

Mist Spray blends

Mist numerous times before going to sleep and inhale deeply. If necessary, mist again during the night to quiet the snorer.

Snoring Remedy blend	Room Disinfectant blend	Holiday Atmosphere blend
Spruce 48 drops	Tea Tree 62 drops	Spruce 70 drops
Lavender 40 drops	Thyme White 48 drops	Juniper Berries 30 drops
Eucalyptus 28 drops	Eucalyptus 32 drops	Cedarwood 28 drops
Grapefruit 19 drops	Warm Water 4 fluid ounces	Warm Water 4 fluid ounces
Marjoram 19 drops		
Warm Water 4 fluid ounces		

Aromatherapy FAQ

What is Aromatherapy?

Aromatherapy is the art and science of using the therapeutic properties of essential oils to promote health, body, mind and emotions.

What are essential oils?

Essential Oils are very volatile substances produced from botanical sources. They are the concentrates of aromatic molecules of the plant or its parts. The molecules can be considered the hormones of the plant, as they control certain functions of the plants life. Many people think of essential oils as the spirit of the plant.

What are essential oils made of?

Essential oils are compositions made of the basic organic elements; carbon, oxygen and hydrogen, forming alcohols, esters, ketones, oxides, phenols, and terpenes. An essential oil can contain between

10 to 200 components and other minor trace compounds that are very difficult to analyze. Essential oils form very interesting and specific molecules that react against such microorganisms as bacteria and viruses. Such molecules can sometimes form a vitamin composition or a hormone-type chemical.

PREGNANCY - avoid using essential oils through the pregnancy. The use of Essential Oils without a professional Aromatherapist can be very dangerous.

HIGH BLOOD PRESSURE - avoid Cypress, Clove, Nutmeg, Pine, Rosemary, and Sage & Thyme.

EPILEPSY - avoid Fennel, Hyssop, Peppermint and Sage.

INSOMNIA - avoid peppermint, Basil, Lemon Verbena, and Rosemary.

ASTHMA - some essential oils can help but proceed with caution.

Hazardous Essential Oils

The following list shown below contains a few Essential Oils that should not be used without the proper guidance of a qualified aromatherapist.

Birch, Sweet

Calamus

Garlic

Horseradish

Wormseed

Wormwood

Onion

Mugwort

Mustard

Sassafras

Rue



Aromatherapy and Essential Oil Recipes

Recipe: Ease Stress and Muscle Pain

Try the following combination of essential oils in a warm (not hot) bath to ease stress and muscle pain:

3 drops Lavender (*Lavandula angustifolia*)

2 drops Petitgrain (*Citrus aurantium* var. *amara*)

1-2 drops Frankincense (*Boswellia cateri*) - optional

Use only Therapeutic Grade Essential Oils.

Draw the bath first, add the essential oils, swirl them around with your foot, get in and relax. Allow yourself 10 to 20 minutes. Do not get the bath water in your eyes, as the oils will sting. Use this formula up to once a day for 3 days a week over a two to three week period.

You can also use this recipe to create a massage blend.

In one tablespoon of carrier oil (like Sweet Almond or our Massage Base), add the above oils. (If making an ounce, then multiply drops by 2)

FYI - General Info:

3 teaspoons (tsp) = 1 tablespoon (tbls)

2 tablespoons (tbls) = 1 ounce (oz)

6 teaspoons (tsp) = 1 ounce (oz)

10 milliliter (ml) = 1/3 oz.

15 milliliter (ml) = 1/2 oz.

30 milliliter (ml) = 1 oz.

10 milliliter (ml) = approximately 300 drops

Generally 2 drops of Essential Oil should be used per Tsp of Carrier Oil (but follow individual recipes if available).

Generally it takes from 1 to 2 oz of carrier oil for a full body massage.

Generally you can use any kind of natural carrier oil except mineral oil. There are lots to choose from

and each has their own properties. For most applications, I prefer our own Massage Base. It's a combination of Sweet Almond, Grapeseed and Jojoba oils.

Relaxation Massage Oil - Great for a soothing massage.

4 drops Lavender per tbs of carrier oil (like our massage base)

1 drop Petitgrain per tbs of carrier oil

1 drop Frankincense per tbs of carrier oil

This blend may be added to a warm bath (about a capful of the massage oil blend).

or, you can blend the essential oils in the same proportions and use in one of our Aromatherapy Diffusers.

Recipes using "The Basic Four" (Lavender, Rosemary, Tea Tree, Eucalyptus):

Lavender - promotes healing of burns, wounds, bites, etc.; fights infection; eases muscle pain; eases headaches; calms; promotes sleep; reduces inflammation; repels insects.

Rosemary - stimulates; eases muscle pain; eases the symptoms of colds. **BEST AVOIDED BY PERSONS WITH HIGH BLOOD PRESSURE.**

Tea Tree - fights infection; boosts immune function; good for cuts and scrapes; antifungal.

Eucalyptus - fights infection; clears sinuses and chest congestion; eases muscle aches; repels insects.

