

# Aromatherapy RECIPES for you

## Feb 2016 – July 2016

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A collection of recipes distributed in Newsletters and more to our faithful readers.

Thank you and enjoy. Penny & Al Birch Hill Happenings Aromatherapy, LLC

### Dancing in the Moonlight Blend

JuniperBerry EO - 15 drops  
Peppermint EO - 15 drops  
Bergamot EO - 15 drops  
Emulsifier - 1 teaspoonful  
Room Spray Base - 4 ounces.

Blend essential oil with the Emulsifier. Then add to the Room Spray base. Shake well before each use. Spritz around the room and enjoy the bright scent!

### Exotic Spring Evening Blend

Ylang Ylang flowers  
Black Pepper - 20 drops  
Mandarin - 20 drops  
Ylang Ylang 3 - 15 drops

Blend essential oils together in a small bottle. Diffuse in any diffuser. Ambience diffusers with lights that dim or tealight candle diffusers make for evenings to be much more enjoyable.

### Soak in the Tub blend

Lavender - 3-5 drops  
Rose absolute blend - 1 drop  
Litsea Cubeba - 1 drop  
Patchouli - 1 drop

As tub is filling or after it is filled BUT before you enter, add the above essential oils to the water, swish around.

Add some Epsom Salt and Baking soda to the water too, for a nice relaxing soak.

### PMS Bloat Massage oil

*When it's that time of the month and you feel all bloated and uncomfortable. Use this blend to give yourself a massage in those areas where you are 'puffy' and swollen. On your tummy use a clockwise motion to encourage bowels to move, unless you have loose bowels, then rub counterclockwise!*

Grapefruit - 4 drops  
Juniper berry - 3 drops  
Fennel - 2 drops  
Carrier oil 1-2 tablespoons

Blend together then massage onto bloated areas.

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### Uplifting Blend for Energy after being ill

*Ever notice how after you have had the flu or other viral infection your energy level is sub-par? Try this blend to give your body and mind a boost.*

Cardamom - 20 drops  
Litsea Cubeba - 10 drops  
Neroli - 4 drops  
Petitgrain - 2 drops  
Sweet Orange - 2 drops

Blend together and diffuse in any diffuser.

Or for a wonderful energizing bath - add 5-6 drops to your bath.

Do not use this blend for a bedtime bath. This is for a morning or early afternoon bath! Use in a shower - by adding a few drops to a Terra Cotta disc and let the water hit the disc!

### Skin Toner - easy to make

*After you have removed makeup and other washed your face & neck, many women like to use a toner to do a final cleaning. Here is an easy recipe to make and use. Works well for most skin types but has been especially helpful for those with varying skin blemishes.*

*Alternative to the essential oils to the left - is to add 4 drops of our Fresh Face Blend to the 8 oz of water.*

An easy to make toner for your skin is:

8 oz distilled water  
1 drop Lavender  
1 drop Geranium or Geranium Rose  
1 drop Palmarosa  
1 drop Rosewood

Place water in clean PET Plastic bottle, add essential oils and shake. Apply to the skin with a cotton ball, cleaning off all dirt and residue.

Be sure to shake your toner before each use as essential oils will separate out (float on the top) of the water. Also, keep in the refrigerator and discard after two weeks since there is no preservative in this to prevent mold and bacterial growth.

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### Vanilla Scented Hair Care & Light Perfume

*Dry winter or summer damaged hair may be helped when you use a few drops of this in/on your hair. I love to add perfumes to my hair and my favorite is Neroli added to jojoba. The added Vanilla makes this blend even better!*

Vanilla Scented Massage and Skin Oil - 2 ounces  
Neroli Pure (3 drop) or Neroli 10 % in Jojoba - 20 or more drops

OR

Vanilla Scented Massage and Skin Oil - 2 ounces  
French Lavender - 10 drops  
Rosemary - 10 drops

Choose one of the above recipes. Blend well then put a few drops (3-4 drops) on the palm of your hand and rub together, then rub/wipe through your hair.

Brush and comb your hair to evenly distribute.  
You do not need a lot of this on your hair. Apply sparingly. Apply as needed.

You can also apply to your pulse points etc and enjoy as a perfume.

