

A collection of recipes distributed in Newsletters and more to our faithful readers.
Thank you and enjoy. Penny & Al Birch Hill Happenings Aromatherapy, LLC

If your Tummy is Uncomfortable after the “Big Dinner”

Ginger – 4 drops
Peppermint – 2 drops
Nutmeg – 2 drops
Carrier oil (your choice) – 1 Tablespoon
Blend together in a small bottle. Massage on your abdomen.
DO NOT ingest – this is only for rubbing on your tummy. It may also be used by inhaling.

Underarm Powder

Corn Starch or Talc Powder - 4 tablespoons
Tea Tree EO - 50 drops
V'Nillas Vanilla Blend - 15 drops

Mix all together in a small bowl. Blend until all 'lumps' are gone. Put in a Powder sifter bottle. Let this blend for a few days. Rub a small amount in your washed, rinsed and dried under arms. Use as needed.

Use Talc Powder if you have allergies to corn or if you are a diabetic. Cornstarch will feed yeast and bacteria so if you are diabetic Talc Powder is a better option.
Option: 1 Teaspoonful of Baking soda can also be added to the powder but it may diminish the scenting since Baking Soda is known to absorb odors.

Surf & Sand Dreaming

Ylang Ylang #3 - 5 drops
Lime - 5 drops
Patchouli - 5 drops

Blend these together to diffuse or add to a bathtub and let the scent carry you away to someplace warm!

Wintertime Dry Skin oil for your face

Rosewood - 4 drops
Palmarose - 4 drops
Rose Geranium - 2 drops
Rosehip seed oil - 1 ounce
Blend these together and add to 1 ounce of Rosehip seed oil. Dab lightly on the your face. May help with those dry, wrinkled areas such as crows feet or smile lines!

Journey for Self Growth Blend

Juniper Berry EO- 4 drops
Sage EO- 4 drops
Rosemary EO- 2 drops

Blend these together and use in any diffuser while mediating or just sitting relaxing.
Keep your mind open for growth; mentally and spiritually.

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"Take a Siesta" Blend

Roman Chamomile EO- 4 drops
Sweet Marjoram EO- 4 drops
Fennel EO- 2 drops

Blend these together and use in any diffuser while resting or just sitting relaxing.

Rejuvenating Skin oil Blend

Frankincense EO - 8 drops
Neroli EO - 8 drops
Rose Otto EO - 4 drops
Rose Hip Seed oil 1 ounce
Jojoba 1 ounce

Blend these together. Apply sparingly to skin. Dab lightly on your clean face. You can use on any skin that needs nourishment. Face, neck, hands and more!

Cheerful Air Freshen Blend for Spraying the Duldrums away!

Emulsifier - 2 teaspoons
Grapefruit EO - 40 drops
Sweet Orange EO - 40 drops
Lime EO - 40 drops
Rosewood EO - 20 drops
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 as you do a little Happy Dance!! Spring is coming soon!

Cold Feet - Let's warm them up

In a foot bath using very warm (not hot) water add 2 drops of Black Pepper EO.
Add some Epsom salt, Baking Soda or Dead Sea Salt to the water. You can add one or all three types of salts to the water.
After your 20 minutes soak or when the water is cooled down, rinse and dry your feet well.
Apply the following blend of oils to your feet.

Black Pepper - 6 drops
Cinnamon Leaf - 3 drops
Tea Tree -3 drops
Jojoba - 1 ounce

Simply blend the above in a PET bottle and use a few drops on your 'soaked, rinsed and dry' feet. Put on a pair of socks to prevent slipping on the floor.

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'Tis the Season Carpet Freshener

Peppermint Essential oil - 4ml or 80 drops

Spruce Needle Essential Oil - 2 1/2 ml or 50 drops

Fir Needle Essential oil(Douglas or Siberian) 1 ml or 20 drops

Baking Soda - 1/2 cup

Mix all together in a small bowl. Blend until all 'lumps' are gone. Put in a Powder sifter bottle. Let this blend for a few days.

Sprinkle on the Carpet and let sit for 20 minutes or so.

Then vacuum as usual.

Aurora Borealis Blend aka Northern Lights

Pine Needle - 10 drops

Rosemary - 10 drops

Neroli - 3 drops (You can also use 12 drops of Neroli 10%)

Blend these together in a small glass bottle. Then diffuse in any of the Lighting style diffusers. Sit back and enjoy the scent and your own version of the 'Northern Lights'.

