

# From the AROMATHERAPY RECIPE FILES Late Summer Issue

**Welcome to Birch Hill Happenings Aromatherapy Recipes!!**

**Volume 31 – MORE RECIPES for the end of Summer!**

Here are some more great recipes!

Summer is close to coming to an end. We do hope you had a good one though.

With that in mind, we know Fall is around the corner and the weather will change too in many parts of the country. As colder air slowly moves in, our body will let us know that winter is not to far away.

Those with sore, painful joints due to injury or arthritis will start to feel more discomfort. You may find one of these massage blends submitted by Florence A. to be helpful.

She tells us these formulas have helped many folks with their Arthritis, Joint and Muscular pain. We hope they will work for you too. Please, Let us know.

There are plenty of other wonderful recipes to try too.

## **MUSCULAR ARTHRITIS Recipe submitted by our customer Florence A.**

2 oz safflower oil  
24 drops Benzoin  
24 drops Ginger  
24 drops Juniper  
24 drops Marjoram  
24 drops Rosemary  
Blend together the essential oils and add the safflower oil

## **JOINT ARTRITIS recipe submitted by our customer Florence A.**

20 drops Roman Chamomile  
5 drops Black Pepper  
2 oz safflower carrier oil  
Blend the essential oils then add to the safflower oil.

Penny's Note: Although Florences recipe calls for safflower oil, any light carrier oil could be used. Sunflower oil oil is a great massage oil and should work well in this recipe too.

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**ANXIETY BLEND FOR THE APPREHENSIVE**

Soon your kids will be off to school. Like many of us adults, kids become stressed too and anxiety can appear from mild to the point of panic. To ease this anxiety try this blend. If the anxiety is severe you may need to try different combinations of essential oils to calm them down.

Bergamot - 15 drops  
Lavender - 5 drops  
Geranium - 10 drops  
Roman Chamomile - 1 drop

Blend these in an amber bottle. Place in any diffuser or use in a personal inhaler.

Adapted from The Fragrant Mind by ValerieAnn Worwood

**UPLIFTING MASSAGE OIL**

After a busy day take this blend to your massage therapist (or Spouse) and have them give you a quick little back rub.

Before you know it you will feel a little more energetic.

Lemongrass - 10 drops  
Geranium - 10 drops  
Sweet Basil - 6 drops  
Lime - 4 drops  
Sunflower Oil - 1 ounce

Blend all in a PET bottle and use for massage.

Adapted from 500 Formulas for Aromatherapy, Schiller & Schiller

**HAY FEVER HELP!!**

It's that time of the year again!! Hay Fever is a pain for those so afflicted.

Penny has allergies to - Ragweed. One of the most common hayfever allergens. She uses this blend starting about the first of August. It helps to keep things under control. Namely the sneezing, watery eyes and itchy nose.

Roman Chamomile - 3 drops  
German Chamomile - 3 drops  
Helichrysum - 2 drops  
Lavender - 2 drops  
Peppermint -1 drop (Optional)

Blend together and put in a personal inhaler. Inhale once in each nostril about every 6-8 hours during Hayfever days!

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August 8, 2007

3

## RESTLESS LEGS

We have used this blend several times for people, especially those folks in assisted living or care centers that seem to have problems keeping their legs comfortable.

This blend can be used in a diffuser, or if someone is available, mix into a carrier oil and massage the legs.

Lavender - 24 drops  
Roman Chamomile - 20 drops  
Vetiver - 16 drops

Blend well in an amber bottle. If inhaling, put a few drops in a personal inhaler and take several deep breaths when legs are feeling restless.

Or mix 15 drops in 1 ounce of Sunflower oil, shake well and use for leg massage.

## HAIR LOSS TONIC

This time of year we get a lot of requests for Hair Loss formulas. Not sure why but here is a recipe that might help slow down the loss of hair in the late summer and fall time.

Rosemary - 20 drops  
Lavender - 20 drops  
Basil - 10 drops  
1 ounce of Jojoba or Camellia oil.

Mix essential oils in an amber bottle then add one of the carrier oils. Blend well. Use 1/2 teaspoon and massage into the scalp at night. Leave in and then shampoo out in the morning. Do this 2-3 times a week.

If no decrease or slowing down of hair loss in 2 weeks, discontinue use as this recipe may not be right for you.

## OH MY ACHING BACK MASSAGE OIL

Lavender - 20 drops  
Rosemary - 15 drops  
Peppermint - 5 drops  
Eucalyptus - 5 drops  
Almond oil - 2 ounces

Blend essential oil in a PET bottle, add almond oil, shake well. Have someone give you a 10-15 minute massage on the sore areas.

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August 8, 2007

4

**TOUGH FOOT FUNGAL FIGHTER**

After a long summer of being exposed to many types of fungus, including athlete's feet, you may have a tough foot fungal infection to deal with. It probably will be made worse once you stop wearing the summer sandals and have to go back to wearing regular shoes - ugh!

Tea Tree - 30 drops  
Lavender - 20 drops  
Myrrh - 10 drops  
Geranium - 8 drops  
Peppermint - 8 drops  
Oregano - 2 drops  
Grapeseed Oil - 1 ounce

Mix essential oils in a PET bottle, then add the Grapeseed oil. Shake well.

After soaking your feet in a tub of warm water and cleaning well, dry with a towel. Then apply several drops to your feet, including between your toes. Massage in, if you have an excess of the oil on your feet after 5 minutes wipe off with another towel. Put on clean white socks and leave on over night.

In the morning, wash feet gently with regular soap or with our Tea Tree Soap, dry and apply a few drops of Jojoba. Massage in, wipe off excess, and you can put on clean socks. (Ladies, if you need to wear nylons, use the cotton liners that are available.)

It is important to soak your feet in the water for at least 15 minutes. You need to clean off old dead skin and the fungal debris each day. Use a hand brush if necessary.

**Hope you enjoy these Recipes.**

**Until next time - HAVE A GREAT REST of the SUMMER!!**

Be sure to visit us on line at

<http://birchhillhappenings.com/aroma1.htm>  
for all your Essential oils and Aromatherapy Supplies needs.

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