Recipe: Abrasions:

5 drops (plus 1) lavender

Clean well with 5 drops lavender diluted in a small bowl of warm water.

Apply one drop undiluted lavender directly from bottle and leave to heal.

Recipe: Athlete's Foot and Ringworm:

1 drop lavender

2 drops tea tree

Add 1 drop lavender and 2 drops tea tree oil to 1 teaspoon of our massage oil base (or any plain base/carrier oil). to the massage base. Stir gently to mix and apply with cotton swab.

Recipe: Minor Burns:

2 drops lavender

Immediately apply ice cold water for 10 minutes. Then apply 2 drops undiluted lavender directly from bottle.

Recipe: Chest and Sinus:

2 drops lavender

2 drops tea tree

2 drops eucalyptus

Boil a pot of water and remove from the stove. While still steaming, add 2 drops eucalyptus, 2 drops lavender and 2 drops tea tree. Cover bowl and head with towel and inhale for at least 3 minutes. **KEEP EYES CLOSED.**

Recipe: Colds:

2 drops lavender

2 drops rosemary

2 drops eucalyptus

Add 2 drops lavender, 2 drops rosemary and 2 drops eucalyptus to 2 teaspoons milk or cream. Pour into a warm bath and soak.

or

Mix 2 drops lavender, 2 drops eucalyptus and 2 drops tea tree oil. Place in a diffuser and diffuse into your room.

Recipe: Headaches:

2 drops lavender

Massage 2 drops undiluted lavender into the temples and the base of the skull.

Recipe: To Calm Nerves and Promote Sleep::

4 drops lavender

Add 4 drops lavender to a teaspoon milk or cream. Pour into a warm bath and soak.

or

Add 4 drops lavender to 4 teaspoons of our massage oil base (or any plain base/carrier oil). Place in a diffuser and diffuse into your room.

Recipe: Muscle Pain:

2 drops lavender

2 drops rosemary

Add 2 drops lavender and 2 drops rosemary oil to 4 teaspoons of our massage oil base (or any plain base/carrier oil). Use for a gentle body massage.

Recipes using "The Breathe Easy Four" (Lavender, Peppermint, Eucalyptus, Tea Tree):

Lavender - relieves pain, relaxes spasms, calms, promotes sleep, fights infection, eases cough.

Peppermint - stimulating, clears congestion, induces sweating.

DO NOT TAKE PEPPERMINT IF YOU ARE USING HOMEOPATHIC REMEDIES - IT PREVENTS THEM FROM WORKING.

Eucalyptus - fights infection, clears sinuses, eases aches and pains, stimulating.

Tea Tree - antibacterial, antiviral, antifungal, stimulates the immune system, induces sweating.

Recipe: To Ease Sinuses:

2 drops Eucalyptus

2 drops Peppermint

2 drops Tea Tree

Boil a pot of water and remove it from the stove. While it is still steaming, add 2 drops peppermint, 2 drops eucalyptus and 2 drops tea tree, immediately cover the pot and head with a towel and inhale for 3 minutes. Keep Eyes Closed.

Recipe: To Ease Coughs:

2 drops Eucalyptus

2 drops Lavender

Boil a pot of water and remove it from the stove. While it is still steaming, add 2 drops eucalyptus and 2 drops lavender, immediately cover the pot and head with a towel and inhale for 3 minutes.

Keep Eyes Closed.

Recipe: To Ease Coughs throughout the day:

2 drops Eucalyptus

2 drops Lavender

Add 2 drops eucalyptus and 2 drops lavender to 4 teaspoons of our massage base oil and apply to the throat and chest (this will make enough for several applications).

Recipe: To Combat colds and flu - daytime:

2 drops Eucalyptus

2 drops Lavender

2 drops Peppermint

2 drops Tea Tree

Add 2 drops eucalyptus, 2 drops lavender, 2 drops peppermint and 2 drops tea tree to a steaming bowl of water - let stand so that the steam diffuses into the room (or add same essential oils to our tea candle diffuser).

Recipe: To Combat colds and flu - nighttime:

2 drops Lavender

2 drops Tea Tree

Add 2 drops lavender and 2 drops tea tree to a steaming bowl of water - let stand so that the steam diffuses into the room (or add same essential oils to our tea candle diffuser).

Recipes using "The Relaxing Four" (Lavender, Ylang Ylang, Petitgrain, Clary Sage):

Lavender - Lavender - calms and soothes, promotes sleep, improves mood, eases aches and pains.

Ylang Ylang - calms body and mind, releases anger, reduces anxiety, aphrodisiac.

Petitgrain - uplifting without being stimulating; refreshing; reduces anxiety.

Clary Sage - very relaxing; somewhat sedative; promotes feelings of happiness; encourages dreaming. Best used at night since it can make you feel drowsy. **AVOID USING WHEN DRINKING ALCOHOL.**

Recipe: Sleepwell:

3 drop lavender

1 drop clary sage

Mix 3 drops lavender and 1 drop clary sage with a teaspoon of mild or cream. Add to a warm bath & soak.