Aurora Borealis Blend aka Northern Lights 2

Fir Needle - 10 drops

Bergamot - 10 drops

Coriander- 5 drops

Blend these together in a small glass bottle. Then diffuse in any of the Lighting style diffusers. Sit back and enjoy the scent and your own version of the 'Northern Lights'.

calming Bath Blend - perfect now the holidays are over

Simply add these to your tub towards the end of the 'fill-up' time so they will diffuse in the bathroom and help you relax and calm you.

Neroli 10% - 5 drops

Ylang Ylang #3 - 3 drops

Petitgrain - 3 drops

Frangipani 5% - 3 drops

Blend together if you desire in a glass bottle, then add to your bath.

Cheerful Blend - to help with S.A.D.

Cloudy and sunless days can create a lot of problems in some folks. Always try to get some some sunshine in your life but when you can't this blend may perk up your life for a bit.

Lemongrass - 30 drops

Tangerine - 10 drops

Grapefruit - 10 drops

Patchouli - 10 drops

Frankincense - 5 drops

Blend together in a glass bottle, then diffuse in any diffuser. Or wear on a piece of aromatherapy jewelry.

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Immunity Booster!

Using this blend on a regular basic may help keep the flu and cold bugs at bay!

Diffuse this blend or mix in 1 ounce of carrier oil and massage into the bottom of your feet. Don't forget to put socks on!

Lemon - 8 drops

Thyme ct Linalool - 6 drops

Clove Bud - 3 drops

Blend together in a glass bottle, then diffuse in any diffuser. Or mix with any 1 ounce of any carrier oil (Jojoba is good for skin on your feet) and massage small amounts onto the soles of your feet at bedtime.

Wintertime Depressed? Fight it with this blend

Use this blend on a regular basic may help keep your spirits and mind lifted.

Diffuse this blend in any diffuser

Elemi - 5 drops

Frankincense - 5 drops

Blend together in a glass bottle, then diffuse in any diffuser. If using a Tart warmer style diffuser or here for Ambience/Lighting styles Simply add to the melted or melting tart. See our Wax Tarts here. These types of diffuser diffuse for several hours without the need to replenish your essential oils so often.

Romantic blend for Valentine's Day

Valentines' Day is just around the corner and you might be thinking of a romantic evening at home. Here is a wonderful blend to 'set' the mood.

Petitgrain - 5 drops

Ylang Ylang - 5 drops

Sandalwood or Sandalwood Blend - 5 drops

Blend together in a glass bottle, then diffuse in any diffuser. If using a Tart warmer style diffuser or here for Ambience/Lighting styles Simply add to the melted or melting tart. See our Wax Tarts here. These types of diffuser diffuse for several hours without the need to replenish your essential oils so often.

Sensual Massage blend for Valentine's Day

Valentines' Day is just around the corner and you might be thinking of a romantic evening at home.

Here is a wonderful blend to share with your romantic partner.

Sweet Orange - 5 drops

Patchouli - 2 drops

Rose Absolute or Rose Absolute Blend - 2 drops

Sunflower Oil - 1 ounce

Blend all together, gently warm and give each other a nice massage.

(Do not apply to the Genital areas - even small amounts of essential oil can be uncomfortable on delicate tissues.)

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Stress Relief Diffuser Blend

After a busy hectic week take some time to rest and relax with a good book. Diffuse a relaxing blend and enjoy the afternoon or evening!

Roman Chamomile - 3 drops
French Lavender - 3 drops
Mandarin - 3 drops

Blend together in any diffuser and enjoy. The ambience of a flickering Candle is very relaxing. Our suggestion is to use a Tealight Candle Diffuser with a wax tart.

Immune Booster for Respiratory ailments

Cedarwood – 10 drops
Eucalyptus Radiata – 10 drops
Myrrh - 5 drops
Blend together in a small bottle. Then diffuse in any diffuser.

Anxious and Tired Blend

Tangerine - 12 drops
Ravensara - 6 drops
Rose Absolute Blend - 6 drops
Mix these together and add to 2 ounces of your favorite carrier - massage oil or lotion. Apply to your temples or pulse points and relax!

Simple Insomnia Blend

Roman Chamomile - 4 drops
S'Woods Blend or Sandalwood, India - 3 drops
Blend together - use in a bath or near your bedside - diffuse using a fan diffuser or terra cotta disc.

Warm the Muscles before Exercise blend

Lavandin - 5 drops
Rosemary - 5 drops
Ginger - 3 drops
MCT oil - 2 Tablespoons

Blend the essential oils in to the MCT Oil (You can choose a different carrier oil). Apply & rub into muscles prior to your workout. Can be used post workout too.

Very Floral Body Spray

Rose Absolute Blend - 20 drops
Geranium essential oil - 5 drops
Litsea Cubeba - 5 drops
S'Woods Blend - 5 drops
Polysorbate 20 emulsifier -30 drops
Body Spray Base - 2 ounces

Blend the essential oils with the emulsifier, mix well, then add to the Body Spray Base. Shake well.

