

# Au Naturoid

A BEGINNERS GUIDE TO AROMATHERAPY AND  
ESSENTIAL OILS FOR STRESS RELIEF, HEALING  
REMEDIES AND NATURAL CLEANERS



*Includes  
Over 100  
Recipes!*

**Susan Burgess**

**Au Naturoil: A Beginners Guide to  
Aromatherapy and Essential Oils for  
Stress Relief, Healing Remedies and  
Natural Cleaners**  
*by Susan Burgess*

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# Introduction

Did you know that the human nose can detect and distinguish between up to 10,000 individual scents? Our sense of smell is quite potent and it is linked in many ways to other functions of our bodies.

Aromatherapy is the use of aromatic and essential oils to maintain and enhance the body, mind, and spirit. It is considered a holistic form of medicine that treats the whole person rather than just the symptoms of the disease. This complementary therapy works with conventional medicine to stimulate the body to heal itself.

Plant based therapies have been practiced by people around the world for millennia and have been proven to be effective throughout the ages. Modern aromatherapy has built on the discoveries of medieval and ancient aromatic practices to provide effective and positive results.

Aromatherapy can be used in the home to eliminate or relieve many common illnesses like colds, coughs, headaches, fevers, muscle aches and many more. It can also raise your level of resistance to disease and stimulate your body's own defense systems.

Essential oils, when used and diluted correctly, are extremely safe and very rarely produce any side effects. These gentle and natural supplements are a great alternative to some of the harsh medicines of the modern age. This is not to say that aromatherapy is a replacement for modern medicine, however. As a preventative measure, it can be extremely helpful.

This e-book is meant as an introduction to the study and practice of aromatherapy. Throughout this book, you will find recipes of common essential oil blends that you can make to improve your body, mind, spirit, and home.



# **What Is Aromatherapy?**

## **The Origins Of Aromatherapy**

### **What Is Aromatherapy?**

Aromatherapy is a holistic form of healing based on the use of essential oils. Essential oils - concentrated extracts from the leaves, seeds, roots, or plant blossoms - have been used therapeutically for over 6,000 years. The history of aromatherapy can be traced through the ancient Indian, Chinese, Egyptian, Roman and Greek cultures. These people used essential oils in perfumes, cosmetics, and drugs as well as for hygienic, ritualistic, spiritual and therapeutic purposes.

## **The Founding of Modern Aromatherapy**

The term “aromatherapie” was coined by René-Maurice Gattefossé, a French chemist. While treating a burn on his hand, he discovered the healing properties of lavender oil when he used it after an explosion in his laboratory. In 1928, Gattefossé founded the science of aromatherapy and went on to publish many treatises on the subject. One of Gattefossé’s followers, Jean Valnet, used essential oils during World War II to treat wounds, burns, gangrene and skin infections in wounded soldiers.

## **How Does Aromatherapy Work?**

Researchers aren’t entirely sure how aromatherapy works. Some scientists believe that our sense of smell may play a role. Others believe that molecules found in essential oils may interact with enzymes or hormones in the blood. Aromatherapy massage is a great method of experiencing essential oils because it allows you to benefit from both theories at once by breathing in and smelling the oils as well as absorbing them through your skin.

Regardless of how, the one thing we do know is that they DO WORK. There are fantastic success stories throughout history of how Aromatherapy and Essential Oils have had a profound impact on people's lives.

# Aromatherapy And Essential Oils

## What Are Essential Oils?

Essential oils are liquids distilled from the stems, leaves, roots, bark, flowers or other parts of a plant. They are not oily-feeling at all, despite calling them an “oil,” and most are clear in color. Some oils, such as orange, patchouli and lemon grass, are yellow or amber colored.

## Essential Oils Vs. Perfumes

The aromas and chemical compositions of essential oils can provide psychological and physical therapeutic benefits, usually achieved through methods including inhalation and application of the diluted oil to the skin.

Essential oils are different from fragrance oils or perfumes. They are derived from the actual plants, whereas perfume oils in most cases are fragrances that are artificially created or contain chemicals or other non-natural substances. As a result, they do not offer the therapeutic benefits that essential oils do.

## How Are Essential Oils Used?

Essential oils are extremely concentrated and a little can go a long way. They can be used topically by blending with a carrier oil like coconut oil, apricot kernel oil, sweet almond oil, or grapeseed oil and then applying the blend to the skin to be absorbed or inhaled.

Under certain circumstances, carefully inhaling the oils can also be beneficial as the oil molecules will enter the lungs and be absorbed into the bloodstream.