### Beard Oil for softer beards!

*Okay, I don't have a beard, nor does Al, but I understand that men that do have beards like to keep them soft. They don't want to use any strong perfumery scents, but here is a recipe combining another "Men's blend" recipe and adapting it to our Vanilla Scented massage and Skin Oil  
IF you are a Man or Make this for the Man in your Life - PLEASE let me know what they think of it.*

Vanilla Scented Massage and Skin Oil - 2 ounces  
Cedarwood - 8 drops  
Roman Chamomile - 6 drops  
Lavender - 4 drops  
Patchouli - 3 drop  
Rose - 1 drop

Blend all the essential oils together then add to the Vanilla Scented Massage and Skin oil. Shake to blend well.

Using just a few drops - Brush through your beard hair to evenly distribute.  
You do not need a lot of this on your beard. Apply sparingly.

### Scrubbing Bucket Blend 2

*The weather outdoors has not been good to get outside and do yard work. So, I've had to resort to cleaning inside!*

*I'm tired of the 'same old - same old' cleaning scents so have been experimenting with new scents. See what you think of this one. I love it!*

Grapefruit - 20 drops

Orange - 10 drops

Spearmint - 5 drops

Eucalyptus - 5 drops

Emulsifier - 2 teaspoons

Dish washing liquid Soap - start with 1 tablespoon to a 2 gallon bucket. Add more if needed.

Blend essential oils together with the emulsifier then add to 1-2 gallons of your cleaning or floor mopping bucket.

**\*\*Note:** if you are going to use this solution to clean windows - use Vodka as the emulsifier. If you are using this to clean walls, floors or other surfaces use either our Coconut emulsifier or Polysorbate 20 emulsifier.

### SPRAY AIR FRESHENER

*You don't need to use Fresh Essential oils to make this air freshener blend - you can if you want, but it will work fine if you have close to outdated essential oils too!*

Marjoram - 25 drops

Sage - 25 drops

Spearmint - 25 drops

Clove bud - 25 drops

Patchouli - 20 drops

Emulsifier - 2 teaspoonsful

8 ounces Room Spray Base

Mix all oils and add to the emulsifier then add to Room spray base - shake well and use in sprayer. Shake well before using.

### Motion Sickness Blend for nausea

*No one has a good time when someone gets car sick easily. Although this blend is good for Motion sickness it also works for anytime someone has that queasy stomach feeling.*

Roman Chamomile - 10 drops

Ginger - 10 drops

Peppermint -10 drops

Blend all essential oils in an amber bottle. Simply breath a few drops from a tissue or use a Personal inhaler.

Inhale 30-60 minutes before departure and also every few minutes while traveling.

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### ON THE BUG BITE BLEND

*A Spray or dab application for insect bites.*

Roman Chamomile - 2 drops

Eucalyptus - 3 drops

Lavender - 3 drops

Peppermint - 1 drop

Blend well, then add to 1 ounce cider vinegar. Apply or dab on with a cotton ball to the insect bite area.

Can also be put in a small fine mist sprayer to carry in your pocket for quick relief.

Can be used several times a day as needed.

### "HOT FLASH" Spritzer to cool you down!

*Whether you are hot from the high Temps or suffering from Hot Flashes - this spray spritzer will be nice relief on these hot days! A spritzer made with Roman Chamomile, Rose and Lavender is very cooling and relieving.*

### "Hot flash" Spritzer

1 drop Rose

3 drops Roman Chamomile

5 drops Lavender

2 ounces distilled water

Shake well, spray as needed to help cool you.

### After the "Sun" Skin Blends

*Everyone needs to use common sense when it comes to being out in the sun. Cover up, only expose your skin gradually until you are able to tolerate more sunshine. But Holiday Weekends are near and folks forget.*

*They are having "fun" in the sun and come the end of the day - OH MY! you may be a little too 'red'!*

*We tan gradually over several weeks - increasing our time in the sun - for us it is not a problem.*

*Although we can still get caught off guard earlier in the season.*

*We use the following blend(s) when we've gotten a little too much sun!*

### Blend #1

Jojoba - 2 ounces

Lavender - 1/2 teaspoon or 2 1/2 ml

Blend well and apply as needed to your skin

### Blend #2 If your skin is sensitive to the touch from too much sun.

Lavender - 20 drops

Helichrysum - 10 drops

Emulsifier - 30-40 drops

Body Spray base - 2 ounce

Mix the essential oils with the Emulsifier then add to the Body Spray base (or distilled water). Shake well and spray on the skin. Spray as often as needed.