Recipe: Stress-Soothing Massage Oil:

2 drops lavender

1 drop ylang ylang

2 drops petitgrain

Add 2 drops lavender, 1 drop ylang ylang and 2 drops petitgrain to 5 teaspoons of our massage oil base (or any plain base/carrier oil). to the massage base. Stir gently to mix and massage into body.

Recipes using "The Sports / Muscle Four" (Lavender, Rosemary, Juniper, Eucalyptus):

Lavender- relieves pain, relaxes spasms, calms, promotes sleep, is antiseptic, tones muscle.

Rosemary - relieves pain, stimulates, has a warming effect on muscle and is used in small amounts

(max. 2 drops total in massage base) before training or competition to help prepare muscles for exertion; **BEST AVOIDED BY PERSONS WITH HIGH BLOOD PRESSURE.**

Juniper - antiseptic, mild diuretic, detoxifies, helps eliminate lactic acid from muscle.

Eucalyptus - antiseptic, aids breathing, decongestant, relieves pain, repels mosquitoes.

Recipe: Pre- Sports Rub:

2 drops rosemary

1 drop lavender

1 drop eucalyptus

First, blend all the essential oils together, then add to 4 teaspoons of our massage oil base (or any plain base/carrier oil). Stir gently to mix and apply to the body prior to exercise.

Recipe: Post- Sports Rub:

2 drops lavender

1 drop juniper

1 drop rosemary

Mix the essential oils together, then add to 4 teaspoons of our massage oil base (or any plain base/carrier oil). to the massage base. Stir gently to mix and apply to body.

Recipes using "The Uplifting Four" (Bergamot, Geranium, Rosewood, Ylang Ylang):

Bergamot - refreshing and uplifting without being stimulating; combats depression, eases tension. **DO NOT APPLY TO SKIN THAT WILL BE EXPOSED TO SUN AS THIS OIL PROMOTES SUNBURN.**

Geranium - combats depression, balances emotions, balances hormones, eases pre-menstrual tension, mildly stimulating.

Rosewood - uplifting, calms and steadies the nerves.

Ylang Ylang - combats depression, gently lifts mood, calms, aphrodisiac.

Recipe: Uplifting Personal Blend for Daytime Use:

2 drops Geranium

2 drops Rosewood

2 drops Bergamot

Add 2 drops geranium, 2 drops rosewood and 2 drops bergamot to 6 teaspoons of our massage oil base (or any plain base/carrier oil). Wear as a fragrance or inhale directly from the bottle. Lasts a long time. Or use for gentle massage.

Recipe: Uplifting Personal Blend for Nighttime Use:

2 drops Rosewood

2 drops Bergamot

2 drops Ylang Ylang

Add 1 drop rosewood, 2 drops bergamot and 2 drops ylang ylang to 6 teaspoons of our massage oil base (or any plain base/carrier oil). Wear as a fragrance or inhale directly from the bottle. Lasts a long time. Or use for gentle massage.

Dreaming Earth Synergy Blends:

Each of the following is available as either a pure [Aromatherapy Essential Oil Blend](#) or as a ready-to-use [Massage, Body and Bath Oil](#):

Arthritis - Compounded with essential oils that were historically associated with pain relief and elimination of toxins, this pure and undiluted essential oil blend can be added to any carrier oil or cream (2 drops per teaspoon) and applied to painful joints or, add 3 drops to a warm bath. / A blend of 100% pure Essential Oils: White Birch, Ginger, Juniper, Marjoram and Rosemary.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Cold & Flu Made from Essential Oils that have been historically reported to ease aches and pains and combat viral and bacterial infections, this helpful blend can be used as a preventative; for relief of uncomfortable symptoms; and to support the body's healing response. This blend may be added to our Massage Base (2 drops per teaspoon), added to a warm bath (2 to 4 drops) or, added to one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Eucalyptus, Lavender, Marjoram and Ravensara.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Headache Many headache sufferers report relief with this simple blend. We have tested many more complicated blends but like this one best. Add 2 drops to a teaspoon of our Massage Base and rub lightly into temples and base of skull at the neck. Or put 2 drops on a tissue and inhale for a few moments. Use at first sign of headache for best result. Can also be diffused in room with one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Lavender and Peppermint.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Insomnia Compounded with nature's most relaxing and soothing essential oils, this blend helps you find restful sleep and sweet dreams. Add to any carrier oil or cream for a sensual massage or, add a few drops to a warm bath or, use in one of our Aromatherapy Diffusers. Or, you can add a drop or two on a tissue and place it under your pillow. / A blend of 100% pure Essential Oils: Roman Chamomile, Lavender, Marjoram, Sweet Orange, Tangerine and Ylang Ylang.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Overcoming Sadness & Negativity Be good to yourself and let this heavenly blend work its holistic magic on body, mind & spirit. Add to our Massage Base for massage or add a few drops to a warm bath or use in one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Bergamot, Geranium, Jasmine, Petitgrain, Rose, Rosewood, Sandalwood and Ylang Ylang.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Peace of Mind Soothing and calming, this everyday healing blend helps overcome ordinary nervousness and stress. Add to our Massage Base for massage or add a few drops to a warm bath or use in one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Geranium, Lavender, Marjoram, Melissa, Neroli, Tangerine and Ylang Ylang.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Rheumatic Muscle Pain Rheumatic Muscle Pain - Pure Essential Oils - blended & undiluted. In traditional herbalism, the oils of this blend were used to ease muscle pain and promote the elimination of toxins. Similar to our Arthritis Blend, which targets joint pain, this blend has been designed to ease the discomforts of muscular pain. Can be added to any carrier oil or cream (2 drops per teaspoon) and applied to painful muscles or, add 3 drops to a warm bath. / A blend of 100% pure Essential Oils: White Birch, Cajeput, Ginger, Juniper and Rosemary.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Serenity Serenity - Pure Essential Oils - blended and undiluted. This blend is made with beautifully fragrant and deeply comforting oils that help the mind, body and spirit to cope with times of unusual stress and tension. Add to any carrier oil or cream for a sensual massage or, add a few drops to a warm bath or, use in one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Clary Sage, Lavender, Marjoram, Petitgrain and Ylang Ylang.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Sinusitis Sinusitis - Pure Essential Oils - blended & undiluted. Historically, these oils have been reported to relieve pain, open the sinuses, and aid the body in overcoming both bacterial and viral infections. This blend is mildly stimulating and may keep poor sleepers awake if used before going to bed. If this is the case, we suggest using this blend during the day and lavender oil by itself at night. This blend may be added to any carrier oil (2 drops per teaspoon) but will be most effective as an inhalation (2 to 3 drops in steaming water) or, in a warm bath (2 to 4 drops). / A blend of 100% pure Essential Oils: Eucalyptus, Lavender and Peppermint.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Sports - Perfect for both before and after strenuous exercise. Add to our Massage Base for massage or add a few drops to a warm bath or use in one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Juniper, Lavender and Rosemary.

Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

Uplifting - Wonderful for elevating the spirit. Add to our Massage Base for massage or add a few drops to a warm bath or use in one of our Aromatherapy Diffusers. / A blend of 100% pure Essential Oils: Petitgrain, Rosemary and Ylang Ylang.
Order [Aromatherapy Essential Oil Blend](#) or Order [Massage, Body and Bath Oil](#).

I'm working some new formulas and should have them uploaded soon. Feel free to contact me if you don't see a formula that you need. - Thanks, Ivan

Aroma Thyme

ORDER TOLL FREE: 1 888 AROMA 99



Essential Oil Recipes

Aromatherapy Essential Oil Recipes for Body, Mind and Spirit

Essential Oils for Cold and Flu

Here are some of the best choices in anti-viral oils.

Ravensara, [Eucalyptus Radiata](#) and Tea Tree

They help fight viral infections and support the immune system. Mix 10 drops in 1 Tablespoon carrier oil and massage upper chest and back. or Place 3 drops on a tissue and inhale, pause and inhale again.

Essential Oils for Congestion

Eucalyptus Globulus, [Eucalyptus Radiata](#), Rosemary, Lavender Spike and Tea Tree.

They loosen congestion, help fight viral and bacterial infections while lifting the spirits. Mix 10 drops in 1 Tablespoon carrier oil and massage upper chest and back. or Place 3 drops on a tissue and inhale, pause and inhale again.

Cold and Flu Fighter

- 4 drops Sweet Eucalyptus unrectified is best
- 4 drops Scotch Pine
- 3 drops Lemon

Add to a large bowl of steaming water. Covering your head lean over the bowl and inhale deeply for 2-5 minutes. May also be added to a diffuser or vaporizer. For Children Use [Eucalyptus Smithi](#), a mild Eucalyptus for children and the elderly.

Essential Oils for Headache

Peppermint, Lavender, [Roman Chamomile](#)

Put 1 drop of essential oil on each temple and at the nape of the neck. or mix 5 drops of Lavender and 1 drop of Peppermint into 1 Tablespoon carrier oil or lotion and massage neck and shoulders.

Essential Oils for Body Aches

Lavender, [Roman Chamomile](#), Sweet Marjoram

Help to soothe aches and pains. Mix 10 drops of essential oil in 2 Tablespoons of carrier oil or lotion and massage areas of discomfort.

Why not try these for Valentines Day

Ylang Ylang Chocolates Essential oils can be infused into chocolates or any other sweets by placing the loose chocolates in a box then adding a piece of absorbent paper to which you have placed 1 drop of Ylang Ylang. Cover and let sit until absorbed, a few days should do it. Try other oils like Orange or Mandarin for a different twist.

Cellulite Blend

This mixture stimulates circulation.

- Eucalyptus Citriodora 2 ml
- Lemon 2 ml
- Cedarwood 2ml
- Sage 2ml
- Cypress 2 ml
- Niaouli 2ml
- in 100 ml Hazelnut oil

- Apply 2-3 times per days for 30 days.

