

From the AROMATHERAPY RECIPE FILES Winter Issue

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

Volume 32 – Recipes for Winter

Wind, Rain, Cold and SNOW!!!!

Sounds like we all might want to stay indoors. When you are stuck inside and the house needs a little scenting, what a perfect time to experiment. Different rooms of the house can test out new blends.

Of Course, if any of those nasty little viruses and germs lurking out there decides to come knocking at your door you will want to have a few recipes ready just for them.

Anything that can make you and your loved ones to feel better and feel better FAST!

So, please enjoy this next issue of The Aromatherapy Recipe Files!

Fight The Winter Blahs with a Bath

Sweet Orange – 6 drops

Geranium – 2 drops

1 teaspoon of a carrier oil – Jojoba is great and so is Camellia oil.

Add a few thin slices of Fresh Cut orange to the bath water too!!

Fill the tub with comfortably warm water. Add the essential oils, carrier oil and orange slices.
Enjoy!

STIMULATING BATH when YOU ARE ON THE GO!

Rosemary – 6 drops

Juniper Berry – 3 drops

1 teaspoon of Sweet Almond Oil

Add all to your bath tub. Float a few dried flower petals on top of the water if desired.

This blend can also be used in the shower – for a pick me up in the morning. Omit the Sweet Almond oil. Simply apply the essential oil drops to a terra cotta disc let the essential oils soak into the disc and place in the corner of the shower where the water will hit it. It should wake you up and help you to concentrate throughout the day.

Disclaimer:

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Massage for Sinus Congestion.

Eucalyptus – 3 drops
Peppermint – 3 drops
Rosemary – 3 drops
Sunflower oil – 1 teaspoon.

Blend essential oils well and add to the sunflower oil. Massage into your face around your eyes and onto your cheek bones. Be very careful not to get too near your eyes as this will sting if it gets into the eyes. Massaging your eye brows and forehead will help to relieve the pressure associated with sinus congestion too.

Face oil for Dry and Mature Skin

Lavender – 10 drops
Rosemary – 4 drops
Sandalwood – 4 drops
Jojoba oil – 2 ounce

Blend all together in and use nightly as a moisturizer.
Apply to clean skin that is still slightly damp, leave on for 5 minutes then wipe excess oil (if there is any) off with a soft cloth or tissue.

Apply to your face, neck and throat areas.

IF you Love Roses Bath time

Rosewood – 3 drops
Geranium - 2 drops
Rose Absolute – 1 drop

Add to a warm bath, float rose petals on top. Light a candle, play some soothing music and let your mind wander. Simply – enjoy!

SNEEKY ROOM DISINFECTOR!

Disguised as a Holiday scent.

Clove bud – 10 drops
Lime- 10 drops
Orange - 8 drops
Allspice – 8 drops
Cinnamon - 4 drops
Lemon - 2 drops
Emulsifier – 40 drops or ½ teaspoonfuls
4 ounces of distilled water.

Blend the essential oils in a 4 ounce PET bottle, And then add the emulsifier, mix well. Then add the distilled water. Shake well and spray around the room. Use prior to guests arriving and again after they have left.

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SIMPLE STRESS REDUCER DIFFUSER BLEND

Sandalwood – 10 drops

Lavender – 5 drops

Spruce – 5 drops

Rose absolute -1 drop

Blend all in amber bottle. Then diffuse in the room using any type of diffuser.

Forest Body Powder for Men

Blend the following in a Glass amber bottle

Spruce – 10 drops

Cedarwood – 10 drops

Juniper berry – 5 drops

Cajeput – 5 drops

Mix well.

In a one ounce bottle of unscented Talc or cornstarch (which ever you prefer) add the above mixture to a Scentball pad or Cotton Ball or other absorbent piece of cotton pad. Place into the powder bottle. Shake up and let sit for at least 24 hours before use.

Hope you enjoy these Recipes.

**Until next time - Have a HAPPY HOLIDAY SEASON and a
Very HAPPY NEW YEAR!!**

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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