This blend is more likely to be used as a light perfume than as a full body spray.

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FOUL ODOR SPRAY (Like in making a Before-you- go- Toilet Spray)

Litsea Cubeba Essential oil - 30 drops
Orange Essential oil - 30 drops
Cinnamon Leaf or Cassia Essential oil - 20 drops
Grapefruit Essential oil - 20 drops
Polysorbate 20 emulsifier -1 teaspoon or 5ml
Room Spray Base - 4 ounces

Blend the essential oils with the emulsifier, mix well, then add to the Room Spray Base. Shake well. Spray as needed to help remove strong offensive odors.

Heavy Duty Odor Eliminator

A Spicy version
Cassia Essential oil - 25 drops
Orange Essential oil - 15 drops
Ginger Essential oil - 10 drops
Polysorbate 20 emulsifier -1 teaspoon or 5ml
Room Spray Base - 4 ounces

Blend the essential oils with the emulsifier, mix well, then add to the Room Spray Base. Shake well. Spray as needed to help remove strong odors.

Sooth the mind during a Loss (death)

This time of year we see an increase in deaths. The holiday season always seems to be a time of great variations in emotions. If you are dealing with a death in the family the following blend may help you and others deal with the pain of the loss and grief.

Sandalwood - 10 drops (affordable alternative substitute S'Woods Blend)
Rose Otto - 10 drops (affordable alternative substitute Rose Absolute Blend)
Bergamot - 5 drops

Blend these in a small bottle. Then apply to any Aromatherapy Jewelry or add to a Silk Flower arrangement. Or a few drops added to a bath to help relax and meditate through the sorrow.

These essential oils help your brain to process the loss and deal with the deep emotions death can cause.

Doug C from Idaho - Shares - A "Manly" Body Spray Recipe!

For my body spray I start out with 30 ml of cheap Gin (Gilbey's works) I tried Vodka but found that the juniper based gin adds another element to the fragrance that I like. I then add:

15 drops of Bergamot (FCF)
10 drops Cedarwood
8 drops Cypress
8 drops Lemongrass
6 drops Nutmeg and
8 drops of Almond oil

Shake good before spraying and it is an great "manly" scent that lasts a good portion of the day. I also make lotion using your No Scent Hand and Body lotion... using pretty much the same ratios to 2 oz of lotion.

Thanks Doug C for sharing. We always love to hear of folks being creative.

If you have a recipe you would love to share with us and others, let us know.

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De-stress and take the load off

Frankincense - 5 drops
Neroli - 5 drops
Lime - 3 drops

Blend in any small bottle then diffuse as desired or mix the above with 2 ounces of Jojoba and use on pulse points as desired. Sniff throughout the day especially when you are super stressed or anxious.

Here is a recipe to help you with your Potpourri Making!

Simply pick a few packages of each and mix and match. There is no wrong way to create a Potpourri dish!

Spicy - Orange Fall time

Apple Slices

Birch Cones

Cedar Needles

Orange Slices

Putka Pods

Cinnamon Sticks

Cedar chips

ADD a SCENT - Fragrant Fixin's Fragrance - Choose any that you feel will complement your home.

Grandma's Apple Pie or

Pumpkin Harvest or

Sunny spices or

Spiced Oranges.

The Inner Beauty Blend (for centering your emotions)

Rose Geranium - 10 drops

Sweet Orange - 10 drops

Ylang Ylang Extra - 5 drops

Blend in any small bottle then diffuse as desired or mix the above with 2 ounces of Jojoba and use on pulse points as desired. Sniff throughout the day!

Sleepy Time Bedroom Blend

Lavender - 5 drops

Roman Chamomile - 4 drops

Sweet Orange - 4 drops

Blend the essential oils in a small bottle then apply to a Diffuser pad. This diffusion blend is safe to use with ALL ages of babies to adults

Muscle & Nerve Inflammation Massage Blend

Lavender - 8 drops

Roman Chamomile - 4 drops

Helichrysum 4 drops

Sweet Marjoram - 3 drops

MCT Oil - 2 ounces

Blend the essential oils in your MCT oil and massage as needed. For nerve issues - Double the amount of essential oils to make this a 4% blend of essential oils to the 2 ounces carrier oil.

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What have I been using for my Sore Muscles?

Helichrysum 10% - 10 drops
Peppermint - 5 drops
Jojoba - 1 ounce

Blend all together then use as a gentle massage.

This blend has been working very well for me.

I've also been taking with Epsom Salt and Baking Soda baths.

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Additional Recipes and/or NOTES:

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