

LOVE, ROMANCE and APHRODISIACS

by Penny Keay

Al and I are romantics at heart and just love the month of February.

Hey, what am I saying? We love each month!!

Throughout history, sweet smelling scents have been used to lure your beloved to you.

Blame it all on Mythology - Aphrodite the Greek goddess of love. The source for the word Aphrodisiac.

An aphrodisiac is a substance used to increase sexual desire or enjoyment.

There are several essential oils that bring about wonderful euphoric feelings and others when applied to the skin give wonderful sensations.

The fun thing with essential oils is the fact you can use them subtly and see wonderful results in your relationships.

You can use essential oils in perfumes, room scenting, bathing (including hot tubs), in the bedroom (on the sheets and pillows) and massage oils.

The most commonly known and used Aphrodisiac and romantic essential oils are: [Jasmine](#), [Neroli](#), [Rose](#), [Ylang ylang](#), [Sandalwood](#)

Other oils known to arouse: [Black Pepper](#), [Cedarwood](#), [Clary Sage](#), [Clove](#), [Patchouli](#), [Pine](#) and [Vetiver](#).

Mix a few of these blends up (do it soon, so they can blend well) for use on your next romantic encounter.

Romantic Massage # 1

[Cedarwood](#) - 2 drops

[Clary Sage](#) - 2 drops

[Orange](#) - 1 drop

[Vanilla in Jojoba](#) - 5 drops

[Carrier oil of your choice](#) - 1 ounce

Romantic Massage # 2

[Jasmine](#) - 2 drops

[Orange](#) - 2 drops

[Sandalwood](#) - 2 drops

[Ylang ylang](#) - 1 drop

[Carrier oil of your choice](#) - 1 ounce

With both these blends, give a slow loving massage.

In the mood for Love

[Rose](#) - 2 drops

[Sandalwood](#) - 3 drops

[lotion](#) 1 - 2 tablespoons.

Apply on face, body and arms.

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We have a couple of premixed blends you may want to use for diffusing including [Sensual Blend](#) and [Exotic Blend](#). Our [Aphrodisiac Massage Blend](#) is very popular all year long.

Of course blending your own blends are always fun and exciting too. Here are a couple more! Have Fun!!!

Romantic Encounter

[Ylang Ylang](#) - 2 drops

[Jasmine](#) - 2 drops

[Bergamot](#) - 2 drops

[Unscented Lotion](#) - 1 tablespoon

Mix all oils together then add to Lotion. Let blend for a while then enjoy a massage.

(From - The Fragrant Veil by Elisabeth Millar)

Aphrodisiac Bath

[Jasmine](#) - 4 drops

[Ginger](#) - 4 drops

[Neroli](#) - 4 drops

[Clary Sage](#) - 6 drops

[Black Pepper](#) - 1 drop

Mix all oils in a cup (8 oz) of milk and add to a hot bath.

Enjoy!

(From - Aromatherapy Companion by Victoria H Edwards)

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