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### Blend #3

Rosehip seed Oil - 1 teaspoon

Sorbolene Cream - 2 ounces

Lavender - 10 drops

Helichrysum - 10 drops

Rose Otto - 2 drops

Blend well, then apply a thin layer on the sunburned skin. I like to make this and stir with a wire whisk to make it light and fluffy.

**Another Help for sunburned skin** - take a cool bath with baking soda added. The skin has been damaged by too much 'heat' and once you get it 'cooled' down you will feel much relief.

After you have cooled the skin down for 30 minutes or so - apply one of the above blends as needed.

AND remember - Don't stay in the sun - so long next time!

### Germ Busting Air Disinfectant

*The essential oils in this blend are great at cleaning the air of all those nasty air borne germs.*

*Diffuse on a regular basis to help clean the air and build your immunity.*

Eucalyptus globulus - 12 drops

Thyme Linalool - 12 drops

Clove bud - 6 drops

Lemon - 12 drops

Cinnamon - 5 drops

Blend all in an amber bottle, then shake well. Add to any diffuser.

If you wish you can add 2ml of emulsifier to the essential oil blend and then add two ounces of distilled water or use the Room Spray base.

Shake well and spray around the room as desired.

### Floral Natural Perfume

*Natural perfumes are true to nature. They smell awesome. You need to reapply them more often as body heat does make them disappear more quickly. I like to put them in my hair - this is one of my favorite recipes.*

*The essential oils in this blend are helpful with anxiety and panic, but they also make you feel very happy and joyful too! As stated above it is one of my favorite blends. Hope you will enjoy it too.*

Neroli \*- 10 drops

Ylang-Ylang Extra - 10 drops

Vanilla in Jojoba - 10 drops

Jojoba - 2 ounces.

Blend all in a bottle - then put 10ml in a roll-on bottle.

Apply to pulse points or put a few drops on your hand and comb through your hair. I love it in my hair - it lasts longer there than on my skin!

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\*\* you can also use Neroli 10% - you will need to use about 100 drops - if you use this you will need to decrease the amount of Jojoba since the Neroli 10% is already mixed in Jojoba.

### Let's get Moving Massage Blend

*This is a blend to use BEFORE you get moving! As in any type of exercise whether it is running, yoga, golf, tennis, you name it - if it involves moving your muscles - use this blend to get them warmed up and ready to go!*

Peppermint - 15 drops  
Helichrysum - 15 drops  
Black Pepper - 10 drops  
MCT or Carrier oil of your choice - 2 ounces

Blend all together, then massage into all muscles involved in the activity you are going to begin.

This is best as pre-workout massage - but if you forget or prefer - use it afterwards - it will still give those muscles a nice massage and keep the circulation moving while you cool down.

### For the Adonis in the room!

*For a masculine room scent try this one*

Ginger - 5 drops  
Mandarin - 5 drops  
Myrrh - 5 drops

Blend all together and diffuse in any diffuser.

\*\* Women love this smell too!

### Springtime Bathroom OR any Room Freshener Spray

Lemongrass - 50 drops  
Sweet orange - 40 drops  
Vetiver - 30 drops  
Lemon - 20 drops  
Ginger - 10 drops  
Emulsifier - 3 teaspoons  
Room Spray Base 4 ounces  
Spray bottle - HDPE Trigger Sprayer suggested.

Blend essential oils with emulsifier until well mixed. Add Room Spray base. Shake well before spraying.

This is one of my favorite Spring-time Room Sprays. Just makes the room smell so nice and refreshing - especially if you can open the windows for a few minutes before spraying to get some fresh air in!

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### Citrus Carpet Freshener

Lime - 80 drops  
Litsea Cubeba - 60 drops  
Tangerine - 40 drops  
Lemongrass - 30 drops  
Ginger - 20 drops  
Baking Soda - 3/4 - 1 cup

Blend essential oils with baking soda. Sprinkle on carpeting and let sit for about 10-15 minutes. Then vacuum as usually. The vacuum cleaner bag will smell nice and fresh too!

### Scrubbing Bucket Blend - in time for spring cleaning!

Orange - 10 drops  
Lemon - 10 drops  
Fragonia - 2 drops  
Tea Tree - 1 drop  
Emulsifier\*\*- 1 - 2 teaspoons

Blend essential oils together with the emulsifier then add to 1-2 gallons of your cleaning or floor mopping bucket.

