

From the AROMATHERAPY RECIPE FILES Summer Issue

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

Volume 30 - RECIPES for Summer!

Summer is finally here! So much activity, so much excitement, so much fun!!

Summertime in Minnesota goes by fast, as do all the seasons. We are lucky that we actually see a definite change in all the seasons.

Which one is my favorite? Well, they all have their pros and cons. Summertime by far, has the most merits when it comes to outdoor activities for me. Hiking, Biking, Fishing and Sunbathing to name a few.

I like being outdoors and being comfortable – not freezing my buns off. But although summer time in Minnesota can be miserably hot and humid we are fortunate enough to live near Lake Superior.

For those unfamiliar with this big – humongous cold water lake - when the wind comes off the lake and into shore and the wind blows from that direction for a couple hours – well, natural air conditioning abounds! Temperatures drop 20 or more degrees within minutes.

If you ever have a chance to visit Duluth, MN we strongly encourage you to bring a sweater or sweatshirt with, even if it is very warm when you are near the lake. As if the wind changes direction, you will be very uncomfortably cool in a matter of minutes!!

Now, onto some summertime aromatherapy recipes for you to try.

SUNBURN RELIEF

Roman Chamomile – 6 drops
Lavender – 6 drops
Peppermint – 3 drops

Mix the above well, then add to

Sorbolene Cream – 1 ounce
Blend well, then add
Distilled water – 1-2 teaspoons to thin this blend down a little.

Apply to sunburned area as often as needed.

Disclaimer:

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SWEET DREAM BLEND

Roman Chamomile – 3 drops
Orange – 3 drops
Emulsifier – 10 drops
Distilled water – 4 ounces

Blend the essential oils with the emulsifier until mixed well in a 4 ounce PET bottle (that has a spray top). Then add 4 ounces of distilled water. Shake often while spraying.

Spray this blend on Pillows and Sheets prior to bedtime. This blend is a nice relaxing, yet refreshing blend. Especially good after a hectic day of sight seeing!

Adapted from Aromatherapy through the Seasons by Judith Fitzsimmons , Paula M Bousquet

SPORTS MUSCLE RUB BLEND

Playing a little too much badminton? Tennis? Or how about all those water sport activities? In any case, you might get a few sore muscles and enjoy a little rub down with a few essential oils blended in too.

Lavender – 5 drops
Peppermint – 4 drops
Rosemary – 6 drops
Helichrysum – 4 drops
Apricot Kernal oil – 1 ounce

Blend all in a PET bottle, shake well and rub into sore muscles. Legs and feet – which normally take the brunt of activities will love this blend!

MUSCLE STRAIN HELP

Eucalyptus – 10 drops
Peppermint – 10 drops
Rosemary – 10 drops
Sweet Almond Oil – 1 ounce

Blend well in a PET bottle. First apply an ice pack to affected area for about 15-20 minutes then massage area with a little of the above blend.

Adapted from Aromatherapy through the Seasons by Judith Fitzsimmons , Paula M Bousquet

SUMMERTIME STUFFINESS with cough

Nothing can be more aggravating than a nagging little cough and stuffiness in the nasal passages. Is it Hay Fever or just an irritation from all the 'junk' floating around in the air? Try this blend to see if you can get a little relief.

Myrtle – 10 drops
Hyssop – 3 drops
German Chamomile – 3 drops

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Blend well in an amber bottle (4 ml size is ample) and add to a Personal inhaler or smell from the bottle. Do this several times a day (3-4 times a day). If you are really stuffy and can't get any air through your nasal passages smell a little peppermint a few minutes before smelling this blend. The peppermint will usually open up your nasal passage enough so you can then inhale this blend.

We have had several people with chronic type coughs use this blend and have very good results. Hopefully this will help you too, should you need to use it.

SHOCK SOOTHER

As happy as Summer time can be, at times there may be some type of shocking news or event that is quite upsetting. The following blend of essential oils have been known to help in this type of emotional upheaval

Lavender – 12 drops
Neroli – 4 drops
Rose Otto – 2 drops

Blend well in an amber bottle. Then add 1-3 drops to any diffuser. Adjust the amount of essential oils depending on the size of the room. You do not want this blend to become over powering. So use just a few drops – The oils will work even if you are not smelling them strongly. They are powerful emotionally uplifting essential oils. A little goes a long way.

OILY HAIR SHAMPOO

Lemon – 6 drops
Bergamot – 4 drops
Cedarwood – 4 drops
Rosemary – 4 drops
Ylang ylang – 2 drops
Unscented Shampoo (Regular or Sulfate Free) – 4 ounces

Blend all the essential oils then add to the unscented shampoo. Blend well by rolling bottle in your hands or turning the bottle upside down. Use this blend to shampoo your hair daily.

Adapted from A Complete Guide to Understanding & Using Aromatherapy for Vibrant Health & Beauty by Roberta Wilson.

REJUVENATING FACE OIL

Geranium – 3 drops
Neroli – 3 drops
Rosewood – 3 drops
Fennel – 2 drops
Frankincense – 2 drops
Sandalwood – 2 drops (or use our S'Woods Blend)
Vetiver – 1 drops
Jojoba oil – 2 ounces
Borage oil – 15 drops

Blend the essential oils together in a PET bottle. Then add the Jojoba and Borage oils. Blend well. Apply a few drops every morning and evening to a clean and toned face.

Adapted from A Complete Guide to Understanding & Using Aromatherapy for Vibrant Health & Beauty by Roberta Wilson.

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FLORAL SUMMERTIME ROOM SPRAY

Orange - 50 drops

Clove – 20 drops

Cinnamon – 15 drops

Jasmine – 10 drops

Emulsifier – 1 teaspoonful

Rose Hydrosol – 4 ounces

Blend the essential oils in a PET bottle, add the emulsifier and blend well some more.

Then add the Rose Hydrosol – shake until well blended. Spray in any room – just a spritz or two is all that is needed.

Of course, Rose or Lavender Hydrosols, smell wonderful by themselves as a room spritzer. Add a few other essential oils to the sprayer, shake well and simply enjoy.

Hope you enjoy these Recipes – until next time – HAVE A GREAT SUMMER!!

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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