## **Purchasing Essential Oils**

Essential Oils are usually sold for individual use in very small bottles and can vary greatly in price and quality. The rarity of the plant used, the plant's country of origin, growing & climate conditions, distiller quality standards, and, of course, how much oil the plant produces, can all affect the quality and price.

You can also purchase essential oil blends. The advantage of buying blends of pure, quality essential oils is that in most cases you will save money by not having to buy each essential oil individually to make a mixture. The disadvantage is that you have no real control over the ratio of the blend and since you don't know the exact composition, you will not be able to reliably mix your blend with other oils.

# **A Brief History Of Essential Oils**

## **History of Essential Oils Around the World**

Essential oils, known in the past as aromatic oils, have been used for centuries by many different cultures around the world. Depending on the culture, their uses often varied from healing the sick or wounded to religious practices. We have not been able to pinpoint exactly when these natural oils gained popularity as healing agents, but eventually the knowledge and effectiveness of essential oils in treating the sick spread throughout the world.

The earliest evidence we have unearthed of the healing properties of certain plants was found in Lascaux, an area in the Dordogne region in France. Cave paintings in the area suggest that the use of plants in everyday life for medicinal purposes have been carbon dated as far back as 18,000 B.C.E.

## **Egypt**

Recorded history and evidence have shown that the early Egyptians used aromatic oils as far back as 4500 B.C.E. They used perfumed oils, balsams, aromatic vinegars, scented barks, spices and resins in their everyday life. They transformed plants into pastes, powders, oils, medicinal cakes, pills, suppositories, and ointments. They also used fragrances for religious purposes, dedicating specific fragrances to each deity and anointing statues with their chosen oil. Myrrh and Cedar were used in the process of embalming and traces of these aromatic oils have been found on mummies throughout Egypt.

## **China**

One of the first publications on the use of essential oils was found in China between 2697-2597 B.C.E during the reign of Huang Ti, the Yellow Emperor. His famous book “The Yellow Emperor’s Book of Internal Medicine” contains many uses for aromatic oils and even today is considered a useful text by eastern medicine practitioners.

## **India**

Indian medicine has a 3,000-year history of incorporating aromatic oils into their healing salves and potions. Some of their written texts list over 700 substances including ginger, cinnamon, sandalwood and myrrh as effective healing agents. During the outbreak of the Bubonic Plague, or 'Black Death' as it was commonly called, their medical techniques, called Ayur Veda, were successfully used in the place of ineffective antibiotics. The purpose of essential oils and aromatic plants were also believed to be a godly part of nature and this played a vital role in the philosophical and spiritual outlook of traditional Ayurvedic medicine.



## **Greece**

Between 400-500 B.C.E. the Greeks started to record their knowledge of essential oils which came mostly from the Egyptians. The Greek physician Hypocrites (called the 'Father of Medicine' at the time) documented the effects of over 300 plants including cumin, saffron, thyme and peppermint.

## **Rome**

The Romans were known for using perfumed oils on their bedding, bodies and clothing. They also used oils in baths and for massages. During the fall of the Roman Empire, Roman physicians brought books written by Hypocrites with them and these texts were later translated into Arabic, Persian and other languages.

## **Europe**

During the Crusades, Knights and their armies spread knowledge of herbal medicines that they learned in the Middle East throughout Western Europe. Pine and frankincense were burned in the streets in the hopes of warding off “evil spirits” during the Bubonic Plague. It has been noted that fewer people succumbed to the plague in these areas.

# Essential Oils Today

## **Enhance Your Physical Wellness**

Lack of exercise, poor diets, and an abundance of environmental toxins are common to today's modern lifestyle. These factors can all diminish energy levels and leave the body feeling unbalanced. Essential oils and supplements containing essential oils can provide some of the solutions needed to restore balance in your life from cleansing and weight management to supporting every system of the body.

## **Purify Your Home**

You can also use essential oil-infused formulas you make yourself to clean your home. You can avoid those nasty chemical formulas and enjoy peace-of-mind when you clean your counter-tops, dirty surfaces and mop up sticky messes with the gentle but effective power of essential oils.

## **Refine Your Skin**

Throughout history, people have been using essential oils to promote clear complexions, soften the signs of aging, and nurture healthy hair. These advanced hair and skin solutions use only natural ingredients and make it easy to enjoy the benefits of essential oils every day as you rediscover your natural glow and purge all the chemicals from your beauty routines.

### **Create Deep Spiritual Awareness**

Studies show that constituents in essential oils can stimulate olfactory (sense of smell) receptors and stimulate the regions in the brain associated with emotion, memory, and state-of-mind. You can enhance your spiritual practice by diluting and applying certain essential oils directly to your feet, wrists, behind the ears, or by diffusing them in a quiet space.



