

Aromatherapy Tip of the Week - #11

April 1, 2008

Adjusting to Daylight Saving Time

Do you have a hard time adjusting to the time changes each Spring and Fall?

You are not alone. For many of us - including Al and Penny, it can take several weeks to adjust to this hour difference in our schedules.

To help cope with this change we do this.

At bedtime - we use Lavender on our pillows and take a warm bath with a little of our Calming or Relaxing blend in the water or diffused in the bathroom and occasionally the bedroom.

To get us going in the morning a little Citrus Mint blend. Grapefruit and Spearmint are favorites. Some people need something like our Concentration blend that is a mix of Lemon, Basil and Rosemary to kick start their brains and can function better being more alert this combination brings.

They say it takes the body about 3 weeks to adjust to these time changes - personally I think it can take closer to 6 weeks to 2 months.

In the meantime, we will continue to enjoy the smell of these wonderful essential oils.

Try this Bedtime - Sleepy time Recipe to Spray on your Pillows. Great for when guests come too and may have a hard time to fall asleep. One of our readers tells us this recipe works great!

"Sweet Dreams" - a pillow spray

15 ml of distilled water

2 drops of Lavender

1 drop Chamomile

1 drop Orange

1 drop Ylang ylang

Shake well and spritz on pillow cases. Let dry. Great for your guests.

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Presented by Birch Hill Happenings Aromatherapy, LLC

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