Holiday Bookmarks If you're giving a book as a holiday gift why not add a bookmark to which you've added a few drops of essential oils. Try to choose something that will appeal to most folks like Orange or maybe a blend of Lavender and Tangerine. The Orange is great for kids. Create a bookmark for students adding oils to help them study, Peppermint, Rosemary and Basil will help keep them alert. Add a bottle of the essential oil so they can refresh their bookmark. Maybe spice oils for a cookbook. The possibilities are endless.

Here's a great Holiday Bath Salt recipe.

Ingredients include:

- 2 C epsom salts
- 1/2 C sea salt
- 4-6 drops peppermint oil,
- 2-3 drops red food coloring
- Place 1 C of epsom salt and 1/4 C sea salt in a bowl.
- Add 2-3 drops peppermint oil.
- Place the remaining ingredients in a second bowl.
- Mix all ingredients well.
- Layer the red and white salts in a clear bottle or jar.
- I placed the lid on the jar and then put a paper doily over the lid, tied a red ribbon and a candy cane around the lid/doily. With the red and white layering, it makes an attractive presentation. Since peppermint is an energizing scent perhaps it's a good one to use at this busy time of year.

Christmas Ginger Cookies

Add 3 drops of Ginger essential oil per batch of cookies. This tip from The Aromatherapy Book by Jeanne Rose

A homemade inhaler, that is very easy to stick in a pocket or purse is made by simply saving an empty chap stick tube. Wash out with hot soap and water to remove all traces of chap stick and let air dry. Next put a piece of cotton in the inhaler and measure the drops of essential oils for your blend directly on the cotton. From "Free Yourself With Aromatherapy" by PK Enterprises You can use just one eo, or your favorite blend with this.

Click Here [to Read a Free Sample of "Free Yourself With Aromatherapy"](#)

Click Here [to Automatically Start and Download a Free, Self-Installing Sample Ebook of "Free Yourself With Aromatherapy"](#)

Fall & Holiday Blends

[Frankincense](#) is a great essential oil to use this time of year however it is best used in a blend with other oils as it's scent will remind you of being in church! Use 1 drop of Frankincense with perhaps Orange (Clementine would be great!) and [Spruce](#) (Pine or Fir). Add some spice oils, Cinnamon, Nutmeg or Clove. Experiment with other oils. Use in a diffuser or aroma lamp.

Menstrual cramps respond to essential oils especially when used in a warm bath with Epsom and Sea Salt.

Essential Oils useful for cramps are:

- Chamomile
- Cypress
- Basil
- Carrot Seed
- Frankincense
- Clary Sage
- Juniper
- Jasmine
- Lavender
- Marjoram
- Nutmeg
- Peppermint
- Rosemary

Here's a recipe from Valerie Cooksley

5 drops Lavender 2 drops Cypress 2 drops Nutmeg 2 drops Peppermint add to bath salts, soak for 20 min. Rest afterwards, elevating your legs.

Toner

- 2 oz. Green Tea
- 5 drops Lavender essential oil
- 5 drops Geranium essential oil

Mix up this bottle of tea and essential oils to balance the pH of your skin after cleansing. It's easy... it's cooling... and it leaves your skin feeling refreshed! Place the ingredients in a glass bottle. Essential oils do not dissolve in water or tea so be sure to shake this mixture well before each use to make sure the essential oils are dispersed. Use a cotton pad to apply to face and neck area after cleansing. Yum!!

Bath Melts

- 2 parts cocoa butter
- 2 parts baking soda
 - 1 part citric acid
 - powdered herbs
 - color (optional)
- EO(s) or FO(s) (your preference)

Melt the cocoa butter add EO(s) and color if you wish. then add powdered ingredients, stir then pour into molds. Let sit in fridge or freezer until set then pop out of molds and let sit for a day or two.

Fragrant Bath Fizzies

- 1 cup baking soda
- 1 /2 cup cornstarch
- 1 /2 cup citric acid

- 15 drops essential oil
- food color, 10 drops (optional)

Mix all ingredients in a bowl. Add food coloring to a small amount of the mix in a separate bowl. Add colored mix to remaining mix and blend. Mist the salts with a mister enough so that they hold together but not enough to start fizzing. Pack these salts into a soap mold. Flip over onto a piece of waxed paper and allow molded fizzie to dry overnight.

Fizzy Bath Kisses

- Cocoa Butter--2 oz
- Baking Soda--2 oz
- Citric Acid--2 oz
- Oatmeal, powdered--3 Tbsp
- Food Color--10 drops (optional)
 - Bergamot--10 drops
 - Rose--5 drops
- Ylang-Ylang--10 drops

Melt cocoa butter (microwave is fine). Add food color and essential oils. Mix well. Add baking soda, citric acid and powdered oatmeal. Stir thoroughly. Pour into molds. Put into freezer to set. (This takes about 10-20 mins.) Remove from molds when set.

Note: Use 1-2 per bath or 3-4 for extra moisturizing.

Vaginal Dryness from the book Aromatherapy Pocketbook by Kendra Grace

Mix 2 parts Jojoba Oil with 1 part melted Cocoa Butter to make 1 ounce. Add, 3 drops Sandalwood and 1 drop Geranium. Stir while warm to an even mix. Allow to cool to solidify. Smooth the mixture with fingers over the tissue two times a day and before intercourse. You may use 1 drop of Neroli in place of Geranium. Completely Safe.