# **The Basics Of Essential Oils**

## **How Essential Oils Are Made**

Essential oils can be extracted either through distillation or expression.

## **The Practice Of Distillation**

For distillation the plant material is placed on a slotted shelf inside a still. The still is sealed and, depending upon the method, water, steam, or a combination of the two slowly breaks through the plant material and removes its oils. These oils rise up as a vapor through a connecting pipe that leads through a condenser. This condenser cools the rising vapor back into a liquid form upon which the liquid is then collected in a container below the condenser. Since oil and water do not mix, these essential oils will be found floating on the surface of the water which is then siphoned off.

### **The Practice of Expression**

Expression, also known as *cold pressing*, is an extraction method that is primarily used in processing citrus essential oils, such as lemon, lime, bergamot, tangerine and sweet orange. During the extraction process, the rind of the fruit is placed in a rotating container with spikes in order to puncture the peel. Upon puncturing the rind releases the essential oil which is then collected in a small container below the expresser.

### **Distilled Vs. Expressed Oils**

Many aromatherapy companies sell both expressed and distilled citrus oils from the same species of plant. Distilled citrus oils will deteriorate much more quickly and are more unstable than their expressed counterparts. Because of this, distilled citrus oils are not recommended for aromatherapy use, with one exception. Distilled lime essential oil is considered to be superior in aroma and effect to its expressed counterpart and is the recommended oil to use.

# Application Of Essential Oils

Essential oils are generally applied in one of three ways: topically (applied on the skin), inhalation, or ingestion. Within each of these methods, there are a variety of ways for their use. For example, if you wanted to apply an essential oil topically, you could use compresses, baths, sprays, creams, gels, or massage oils.

## **Which Application Method To Use**

Choose your application method based on the effect you desire and the essential oil you are using. Some essential oils are irritants when used undiluted, so you may need to use those via inhalation or heavily diluted with carrier oils or water. If you are unsure about which application method to use, consult an experienced aromatherapist.

## Inhaling Essential Oils

Essential oils can be inhaled using a variety of techniques and devices:

- *Diffuser*: Essential oils are placed in a diffuser device, with heat or water so they evaporate.
- *Dry Evaporation*: Several drops of essential oil are placed on a cotton ball or tissue and allowed to evaporate into the air.
- *Steam*: Drops of essential oil are added to a bowl of steaming water, which quickly vaporizes the oil. You then place a towel over your head and over the bowl of water with essential oil drop(s) and breathe deeply.
- *Spray*: Drops of essential oils are placed in a water-based solution, shaken, and sprayed into the air in order to deodorize a room or set a mood.

## **Applying Essential Oils Topically**

Essential oils can be applied to the skin using a variety of techniques, however, most essential oils must be diluted before applying directly to the skin. Here are various methods of topical application:

- **Compress:** The essential oil is diluted in a liquid carrier (water or oil) and applied to a dressing or directly to the affected area. Optional heat or cold can be applied.
- **Gargle:** Drops of essential oil are added to water. You mix, then gargle the solution and spit it out. Do NOT swallow it.
- **Bath:** Drops of essential oils are added to bath water in a dispersant or in bath salts immediately before stepping in. This method results in absorption through the skin, as well as inhalation of the volatilized essential oil.
- **Massage:** Drops of essential oil are added to a natural carrier oil and applied to skin areas with gentle rubbing.

## **How To Dilute Essential Oils**

Essential oils should be diluted in a carrier substance like coconut oil, vegetable oil, nut oil, or water at no greater concentration than 3%.

A 3% solution would be equivalent to 1tsp. of carrier substance to 3 drops essential oil. For massage or application over large areas of the body, a 1% solution (one drop of essential oil in one tsp. of carrier substance) is generally a safe concentration. Just remember that if you use water as a carrier, be sure to shake or mix your solution well before application.



### **Applying Essential Oils Internally**

In the United States, the ingestion of essential oils is only recommended under the supervision of a licensed healthcare provider, however, essential oils can be applied internally in a variety of ways, including oral ingestion and suppositories.

# **Aromatherapists - What Are They And Should You Use One?**

## **What Is An Aromatherapist?**

An aromatherapist is a professional who uses essential oils for healing purposes. Their healing process is referred to as aromatherapy.

Aromatherapists have a variety of responsibilities including:

- Identifying appropriate essential oils.
- Planning and explaining treatment requirements.
- Blending oils together.
- Applying oils and undertaking treatment, creating oil blends that can be used at home.
- Advising clients about the use of remedies.
- Providing advice about diet, exercise and lifestyle.
- Keeping accurate confidential patient records.
- Keeping up-to-date with research and new developments in the profession.

