

**From the
AROMATHERAPY RECIPE FILES
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Welcome to Birch Hill Happenings Aromatherapy Recipes!!

Volume 34 – Recipes for May

May Flowers – How perfect!

Springtime flowers are just blooming here in our part of Northeastern Minnesota. It is late this year. But it is such a wonderful welcoming site.

With warm weather and school being out for summer, folks will be outdoors and on the move. Traveling or on vacations or going to the beach. As much as we try to prepare things can happen and will need attention.

Lurking during the summer months are sunburn, Athlete's foot and other skin infections from scrapes and scratches. Also, you will be spending more time visiting and gathering with friends and family (picnicking and other outdoor activities) and you may need to deal with bugs!!

In any case, remember using essential oils is always fun and a natural alternative to other chemicals.

Now onto this next issue of The Aromatherapy Recipe Files! Here we go!!

On the Trail Foot Bath

After a long day on the hiking trail (maybe the normal kind in the woods – or the special kind found in shopping centers!) your tired feet might enjoy a little pampering. This wonderful foot soak will help your feet feel rejuvenated and ready for the next days' activities!

Tea Tree – 20 drops
Lavender - 20 drops
Thyme – 16 drops
Lemongrass – 16 drops
Peppermint – 12 drops
Geranium – 12 drops
Sesame oil – 1 ounce

Mix the essential oils in a PET bottle. Then add the sesame oil. There are a couple of ways you can use this blend. The preferred way is to fill a basin (foot bath) with comfortable to very warm water. Add 1 teaspoon of this blend to the water, swish around and then soak your feet for at least 15 minutes. After words wash your feet with a mild soap, rinse and dry OR just wipe them dry leaving the oils to continue to comfort your feet.

The second method is to soak your feet in a tub and then apply massage a few drops into your damp feet. This second method could be used if, say, you were 'roughing it camping' at the Ramada or Holiday inn, and just returned from using the Hot tub! (You know how tired your feet got from all the site-seeing and shopping you just finished!)

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Insect Bite Relief

This very simple recipe can be applied as needed to those pesky little bites.

Lavender – 35 drops
Roman Chamomile – 15 drops
Geranium Rose Blend - 10 drops
Coconut Emulsifier – 3 mL (milliliters)
Aloe Vera gel or liquid – 2 ounces

Blend the essential oils with the emulsifier and then add to the Aloe vera. Apply to the area on and around the insect bite as needed every couple of hours, using a cotton swab or cotton ball. Just dab on the bite area.

Reducing Cellulite Massage

We are asked about Cellulite and oils that might help. This blend may work for you. Remember you must exercise daily and possibly lose weight. Eating a balanced diet is of great importance too for not only your personal health but the health of your skin.

Pine – 12 drops
Juniper Berry – 12 drops
Fennel - 12 drops
Lime – 12 drops
Thyme – 12 drops
Sunflower oil - 2 ounce

Blend all the essential oils together and add to the sunflower oil. Shake well. Then Massage this formula into the cellulite areas, work deeply into the tissue to help smooth bumpy and dimpled skin.

This recipe is adapted from 500 Formulas for Aromatherapy by Carol and David Schiller

Men's Body Spray

Contributed by Mark T. from the Twin Cities, Minnesota

Mark has found this blend is enjoyed by both himself and his wife and is very easy to make.

Clove bud – 2 ½ mL
Bay rum – 2 ½ mL
Coconut Emulsifier – 2 mL
Body Spray Base – 2 ounces

(You can use Distilled water if you want but the Body Spray base is better)

Blend the essential oils with the emulsifier then add to the body spray. Shake well and spray on after showering or as desired.

Stinky Sneaker Blend

Rosemary – 25 drops
Lavender – 20 drops
Tea Tree – 20 drops
Bicarbonate of soda (baking soda) – ¼ cup

Apply these essential oils to a cotton ball placed in a powder sifter bottle. Then add the ¼ cup soda. Shake well and let blend for 24 hours. After that, simply shake about 1 teaspoonful in each sneaker at the end of wearing them each day. Leave over night then shake out in the morning before putting them on again.

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Drive, Drive, Drive Massage Blend

After a long day driving – (Wait a minute – who can afford gas? Well, those of us that can't afford airline tickets that's who!!) to your favorite vacation spot you might enjoy a nice massage of upper back, shoulders and even your lower back. Some folks like a little back rub before they begin their day of driving too!

Bay Laurel – 15 drops
Peppermint – 12 drops
Roman Chamomile – 12 drops
Juniper Berry – 12 drops
Geranium – 12 drops
Ginger – 9 drops
Sweet Almond – 2 ounces

Blend all together in a PET bottle, shake well. Have someone massage your upper back, shoulders, neck and lower back before and/or after a long day of driving to help relieve tense muscles.

Sunburn Spritzer

Lavender – 5ml
Emulsifier – 5 ml
Aloe Vera liquid – 2 ounces

Blend essential oils and emulsifier in a PET Spray topped bottle, then add the Aloe vera. Shake well and spray on sunburned area. Repeat as needed and STAY OUT of the SUN for the next few days!!! You don't need to try to get a tan all in one day.

This is a spray that you may want to make up and keep in the Refrigerator. It can be used on any kind of burn that doesn't have broken skin. It is cool and will help the area to heal more quickly.

After Sun Oil

Lavender – 15 drops
Helichrysum – 5 drops
Bergamot FCF – 1 drop
Geranium Rose blend – 1 drop
Sesame oil – 1 ounce
Jojoba – 1 ounce

Blend all in a PET bottle then apply to the skin as desired. Best if applied after a shower or bath. It will help soothe any minor sunburn and help to heal any damage done during the day.

Hope you enjoy these Recipes.

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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