Aromatherapy Body Powder especially for the feet

- Mix 1 Cup Cornstarch, 1 Tablespoon Baking Soda in a jar with a tight fitting lid.
 - Add 15-20 drops of your favorite essential oils.
 - Shake well

Buttermilk Bath Salts

1 cup Buttermilk Powder 1 cup Sea Salt Add up to 24 drops of essential oils. Blend well, keep in a sealed jar. Use 1/2 cup per bath. This makes enough for 4 baths.

Ginger Body Scrub

Use this one in the morning as the essential oils are invigorating.

- Sea Salt 1/4 Cup
- Cornmeal 1/4 Cup
- Olive Oil 1/3 Cup or another base oil.
- Ginger 2 drops
- Peppermint 4 drops
- Rosemary 3 drops

Mix salt and cornmeal. Combine warmed oil and essential oils then mix with dry ingredients.

Use in the shower or standing in the tub. Apply in circular motions, working from the extremities inward, working towards the center of the body and the heart. Rinse with warm water. Gently pat dry. Your skin will feel smoother and have a nice glow.

Spritzers

These are easy to make just follow the guidelines below.

- Use 4 oz. of distilled water
- To make a facial mist use 8-10 drops of essential oils per 4 oz. of distilled water.
- 30-40 drops per 4 oz. for a body spray
- 80-100 drops per 4 oz. for a room spray

Hot Rock Massage

[Read all about La Stone Therapy](#)

This is a spa treatment from the Arizona desert. Select a large, flat smooth stone, the size of your palm Heat stone in a low temperature oven until warm but not hot. Rub some scented massage oil into the stone and use this heated rock to give your partner a soothing massage. The heat from the stone relaxes and penetrates the muscles. Use up to 15 drops of essential oil per 1 oz. of unscented oil. Start with less drops, you can always add more. Try Sweet Almond, Grapeseed or Apricot Oil.

- Peace and Love Massage Oil
 - 3 drops Patchouli
 - 3 drops Sandalwood
 - 1 oz. Unscented base oil

Enjoy!

So Easy to Make Bath Salts

- 1 cup Sea Salt
- 1 cup Epsom Salt
- 1 cup Baking Soda
- Your favorite essential oils
- Try French Lavender, Rose Geranium and Ylang Ylang Extra
- You'll want about 6 drops of essential oils per 1/4 cup salt blend
 - Use 1/4 cup per bath. This makes enough for several baths.

Germ Fighter Spray

We've all been told to wash our hands more frequently. Here is an antiseptic, germ fighting spray to use on cuts and scrapes. May also be used as a room spray.

- 12 drops Tea Tree
- 6 drops Eucalyptus Unrectified
 - 6 drops Lemon
 - 2 oz. distilled water
- Combine ingredients and add to spray bottle. Shake gently before use.

Cold and Flu Fighter

- 4 drops Sweet Eucalyptus unrectified is best
 - 4 drops Scotch Pine
 - 3 drops Lemon

Add to a large bowl of steaming water. Covering your head lean over the bowl and inhale deeply for 2-5 minutes. May also be added to a diffuser or vaporizer. For Children Use Eucalyptus Smithi, a mild Eucalyptus for children and the elderly.

Rose Otto

The intoxicating aroma of Rose-Otto oil makes it an effective aphrodisiac. Rose-Otto oil exerts its effects on both mind and body. It acts to both relieve stress and relax the spirit. For a relaxing bath, mix three drops of Turkish Rose-Otto in three and a half Tbsp. of heavy cream and add to the bathwater. For a truly sensuous scent, add a few drops of Sandalwood or Jasmine.

Scented Beeswax Heart

Scent a room with this decorative accent. Use a cookie cutter to cut a heart shape from a sheet of natural beeswax. Wrap the heart in cheesecloth and infuse it with a few drops of Rose Otto. Place the wrapped heart in a plastic bag for a week. Remove and discard the cloth and glue a ribbon hanger to the back of the heart. You can even decorate it with dried flowers and a bow. Hang it in the kitchen or even the bath!!

Peach Smoothie

With fresh Peaches on sale this is a yummy treat!

- 3 ripe peaches
- 1 cup plain yogurt
 - 2 T honey
 - 4 ice cubes

- 1-2 drops Mandarin essential oil
 - Mix in blender and Enjoy!

Relaxing Lavender Honey Bath

Did you know that Honey has a calming effect? Combined with pure essential oil of Lavender it's a yummy bath treatment. Why not try it tonight!

- 2oz. of Honey
- 5 drops Lavender
- Combine in a jar.
- use 1 -2 Tablespoons per bath.

Vanilla Rose Bath Fizz

Blend one half cup baking soda and one fourth cup each cornstarch and citric acid in a glass bowl. Add one teaspoon each melted cocoa butter and Vanilla essential oil and one half teaspoon Rose Otto oil. Mix well. Slowly blend in one teaspoon rose water. Pack mixture into molds, turn out on waxed paper to dry for 24 hours, then store in airtight container. Add one fizz to a warm bath and Enjoy!