## **How Do I Find An Aromatherapist?**

The most reliable way to find a good aromatherapist is by asking your healthcare provider, friends, family and colleagues.

When choosing a practitioner, it is important to consider their training, education, philosophy of care and experience. There is no national certification for Aromatherapists; however, there are groups that offer their own certification programs.

The National Association for Holistic Aromatherapy (NAHA) is a not-for-profit, educational organization that has worked within the industry to establish educational guidelines for aromatherapy training programs. The Aromatherapy Registration Council (ARC) also offers registration to Aromatherapists who have shown that they have an understanding of the core knowledge of aromatherapy and essential oil safety. This is done through a national examination program. An aromatherapist who has passed this national exam can then use the initials RATM (Registered Aromatherapist) after their name. You can find

registered Aromatherapists in most areas at the ARC website.

## **When To Consult An Aromatherapist**

If you are in doubt of how to properly use essential oils, contact a knowledgeable aromatherapist. It can help to have an aromatherapist who is experienced and who can answer any questions you might have about application methods, interactions, purity, mixture and dosage.

# DIY Aromatherapy

## 25 Essential Ingredients

Aromatherapy encompasses all types of natural ingredients. Here are 25 of the most used and their effects as part of a holistic health regime: **Basil:** A powerful astringent and antispasmodic that relaxes both striated and smooth muscles.

**Cedarwood:** Recognized for its insect repelling, calming, purifying and antiseptic properties and is used to benefit the skin and underlying tissues.

**Cinnamon Bark:** Has potent antibacterial, antiviral and anti-inflammatory properties and is also a light anticoagulant that can increase blood flow.

**Citronella:** Insect repellent and room deodorizer with antibacterial, anti-fungal, and anti-inflammatory properties.

**Clary Sage:** Has a sedative, anti-convulsive effect and is used for both premenstrual syndrome and menstrual pain.

**Eucalyptus:** Powerful antibacterial, anti-fungal and antiviral essential oil commonly used for bronchitis, coughing and influenza.

**Frankincense:** Strengthens the immune system and helps prevent infections and inflammation.

**German Chamomile:** Natural sedative and anti-depressant that lowers the body temperature and helps to relieve restlessness, impatience and irritability.

**Helichrysum:** Helps reduce acute pain, improve circulation, balance blood pressure and regenerate tissues and nerves. It also stimulates liver function and may help clean plaque and debris from veins and arteries.

**Juniper:** Diuretic, expectorant and astringent.

**Lavender:** An antiseptic and anti-inflammatory that helps with depression, heart palpitations, high blood pressure, nervous tension and hives.

**Lemon:** Has cleansing, antiseptic qualities, helps protect against bacterial and viral infections, and also promotes white blood cell formation.

**Marjoram:** Soothes tense or sore muscles, improves circulation and regulates blood pressure.

**Myrrh:** Tones and revitalizes skin.

**Neroli:** Stimulates new cell growth at the cellular level.

**Patchouli:** Sedative and calming oil.

**Peppermint:** An anti-inflammatory that soothes the digestive system.

**Ravensara:** Heals viral, bacterial and fungal infections, and also promotes healthy functioning of the nervous and respiratory systems.

**Rose:** An anti-inflammatory agent for reducing scar tissue, sunburns, eczema, rashes, shingles and wounds, among other things.

**Rose Geranium:** Benefits a variety of skin conditions, including acne, blisters, burns, cold sores, dermatitis, eczema, measles, scars, shingles and wounds.

**Rosemary:** An astringent, stimulant and diuretic.

**Rosewood:** Soothes the skin and promotes tissue elasticity and regeneration.

**Sandalwood:** Used to combat depression, stress and insomnia. It stimulates the pineal gland and limbic system, the center of human emotions.

**Tea Tree:** Has antibacterial, antiviral, anti-fungal and anti-inflammatory properties.

**Thyme:** An antimicrobial, anti-fungal and antiviral essential oil.

# Ingredients To Stay Away From

Not all natural ingredients are safe. The following is a list of ingredients that you should stay away from and not use without the direct supervision of a registered aromatherapist. Many of these essential oils can be fatally toxic in very small amounts and/or can cause harm to you or your children.

- Bitter Almond Oil
- Boldo
- Calamus
- Camphor
- Cassia
- Horseradish
- Mugwort
- Mustard
- Pennyroyal
- Rue
- Sassafras
- Savin
- Tansy
- Thuja
- Wormseed
- Wormwood

# **The Basics Of Carrier Oils**

Carrier oils, also referred to as base oils, are non-volatile oils and are usually from vegetable origin extracted from either nuts or seeds.



