 5 drops

Blend the essential oils well. Then you have two options. Simply sprinkle the essential oils into the bottle of talc powder and replace the cap. Shake it like crazy. You don't want to shake with the lid open – as common sense would tell you it could be all over the place.

The second option is to apply the drops to a cotton pad and place that into the talc bottle. This second option will take a little more time for the essential oils to blend with the talc powder (or any powder) but will be less likely to cause all the essential oil to form a big ball or clump in your bottle.

Once mixed let blend for at least 24 hours before using. Then simply sprinkle on CLEAN and dry feet. You can sprinkle a little in the smelly shoes too!!

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BRITTLE NAIL CARE

You've been out Gardening and your fingers are a mess and your nails and cuticles could use a little attention.

Almond oil - 1 oz
Lavender - 2 drops
Sandalwood - 2 drops
Cypress - 2 drops

Warm almond oil in a small bowl, add the essential oils and submerge fingertips in the mixture for 10 minutes.

You can do this 3 – 4 times a week to help soften them up.

This recipe adapted from "Aromatherapy Handbook for Beauty, Hair and Skin Care" by Erich Keller

CUTICLE CARE

This is a nice nourishing blend for your fingernails and cuticles.

Jojoba – 1 ounce

Sweet Almond oil -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, massage into and around nail and cuticle at bedtime. Apply especially after you hands have been exposed to water, dirt and harsh chemicals.

SINUS CONGESTION due to ALLERGIES

This blend is used by both Al and Penny. We use it especially after we have been outdoors in the spring time when all the trees are blooming, but we also use it after we have been to restaurants where they still allow smoking. We can't tolerate cigarette smoke – or should I say, our sinuses can't!

Blend the following in an amber bottle

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Peppermint – 5 drops

Roman Chamomile – 5 drops

Rosemary – 5 drops

Then apply several drops inside a Personal Nasal inhaler. Reassemble the inhaler and then place near your nostrils, Inhale a couple of times in each nostril.

This will help to relieve the pressure, open the airways and the chamomile may be helpful to stop other allergy type reactions.

Some ZIP IN YOUR STEP SPRAY MIST for any room you need to energize!

This time of year you might need to Energize – especially if you live in areas where the time has changed to Daylight Saving Time. Adjusting the clocks makes me tired just thinking about it!

Peppermint – 80 drops (4 ml)

Ginger – 40 drops (2 ml)

Grapefruit – 40 drops (2 ml)

Basil – 20 drops (1 ml)

Emulsifier – 2 teaspoons

8 ounces distilled water.

Blend the essential oils together in an 8 ounce PET bottle. Then add 2 teaspoonfuls of emulsifier. Mix well. Then add upto 8 ounces of distilled water. Shake well and shake also during spraying.

This is a great blend. Substitute Spearmint for Peppermint if you prefer.

Be sure to visit us on line at

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

for all your Essential oils and Aromatherapy Supplies needs.

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