Ice Candles

Melt one pound of paraffin in a double boiler. Cut a milk carton to height desired, center a taper candle inside, then fill with crushed ice. Add six drops Spearmint essential oil and a sprinkling of glitter to the cooling paraffin.....pour the paraffin into the carton. Let cool, then pour off the water and tear away the carton to reveal a candle that glistens like ice

How to Make Scented Rocks

from <http://www.make-stuff.com>

Place rocks in a bowl or dish to scent a room. A nice alternative to potpourri!

- 1/2 cup plain flour

- 1/2 cup salt
- 1/4 teaspoon essential oil (your favorite scent)
 - 2/3 cups boiling water
 - Food coloring, if desired
- In bowl, mix dry ingredients well. Add essential oil, and boiling water to dry ingredients. (Scent will be strong, but will fade slightly when dry.)
For colored stones, blend in food coloring, one drop at a time until desired shade is reached. Blend ingredients, and form balls into different shape and sizes to look like stones. Allow stones to dry.

Lemon Citrus Soak

Lemons have been used for hand and nail care for centuries. Lemon Juice and the essential oil of Lemon whitens nails while stimulating healthy growth. Try this Refreshing Citrus Soak

- 8 oz. spring water
- 1 Tablespoon Aloe Vera Gel
- 10 drops Lemon eo
- Mix and soak fingertips for 10 minutes.

Fireplace Oils

When making Holiday logs use 1 drop of essential oil per log and only one log per fire. After applying the essential oil to the log be sure to let it sit for enough time that the essential oil soaks through the log. Some choices are Sandalwood, Frankincense, Myrrh, Cypress, and Cedarwood.

Household Cleaning

Dishwashing Liquid

Lift your spirits while washing the dishes. Not suited for automatic dishwashers.

- • 10 drops Lemon essential oil
- 10 drops Lavender essential oil
- 10 drops Orange essential oil
- liquid castile soap or other mildly scented dishwashing liquid.

Fill a 32oz. squirt bottle with liquid soap and add the oils. Shake well.

Kitchen Sink Scrub

- 1/2 Cup Baking Soda
 - 1/8 Cup Vinegar
- 5 drops Lemon essential oil
- 5 drops Orange essential oil
- Combine all ingredients
- Try Lime or Bergamot also.

Tub and Shower Scrub

This recipe helps to remove and prevent mold and mildew buildup.

- 1/2 Cup Baking Soda
- 10 drops Tea Tree essential oil
- 10 drops Lavender essential oil
- 10 drops Geranium essential oil
- Combine all ingredients and using a damp sponge or cloth, scrub bathtub and/or shower.

For serious mildew buildup areas, combine 20 drops of Tea Tree and water in a spray bottle, and spray area everyday for 5 days, then 2x a week.

From the book The Naturally Scented Home by Julia Bird

~add a few drops of cedar or rosemary oil to cotton balls and enclose them in a pillowcase, which can then be laid among your clothes. This will help keep unwanted pests from enjoying your clothes.
(page 55)

~perfumed drawer lining paper: Choose any kind of paper, cut it to size and roll the sheets together. Then seal the roll in a plastic bag with a sheet of blotting paper on which you have dropped your essential oil combinations. Leave it for about a week to allow the scent to permeate the papers. These can also be customized with anti-insect oils. (pg 55)

Cornmeal Face Scrub

Essential Oils can be incorporated into many facial products. A facial scrub to try includes:

- • 1/4 cup yogurt
- 1/4 cup cornmeal
- 5 drops Lavender essential oil
- 5 drops Patchouli essential oil
- 5 drops Grapefruit essential oil
- Mix together and refrigerate a couple of
- hours before using. Store in the refrigerator.

A CHRISTMAS POTPOURRI - VICTORIA MAGAZINE

- 3 c Fresh juniper sprigs -with berries
 - 2 c Red rosebuds
 - 1 c Bay leaves
- 1/4 c Cinnamon chips
 - 2 tb Cloves
 - 10 Drops rose oil
 - 3 Drops pine oil

- 6 Drops cinnamon oil
 - 1 tb Orrisroot chips
- 5 Whole dried rose blossoms
- 3 Three-inch cinnamon sticks
- 20 Assorted pinecones, -painted gold

Combine the juniper, rosebuds, bay leaves, cinnamon chips, cloves, and cones in a big ceramic bowl. In a separate dish, mix the oils with the orrisroot. Stir this mixture into the first one and put into a closed container to mellow for a few weeks, stirring occasionally. Place the potpourri in a dish and scatter the roses blossoms and cinnamon sticks on top.