**Smell of carrier oils**

After a carrier oil has been extracted it is often refined through various processes which result in certain desirable, and some undesirable, effects. After processing, they usually do not have their own smell.

## **List of common carrier oils**

Herewith, a list of the most widely used carrier oils as used in aromatherapy:

- Almond oil
- Aloe Vera oil
- Apricot kernel oil
- Avocado oil
- Calendula oil
- Coconut oil
- Evening primrose oil
- Grapeseed oil
- Hazelnut oil
- Jojoba oil
- Macadamia oil
- Olive oil
- Pumpkin seed oil
- Rosehip oil
- Safflower oil
- Sesame oil
- Sunflower oil
- Walnut oil
- Wheat germ oil

## **How To Choose Quality Essential and Carrier Oils**

The quality that you're looking for will depend upon what you're using the oils for. Almost all oils are for external use only, although there are a few brands that can be used internally. Some brands are therapeutic or food grade while others are not. Some brands are not pure essential oils and contain fillers or additives.

Here are some great quality oil brands that will fit different budgets:

- Young Living
- doTERRA
- Eden's Garden
- Aura Cacia
- Mountain Rose Herbs
- Plant Therapy
- Now

# Storing Your Oils

Essential oils should be packaged in dark glass bottles to filter out UV rays. Sunlight will dramatically speed up the process of oxidation or deterioration. Store your oils in a cool, dark place to keep them safely away from heat. Also, *keep your oils out of reach of children.*

## **Store Citrus Oils In The Fridge**

Citrus essential oils are the most prone to oxidation, so storing them in the refrigerator will keep them potent longer. Some oils may solidify in the cold, but that just means you will need to allow them to warm up before use by either holding it in your hand for a few minutes to produce enough heat to dissolve the natural waxes or let them stand for a few hours to return to room temperature.

## **Keep Them Cool**

It is important to protect your carrier oils from heat, so during the summer, store your carrier oils in the fridge. When you need them, remove them from the fridge for at least 12 hours before use so that they can adjust to room temperature and then shake to restore to its normal consistency.

**Safety Concerns**

- Essential oils are flammable; keep them away from sources of flame or ignition.
- Do not use plastic bottles to store essential oils. Many oils will dissolve the plastic.

# Caution - Use Oils Wisely

Most essential oils are safe and free of adverse side effects when used properly. However, it is important to use them wisely. When in doubt, consult a registered aromatherapist or medical care provider.

## **Can Essential Oils Be Toxic?**

Toxicity of essential oils in most cases is primarily attributed to accidental ingestion and misuse by children. To be on the safe side, don't eat or drink essential oils unless under the care and supervision of a registered aromatherapist.

## **Remember To Dilute Before Topical Use**

Most essential oils cannot be applied directly to the skin so it is important to dilute them before application.

## **Essential Oils And Children**

In most cases you will want to use smaller doses for children. It is recommended to avoid essential oils altogether for use on babies. Some oils, peppermint for example, are recommended not to be used on children under 6 years of age. Consult an aromatherapist or medical care provider before use.

It's important that you also exercise caution using essential oils when you are pregnant. It is possible that the oils can cross the placental barrier and to date there is little clinical research on any effects this may have.

Always store your essential oils in dark glass bottles out of the reach of children. Even amounts as small as a teaspoon full can be fatal.

## **Allergic Reactions**

It's possible that some people may experience allergic reactions or skin irritation from the use of essential oils. This may occur as early as the first application. The skin will generally heal without any long-term effects, but you will want to avoid any oils that cause a problem.



## **Phototoxicity And Essential Oils**

Avoid sunlight when using citrus oils. Phototoxicity can occur when you go out into the sun after applying a topical oil. This will usually occur mostly with certain citrus oils, such as lime, lemon, orange, bergamot, and angelica. If you do apply a solution of a citrus essential oil and then lie out in the sun or in a tanning bed, it's quite possible that you may end up with a severe sunburn.

# Recipes For Skin Care

## Acne

### Essential Oils Acne Treatment

*What You'll Need:*

20 drops of Lavender Essential Oil

### 30 drops of Lemon Essential Oil

30 drops of Tea Tree Essential Oil

*Directions:*

Mix oils together and store in a dark bottle.

Some of the following recipes make reference to this mix as “Essential Oil Acne Blend” in our acne treatment recipes. Therefore, when the recipe states, add 12 drops of “Essential Oil Acne Treatment Blend”, you just add 12 drops of the mixture of Essential Oils you have prepared in the bottle.

