

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

Volume 36 – Recipes for Fall

Here are a few recipes for Fall. Blend a few now and test before the holidays approach. Have Fun!!

Let's Fall Asleep

Ylang- Ylang Extra – 15 drops

Sandalwood or S Woods blend – 15 drops

Mandarin – 15 drops

Valerian – 5 drops

Blend all in an amber bottle and use 3-5 drops in your diffuser by your bed. Valerian is a strong oil and if you feel it is too strong add more of any of the first three essential oils to this blend, but not any more Valerian.

Fall is in the Air Freshener

Orange – 20 drops

Tangerine – 10 drops

Cinnamon – 4 drops

Cypress – 4 drops

Clove – 2 drops

Blend all in an amber bottle. Diffuse a few drops in any diffuser or add to your cleaning bucket or a few drops in the vacuum cleaner bag. This is a great holiday scent.

Germ Busters

Eucalyptus Radiata – 20 drops

Orange – 20 drops

Cinnamon – 4 drops

Thyme – 2 drops

Blend all in an amber bottle. Diffuse in any diffuser to help clean the air. OR mix with a little 1 teaspoonful of an emulsifier and 4 ounces of distilled water and make a surface cleaner or 8 oz of distilled water for a room spray. Shake well when mixed with water before spraying.

Zippidy-to-do-dah Lots of Things to Do Blend

Lemon – 20 drops

Rosemary – 6 drops

Orange – 6 drops

Mandarin – 4 drops

Cinnamon – 4 drops

Ginger – 4 drops

Blend all together and let diffuse in the rooms you have to be keeping busy in. Each oil helps you to focus and energize while you do all the things you need to do!

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

How 'Lover'ly – Just you and me

S'woods blend – 12 drops

Palmarosa – 4 drops

Ylang #3 – 3 drops

V'nillas blend – 3 drops

Ginger – 2 drops

Blend all in an amber bottle. Add 4-5 drops to 1 tablespoon of Sweet Almond oil and use for a sensual massage oil or diffuse in a Tea Light Candle Diffuser.

Oh my Aching Back Blend

Juniperberry - 15 drops

Black Pepper – 8 drops

Peppermint – 8 drops

Rosemary – 8 drops

Ginger – 8 drops

Eucalyptus – 6 drops

Fractionated Coconut oil – 2 ounces

Blend all in a PET plastic bottle. Apply a few drops and massage in to your sore aching back or other sore muscles.

A Walk in the Woods

Ylang- Ylang – 25 drops

Spruce – 20 drops

Pine – 20 drops

Fir Needle – 20 drops

Cedarwood – 15 drops

Cypress – 10 drops

Juniper – 10 drops

Jasmine – 10 drops

Blend all in an amber bottle, mix well. Then diffuse in any diffuser.

Warm up Oil - before exercising

Marjoram – 10 drops

Basil – 8 drops

Lavender – 6 drops

Peppermint – 6 drops

Cypress – 4 drops

Bay Laurel – 4 drops

Sweet Almond oil – 2 ounces

Blend essential oils with almond oil. Then massage a few drops into the muscles that need a little warm-up massage before you do your work out.

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.

Check out our **NEW BLENDER's Kit** - found on our Bottles and Glassware page

<http://birchhillhappenings.com/bottles.htm> . Great for use while mixing these and other recipes!

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