\*\*Note: if you are going to use this solution to clean windows - use Vodka as the emulsifier. If you are using this to clean walls, floors or other surfaces use either our Coconut emulsifier or Polysorbate 20 emulsifier.

### Tummy Soother Massage Blend

Angelica Seed - 4 drops  
Clary Sage - 4 drops  
Cardamom - 4 drops  
Roman Chamomile - 4 drops  
MCT Oil - 1 oz

Blend all together then rub on any tummy that has an uncomfortable feeling due to any number of reasons; including but not limited to: nausea, cramping (bowel or menstrual), muscle pulls and strains. If your tummy is upset, try a gentle massage.

### Spring Time Floral Diffuser Blend

Ylang-Ylang - 20 drops  
Geranium - 6 drops  
Lime - 6 drops  
V'Nillas Blend - 3 drops

Mix all in a glass bottle, then add a few drops to your favorite diffuser.

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### Leg Lotion for tired legs and feet

Lavender - 12 drops  
Cypress - 5 drops  
Lemongrass - 4 drops  
Grapefruit - 4 drops  
Lotion or Oil - 1 ounce  
Mix into 1 fl ounce (2 tablespoons) lotion or oil.

Apply a small amount to your legs and massage with strokes going towards your heart. This will encourage proper blood drainage and will help to decrease swelling. You can use this daily. Lotions will absorb more readily and make dressing easier after applying. If your skin is dry, you might also try Virgin Coconut oil as the base.

### A Nice Massage for Sore tired muscles

Peppermint - 4 drops  
Lavender - 4 drops  
Marjoram - 4 drops  
Bay Laurel - 4 drops  
MCT or carrier oil of choice - 15 ml

This is a 5% dilution of essential oils in this blend. Use to massage and work on sore legs, arm and back muscles especially after you have been working in the yard all day.

### A Nice "Pick-me Upper" blend      "Pickme up" Blend

*Ylang-Ylang flowers - Ylang-ylang EO can make you a little 'giggly' inside. It is one of the essential oils used for Happiness!*

Lavender - 8 drops  
Ylang ylang -8 drops  
Basil - 2 drops  
Geranium -2 drops  
Bergamot -2 drops  
Sweet Almond oil 1 ounce (may use any carrier oil)  
Mix above ingredients in a small bottle.

Then apply a small amount on back of hands and pressure points on your wrists. Use 2 - 3 times daily as needed to give you a little uplifting!

### Get rid of the BADD DDD ODOR blend    Bad Odor Blend

*This is a fairly strong blend to help get rid of bad odors caused from any number of 'stinky' situations - including the most common one this time of year - hot humid weather conditions that can produce mold and mildews. You can mix this and diffuse it in any diffuser or mix and Spray it. If diffusing omit the emulsifier and water; If spraying be sure to mix the essential oils and then add the emulsifier before adding the room spray base or distilled water. Avoid spraying on any finished (painted) surface.*

Lemongrass - 80 drops (4ml)  
Spruce Needle - 40 drops (2ml)  
Pine Needle - 30 drops (1 1/2 ml)  
Cedarwood - 20 drops (1ml)  
Copaiba Balsam - 10 drops (1/2 ml)  
Emulsifier - 2 teaspoons  
Spray Bottle - 8 ounce size  
Room Spray Base or Distilled water - 4 ounces

(only use distilled water if you will be using this up within a week or two - otherwise use the Room Spray Base as it has preservatives in it.)

### Citrus Room Spray blend

*Most folks never tire of the refreshing scents of the citrus oils. This blend is excitingly refreshing. The Cedarwood rounds out the sharp citrus and gives it a bit of softness.*

Lime essential oil- 1 teaspoonful (5ml)  
Tangerine essential oil - 1/2 teaspoonful (2.5ml)  
Grapefruit essential oil - 1 ml (20-25 drops)  
Cedarwood essential oil - 10 drops  
Emulsifier - 2 teaspoons  
Spray Bottle - 8 ounce size  
Room Spray Base or Distilled water - 4 ounces

(only use distilled water if you will be using this up within a week or two - otherwise use the Room Spray Base as it has preservatives in it.)

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