### Acne Treatment Gel

*What You'll Need:*

5 ml of Tea Tree Essential Oil

95 ml of pure natural Aloe Vera gel

*Directions:*

Mix ingredients and apply to face. Store remainder in sealed container in dark, cool place.

**Natural Facial Cleanser** *What You'll Need:*

50 drops of the “Essential Oil Acne Treatment Blend”

2 oz. (60 ml or ¼ cup) [Jojoba Oil](#)

2 oz. (60 ml or ¼ cup) natural Aloe Vera gel 8 oz. (240 ml or 1 cup) liquid castile soap

*Directions:*

Mix ingredients in a pump bottle and use as a face cleanser.

## **Honey Facial Cleanser**

*What You'll Need:*

2 tsp. plain yogurt

3 tsp. honey

5 drops “Essential Oil Acne Treatment Blend”

*Directions:*

Mix ingredients and massage the mix on blemishes. Rinse with warm water after 5 minutes.

**Essential Anti-Aging Serum** *What You'll Need:*

1 tsp Vitamin E oil

## **3 drops carrot seed Essential Oil**

3 drops “Essential Oil Acne Treatment Blend”

1 oz. [Jojoba Oil](#)

*Directions:*

Mix all of the ingredients in a dark bottle with a dropper top. Apply 2-3 times per day. This recipe can also help in the removal of acne scars.

# Chapped Lips

**Essential Lip Balm** This recipe makes 3 oz. of lip balm. Make sure you have enough containers to hold all of it. This recipe will make 20 lip balm tubes, 12 small containers, or 3 large ones. You can always reduce the batch size by cutting the recipe in half.

*What You'll Need:* 1 oz. (3 tbsp.) beeswax  
1 oz. (2 tbsp.) coconut oil ½ oz. (1 tbsp.) Shea butter ½ oz. (1 tbsp.) cocoa butter  
20 drops peppermint essential oil

## 10 drops lavender essential oil

Large skillet/saucepan with water Glass jar  
Scale  
Lip balm containers

*Note:* If you would like a harder lip balm, add an additional ½ oz. of beeswax. For a softer lip balm, add an additional ½ oz. of coconut oil.

*Directions:* Line up empty containers on counter. If you are using a lip balm stick, make sure it is twisted down to the bottom of the tube. Measure all butters and oils in the glass jar until you have the right amount. Fill a large skillet/saucepan with 1-1.5 inches of water. Bring to a boil. Once boiling, add the glass jar to the center of the saucepan to melt and combine ingredients. Stir every few minutes until the ingredients are melted and combined. (10-15 minutes). Use a popsicle stick to stir for easy cleanup. Once all wax is melted, remove from heat and let sit for 3 minutes. After the 3 minutes, add essential oils. Pour mixture into lip balm containers. Let the mixture cool and you're done!

**Honey Almond Lip Balm** *What You'll Need:*

## 1 cup sweet almond oil

½ cup beeswax

2 tbsp. honey

Stainless steel saucepan or double boiler Jar or container with lid

*Directions:* Place beeswax and the almond oil in the stainless steel pan. Turn on the heat and place the pan over it. Keep the heat at low setting. You may also use double boiler to melt the beeswax mixed with almond oil. Keep on stirring with a wooden spoon or whisk while the wax gets melted. When it completely melts, whisk in the honey. Stir well to mix them thoroughly. Let it cool down completely before you store this homemade lip balm in a container.

You may even use the old lip balm stick containers to store this balm.

# Cellulite

## **Anti-Cellulite Oil**

Break up cellulite with this mix of essential oils and spot treatment massage. This recipe is slightly "warming"; it yields a very light tingly and warm sensation when applied.

*What You'll Need:* ¼ cup hazelnut oil

¼ cup jojoba oil

10 drops juniper essential oil 10 drops cinnamon leaf essential oil 10 drops orange essential oil

## **10 drops cypress essential oil**

*Directions:* Pour the directed amount of each into a bottle with a cap. Cap it up and shake thoroughly before using. Massage oils should be stored in a dark, cool place. Oils can be kept for up to six months.

## **Citrus Essential Anti Cellulite Oil**

This recipe yields citrus massage oil thanks to the lime and lemon essential oils. It smells great, and helps to improve skin circulation where applied!

*What You'll Need* ¼ cup hazelnut oil

¼ cup jojoba oil

10 drops cypress essential oil 8 drops grapefruit essential oil 7 drops Cedarwood essential oil 5 drops lime essential oil  
5 drops orange essential oil

## **5 drops lemon essential oil**

*Directions:* Take your ingredients and pour the directed amount of each into a bottle with a cap. Cap it up and shake thoroughly before using. Massage oils should be stored in a dark, cool place. Oils can be kept for up to six months.

