

Let's Go Camping and Fishing!

Summer camping and fishing season is here! OH Boy! How fun! Let's see - mosquitoes, flies, ticks. Sunburned noses and more, scratches, scrapes and ooooo those smelly socks, campfire ghost stories, fishing - and hopefully catching too!

Now this is just a small list of things that might need attention while you are out enjoying your camping and fishing trip. Here are some suggestions for these nuisances while you are out enjoying Mother Nature. For a handy list of essential oils to pack in your **First Aid Kit** - visit this previous Tip of the Week # 19 at: <http://birchhillhappenings.com/aromatip/tip1908.pdf>

Otherwise here are some Recipes to use for the above mentioned camping scenarios! Of course you can use these at other times too they aren't just for going camping.

You can easily make a simple insect deterrent by mixing some essential oils into our Body Spray or distilled water. Here is a simple recipe to add to your Spray bottle to deter not only flying insects, but crawling ones too.

Insect Repellent Spray

Geranium - 10 drops

Cedarwood - 5 drops

Bay laurel - 5 drops

Lime (distilled not cold pressed) - 5 drops

Pine needle - 5 drops

Emulsifier - 1 ml (20 drops)

Body spray or distilled water - 2 ounces

Mix the essential oils with the emulsifier and add to the liquid in a PET Bottle. Spray a light mist on the skin and rub in. Can also be sprayed in the hair and on clothing especially good to spray on the ankles to help keep ticks away. (Don't just rely on any repellent spray to keep ticks away - always do a nightly (and daily) Tick check and remove those immediately!)

Sun burn spray:

Lavender - 15 drops

Roman Chamomile - 5 drops

Helichrysum - 3 drops

Peppermint - 1 drop

Coconut Emulsifier - 25 drops

Aloe Vera liquid (or distilled water) - 4 ounces

Mix the essential oils with the emulsifier then add to the liquid in a PET bottle. Shake well and Spray on the skin as often as needed.

Make Ghost Busters Bedtime Spray to Spray on Pillows and Sleeping bags to help everyone fall asleep more easily while out camping in the wild woods!

Roman Chamomile 12 drops

Lavender 12 drops

Mandarin 8 drops

Emulsifier 30 drops

Distilled water or Linen Spray - 8 ounces.

Mix the Essential oils with the emulsifier then add the water or linen spray to a Trigger Sprayer bottle. Shake well before spraying. **DO NOT SPRAY** the TENT just the bedding and pillows Be sure to mark the spray bottle that it is the Anti-Ghost and Monster Spray!! Psst - Can also be used at home for those Monsters that are always lurking in the closet or under the beds!

"Don't Get Skunked" Fishing Soap

Liquid Hand Soap (unscented) - 2 oz

Anise - 20 drops

Lemongrass - 20 drops

Blend all together in a 2 oz PET bottle. Use a small amount to wash your hand prior to going fishing. Rinse your hands well, then dry. Helps to eliminate human scents so the fish will bite better!!

Have a good time enjoying the outdoors!!

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Aromatherapy Tip of the Week

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