

# From the AROMATHERAPY RECIPE FILES Spring 2008 Issue

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

## Volume 33 – Recipes for Spring

Spring is here!

Open up the windows! Let the sun shine in! and, oh dear, Get to work!

Spring house cleaning is here and we hope to have a few recipes that will help freshen your home and brighten your spirits too.

So, please enjoy this next issue of The Aromatherapy Recipe Files!

### **Temptation Body Spray**

Rose Absolute – 6 drops  
Neroli – 6 drops  
Jasmine Absolute – 6 drops  
Emulsifier – 20 drops  
2 ounces of Body Spray base

To blend – add the essential oils/absolutes to an empty PET bottle then add the emulsifier, blend well. Then add 2 ounces of the body spray base. Shake well before each use.

We are asked very often for a recipe that includes these 3 beautiful oils. So here it is ladies. It is very floral and very wonderful.

### **The Tranquil Bath**

Marjoram – 3 drops  
Lavender, French – 2 drops  
Geranium Rose blend – 1 drop  
1 – 2 teaspoons of Jojoba

Add all to your bath tub.

The wonderful relaxing and mind replenishing properties of these oils will be very welcome after a hectic day of work or playing with the kids! The Jojoba will soften and enhance your natural beauty.

**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

### **A Sensational Spring Skin Toner**

Lavender, French – 5 drops  
Roman Chamomile – 3 drops  
Clary sage – 3 drops  
Geranium - 2 drops

Mix these oils in a 8 ounce PET bottle. Then add 1 tablespoon cider vinegar and 1 ½ ounces witch hazel. Shake well, Then add 4 ounces of distilled water. Shake well again.  
Use this to remove any residue after cleansing your face and prior to applying your moisturizer

### **Take along Travel Sanitizer**

Lavender – 30 drops  
Clove Bud – 20 drops  
Peppermint – 15 drops  
Patchouli – 10 drops  
Emulsifier – 1 teaspoon  
2 ounces of distilled water.

Blend the essential oils with the emulsifier then shake well. Add the 2 ounces of distilled water. Shake well before spraying on any surface you wish to sanitize – such as toilet seats, bathtubs, sinks, door handles, telephones. Leave on for 5- 10 minutes then wipe off any residue (some essential oils when mixed with emulsifier may leave a slight film on the surface.)

### **Joyful Spring time Diffuser Blend**

Orange – 20 drops  
Bergamot – 20 drops  
Basil – 10 drops

Blend well in a amber bottle, then put several drops in any diffuser of your choice.  
Simply – enjoy!

### **Energize Me Massage Oil**

Lavender – 6 drops  
Rosemary – 4 drops  
Geranium – 3 drops  
Lemongrass – 3 drops  
Coriander – 2 drops  
Patchouli – 2 drops  
Sunflower – 2 ounces

Blend essential oils in a PET bottle, then add the sunflower oil. Mix well and massage into your skin as desired.

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### **Garden Plant Spray for those Pesky Bugs**

Lemongrass - 40 drops  
Lavender – 40 drops  
Rosemary – 10 drops  
Geranium – 10 drops  
Emulsifier – 3 teaspoons  
Distilled water 4 ounces

Blend the essential oils and emulsifier together, next add the distilled water. Shake well. This spray is to be used to spray on outdoor or house plants that have been or might become infested by little bugs. You do not need to soak the plant. Just a few mists should take care of them. Repeat every 2-3 days, or as needed. Do not spray or use on the skin, as this is too concentrated for use on people or animals.

### **Jock itch Powder for Men**

Tea tree – 20 drops  
Lavender – 15 drops  
Cypress – 10 drops  
Myrrh – 8 drops  
Talc base – 1 ounce

Blend the above essential oils in an amber bottle. Then add the above mixture to a Scentball pad or Cotton Ball, then place in a one ounce bottle of unscented talc. Shake well and let sit for at least 24 hours before use.

### **Hope you enjoy these Recipes.**

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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