Applying them is just as easy as making them. Before you give yourself a massage, take a hot shower and end it with a cold rinse to tighten the skin. Using your dry, soft-bristled shower body brush, brush the cellulite affected areas with your homemade oil until the skin absorbs all of the oil or becomes red. This does not mean you have massaged too much or too hard, it just means you need to give your skin a break. After your massage, you should take another hot shower and pat your skin dry before facing the day.

For best results, this massage regimen should be done daily and should also be paired with an exercise routine and a diet high in fiber and low in fat. Combating cellulite is a team effort, and massage, diet, hydration and exercise are your star players!

# Dermatitis

**Calming Bath** *What You'll Need:* 2 drops geranium essential oil 2 drops chamomile essential oil

## **2 drops lavender essential oil**

*Directions:* Fill a bathtub with warm water, add all ingredients, and soak for 20-30 minutes. To avoid evaporation, do not add the oils to running water. For an extra moisturizing effect, dilute essential oils in a carrier oil before adding to your tub.

**Skin Cooling Compress** *What You'll Need:* 2 drops chamomile essential oil 1 drop lavender essential oil  
1 quart cool water essential oil

## **1 drop helichrysum essential oil**

*Directions:* Gently blend all ingredients in a bowl. Soak a clean cloth in the bowl and apply on affected areas.

**Skin Cooling Lavender Spray** *What You'll Need:* 1 cup distilled water

## **15 drops lavender essential oil**

*Directions:* Mix ingredients and add to a spray bottle. Shake before each use.

**Shea Butter Essential Eczema Cream** *What You'll Need:* ½ cup Shea butter or coconut oil 30 drops cedarwood essential oil 20 drops geranium essential oil



## **20 drops lavender essential oil**

*Directions:* Mix all ingredients thoroughly in a small jar or container. Apply 1 to 2 times a day. Also safe for children.

**Soothing Eczema Skin Balm** *What You'll Need:* ½ cup coconut oil

¼ cup avocado oil

¼ cup olive oil

3 tbsp. beeswax pastilles

¾ tsp. vitamin E oil

½ tsp. arrowroot

10 drops frankincense essential oil 15 drops tea tree essential oil 15 drops lavender essential oil 15 drops geranium essential oil

## **15 drops thyme essential oil**

*Directions:* Melt coconut oil, avocado oil, olive oil and beeswax in a double boiler under constant stirring. Remove from heat and add arrowroot, keep stirring to avoid lumps. Cool the mixture down till you can touch the jar for at least 5 to 10 seconds. Then add the essential oil and vitamin E. Mix and pour in a small glass container. Cool down completely on the counter before putting the lid on. Store at room temperature and use 1 to 2 times a day.

# Dry Skin

**Moisturizing Face Blend** *What You'll Need:* 1 drop Roman chamomile essential oil

## **2 drops neroli essential oil**

1 tbsp. sweet almond oil

*Directions:* Blend oils with almond oil and let rest for 2 days. Use a few drops of this mixture on your face as needed.

**Essential Dry Skin Blend** *What You'll Need* 1 tsp. jojoba oil

1 tsp. sesame oil

1 tsp. camellia oil

25 drops carrot seed essential oil 6 drops sandalwood essential oil 4 drops neroli essential oil

## **2 drops geranium essential oil**

*Directions:* Blend all ingredients in a 1 oz. bottle and shake to mix thoroughly. Apply 4 - 6 drops of blend two to three times per day.

# Scarring

**Scar Reduction Essential Oil Mix** *What You'll Need:* 1 oz. apricot kernel oil

1 oz. rosehip seed oil

10 drops lavender essential oil 5 drops rosemary essential oil 5 drops  
helichrysum essential oil 5 drops frankincense essential oil 5 drops carrot seed  
essential oil

## **5 drops calendula essential oil**

*Directions:* Combine all ingredients in a container and mix thoroughly. Apply to the scar twice daily.

**Healing Balm** *What You'll Need:*

## **10 drops helichrysum essential oil**

1 oz. rosehip seed oil

*Directions:* To aid in healing and minimize scarring apply to affected area twice daily. Can also help to minimize old scars - results should show within 6 months.

# Sunburn

**Essential Sunburn Oil** *What You'll Need:* ½ cup Organic [coconut oil](#)  
2 drops lavender essential oil

## **1 drop peppermint essential oil**

*Directions:* Melt the organic coconut oil in your hand or a double boiler and add essential oils. Mix well. Apply to sunburn as required.