Victoria/December/90

Christmas Spice Potpourri

- 2 cups dried pink rose petals and buds
- 1/2 cup dried bay leaves, crumbled
 - 1/2 cup dried orange peel
- 1/2 cup dried pomegranate slices, chopped
 - 1 Tablespoon grated nutmeg
 - 1/2 cup small pine cones
- 1/2 Tablespoon orris root powder
- 1 teaspoon cinnamon powder
- 1/2 teaspoon mixed spices, lightly crushed: mustard seed, black, green and white peppercorns, red spindle berries, juniper berries
- 10 drops frankincense essential oil
 - 5 drops clove essential oil
 - 20 drops orange essential oil
 - 5 drops myrrh essential oil
- Source: Heaven Scent by Julia Lawless

Frankincense Soap

Wrap unscented purchased soap with cheesecloth, then sprinkle the wrapped bar with a few drops of frankincense essential oil. Place the soap in an airtight container for a month, then discard wrapping. You can decorate the soap with silver or gold leaf

applied in a random pattern. Dampen the soap before applying metallic leaf! This makes a gorgeous gift!

Scented Holiday Cards

Make your Christmas/Holiday cards extra special this year. Place 1 drop of any holiday blend on the inside corner of each card. Seal and send as usual. What a nice surprise for the recipient! Some oils to use: we like our Celebration blend with Cinnamon, Orange Clove but a Evergreen blend is also nice.

Frankincense and Myrrh Soap Balls

Making your own soap can be a complicated process. However.....this is a very simple way of introducing your favorite smells to a basic, fragrance-free soap, using a combination of nourishing vegetable oil, oatmeal as a natural exfoliant and healing and nourishing honey!! The soaps are scented with the heavenly combination of frankincense and myrrh. The spicy, woody scent of frankincense is uplifting, while the balsamic, must scent of myrrh is known to be anti-fungal and healing.

Materials

- 9 ounces of pure, unscented soap
 - 4 fl. ounces water
 - 1 tablespoon honey
- 1 tablespoon finely ground oatmeal
- 1 teaspoon sweet almond or apricot kernel oil
 - 12 drops myrrh essential oil
 - 8 drops frankincense essential oil.
 - Cheese grater (fine)
- Bain-Marie(double boiler with a ceramic insert to evenly disperse gentle heat)
 - Wooden Spoon
 - Dried herbs (optional)

bain-marie with the water. Gently heat over a low heat. Gradually the mixture will form a thick and fairly sticky paste.

When the soap has melted, add the honey, oatmeal, oil and dried herbs(optional) and mix in well. Transfer to a clean bowl and then add in the essential oils. Mix very thoroughly! Have a bowl of water on hand to wet your hands. Then take a small handful of the mixture and mold into round balls. You will be able to make approximately 2 large balls or 5 or so of the smaller ones. Place on a sheet of grease-proof paper and leave it to harden for a week or so. Or.....you can put the mixture in a shaped mold!

Soap of the Magi

- 5 Ounces Glycerine Soap
- 1/8 teaspoon Myrrh Oil
- 1/8 teaspoon Frankincense Oil
- Bronze and Gold Mica Dust
- Ultra fine gold fabric glitter
- Oval soap mold

Melt 1/2 of the soap. Stir in the Frankincense oil and Gold mica dust. Pour into 2 molds filling only half way. Melt the other 1/2 of the soap. Stir in Myrrh oil and Bronze mica dust.

Spoon over 1st layer of soap. Set, unmold. Give the bars a light dusting of the gold glitter and you have a soap of gold, frankincense and Myrrh the gifts of the Magi. If you've frozen the soap allow it to thaw and dry before adding the glitter or wrapping.

Here is a well known blend that you can recreate at home.

Four Thieves

A blend of Clove, Lemon, Cinnamon, Eucalyptus, and Rosemary oils.

Developed according to the legend about the four thieves in 15th century England who used

these and other aromatics to protect themselves
while robbing plague victims.

Bath Cookies

~ Do not eat these!

2 Cups Rock Salt ½ Cup Baking Soda ½ Cup Cornstarch 2
Tablespoons Almond Oil 1 Teaspoon Vitamin E Oil 1-2 Eggs
6 Drops Essential Oil Mix together and then cut out with
cookie cutters in the shape you want. Bake at 350 degree 10 -
12 minutes Allow to cool. Use 1-2 per bath keep in an air
tight container. These are perishable because of the eggs so
use them up or give as gifts. From:
homeandfamily@yahoogroups.com

[Click to join](#)

[Essential Oils A-E](#) | [Essential Oils F-L](#)
[Essential Oils M-P](#) | [Essential Oils R-Z](#)
[Aromatherapy Bath and Body](#) | [Aromatherapy Candles](#)
[Facial Treatments](#) | [Essential Oil Diffusers](#)
[Aromatherapy Supplies](#)
[How to Use](#) | [Jewelry](#) | [Aromatherapy Blends](#)
[Massage Oils](#) | [Carrier Oils](#) | [Home & Garden](#)
[Recipes](#) | [Children](#) | [Gift Certificates](#) | [About Aromatherapy](#)
[Essential Health Aids](#) | [Contest](#) | [Scent of the Month Club](#)
[Books](#) | [Return Policy](#) | [Copyright and Privacy Policy](#)
[Home](#) | [Contact Us](#)
[Top of page](#)

© Copyright 1997 Aromathyme®.com
site by [DH&JK](#)