

From the AROMATHERAPY RECIPE FILES July 2008 Issue

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

Volume 35 – Recipes for Mid Summer

Hot Summer weather, Fun times in the sun while gardening, camping or just while on vacation.

Here are a few recipes to try during these busy summer months. Have fun and remember essential oils are good to use all year. Don't hide them away in the summer, there are many many uses for them for both personal and around the house.

Citrus Scent for Any room

Lemon – 10 drops
Lime – 5 drops
Tangerine – 4 drops
Mandarin – 3 drops
Patchouli – 3 drops

Blend all in an amber bottle, then use in any room diffuser of your choice. Tealight or electric warmers are ideal for this room scent.

Jitters Blend

For Jitters when attending summer weddings, parties or other gatherings where strangers may be present – this blend gives you courage to start conversations! Place in a personal inhaler or use on a tissue.

Peppermint – 5 drops
Spearmint – 5 drops
Basil – 2 drops

RELIEF for Tired Feet and lower Legs

Being on your feet all day whether at work or at play can make your feet and ankles very tired. Give them a little relief by soaking in a tepid foot bath where you have added a few drops of this blend. This recipe makes enough for 2-3 foot soaks as you only need to add 3-4 drops in your foot soak basin. Add a little Epsom or bath salts to the basin too.

Oh Yeah! Got to go soak!!

Spruce needle – 3 drops
Ravensara – 4 drops
Peppermint – 2 drop
Tea Tree – 2 drops

Blend all in an amber bottle. Add 2-4 drops to your foot soak basin. Sit back and enjoy!

CLOTHES IN the Cedar Closet Smell

Cedarwood Atlas – 40 drops
Clove Bud – 15 drops
Orange – 15 drops

Blend these in an amber bottle. Then put several drops on a Terra Cotta disc diffuser and let it soak in. Then simply place in the corner or on a shelf in your closet. If you like the smell of cedarwood, this is a great smell.

Disclaimer:

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

Eliminate Odors in a Musty Basement Spray or Diffuser Blend.

Spruce Needle – 50 drops
Eucalyptus – 50 drops
Bay Rum – 20 drops
Tea Tree – 20 drops
Lime – 10 drops
Lavender – 10 drops
Cedarwood – 10 drops

Blend the above in an amber bottle then mix 50 drops with ½ teaspoon coconut emulsifier. Pour into your spray bottle and add 4 ounces of water. Shake well and spray onto any surface in your basement that appears to be growing the unwanted smell. Spray some around the room too. As an alternative you can use this blend in a diffuser – such as a SpaScenter or Tru Melange and diffuser constantly for several days. Remember to keep adding more Essential oils as they will be used up quickly in very smelly basements.

For a quick Summer time Hot Tub or Bath Blend

Vanilla in Jojoba – 10 drops
Lavender – 4 drops
Eucalyptus – 4 drops
Juniper Berry – 2 drops

Blend together in an amber bottle. Then add the entire contents to your tub. If you are using this blend in a very large tub, you will need to double this recipe for a 4 person tub.

Wonderful Summer Body Spray

Ylang Ylang Extra – 10 drops
Vanilla Absolute Pure – 4 drops
S'Woods Blend – 10 drops
Litsea Cubeba – 5 drops
Emulsifier – 30 drops
Body Spray – unscented Base – 2 ounces
Empty PET Bottle

In a 2 ounce PET Bottle, blend the essential oils together and add the emulsifier to this. Then add 2 ounces of our unscented body spray. Shake well. Spray on your body after showering or bathing, or any time you feel you want to freshen up your scent!

STINKY Carpet Refresher

High humidity and all the bacteria and mold that can lurk in your carpet can soon make the room smell badly. Mix this up and use before vacuuming to freshen not only the air but your carpet!

Baking Soda – 1 cup
Lime – 1 teaspoonful
Tangerine – ½ teaspoonful
Ginger – ¼ teaspoonful
Litsea Cubeba – ¼ teaspoonful

Blend all the ingredients together in a Glass pint jar. Shake well, let blend for 24 hours. Then sprinkle on your carpet, let sit for 20-30 minutes. Vacuum your carpet as usual.

Store any remaining scented powder in a tightly covered jar in the refrigerator. You may need to make fresh if not used within 2-3 weeks.

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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