**After-Sun Cooling Spray** *What You'll Need:* ½ cup witch hazel  
2 tbsp. pure aloe vera gel  
10 drops peppermint essential oil

## **10 drops lavender essential oil**

*Directions:* Combine all ingredients and mix thoroughly. Pour into spray bottle and apply generously to affected area. Avoid spraying around the eyes. Re-apply as often as needed, shaking well before application.

# Sweating

**Basic Deodorant** *What You'll Need:* 1 tsp. baking soda  
3-4 drops of your favorite essential oil Water

*Directions:* Mix water with baking soda to get a thick paste like consistency. Add your choice of essential oils. Apply to armpits.

**Men's Body Powder** *What You'll Need:* ½ cup cornstarch  
4 tbsp. fine sandalwood powder 3 drops jasmine essential oil 3 drops sandalwood essential oil

## 3 drops lime essential oil

*Directions:* Mix thoroughly in a lidded container, shake, and set aside for four or five days to allow the oils to penetrate the powder. Apply to underarms daily after a bath or shower.

**Women's Body Powder** *What You'll Need:* ½ cup cornstarch  
3 drops rose essential oil

## 3 drops orange essential oil

3 tbsp. of sifted dried lavender flowers

## 3 drops lavender essential oil

*Directions:* Mix thoroughly in a lidded container, shake, and set aside for four or five days to allow the oils to penetrate the powder. Apply to underarms daily after a bath or shower.

**Spray-On Essential Deodorant** 15 drops sandalwood essential oil 5 drops sage

essential oil  
5 drops cypress essential oil

## **5 drops coriander essential oil**

1 tbsp. rubbing alcohol  
2 oz. of witch hazel or aloe vera juice

*Directions:* Mix ingredients thoroughly and pour into a spray bottle. Shake well before each use - spray two to three pumps directly to the underarms daily after a shower or bath. Another way to apply is to saturate a cosmetic sea sponge with the mixture. Apply to the underarms daily after a shower or bath. Reapply as required. Avoid contact with eyes.

# Recipes For Aches & Pains

## Arthritis And Joint Pain

**Essential Sore Joint Oil** *What You'll Need:* 50 ml comfrey

6 drops lavender

5 drops geranium

5 drops rosemary

2 drops peppermint

**2 drops lemon**

*Directions:* Mix ingredients well and store in a dark glass bottle. To use, massage 10 drops of the mixture on the area over the sore joint. Do this once daily for five days. Take two days off before the next application. Do not use for more than 10 days continuously. Avoid applying to broken skin.

**Essential Anti-Inflammatory Massage Oil** *What You'll Need:* 3 drops

rosemary

5 drops German chamomile

4 drops yellow birch

4 drops geranium

**30 ml grapeseed oil**

*Directions:* Massage into the swollen area as required. Do not apply to broken skin.

**Essential Arthritis Bath Blend** *What You'll Need:* 4 drops juniper berry essential oil 2 drops cypress essential oil 2 drops lavender essential oil

## **2 drops rosemary essential oil**

1-2 cups bath salts\*

\*To make your own bath salts, mix baking soda with Epsom Salt in equal portions.

*Directions:* Mix all ingredients well. Add the mixture to a running bath. Soak for 20-30 minutes.



# Bumps And Bruises

**Bumps & Bruises Spray** *What You'll Need:* 2 oz. glass amber bottle  
30 drops geranium essential oil 15 drops lavender essential oil 10 drops cypress  
essential oil 5 drops helichrysum essential oil

## 5 drops frankincense essential oil

2 tsp. grain alcohol  
Purified water

*Directions:* Mix all ingredients, except for purified water, thoroughly in an amber glass spray bottle. Fill to the top with purified water. Use as required on sore areas. If skin is broken, omit the grain alcohol.

**Minor Bruise Blend** *What You'll Need* 4 drops geranium essential oil 2 drops juniper berry essential oil 2 drops helichrysum essential oil 2 drops lavender essential oil

## 1 drop ginger essential oil

1 oz. of your favorite carrier oil

*Directions:* Mix ingredients well in a glass bottle. Apply to the bruised area 2-3 times per day.

# Earaches

**Soothing Ear Infection Balm** *What You'll Need:* 2 tsp. carrier oil of your choice, separated 3 drops eucalyptus essential oil

## **3 drops rosemary essential oil**

*Directions:* Mix the eucalyptus essential oil with 1 tsp. carrier oil and apply behind the ear, down the throat area to the chest. Wait one minute and repeat with the rosemary oil to fight the infection.

**Essential Earache Mix** *What You'll Need:* ¼ cup olive oil  
10 drops tea tree essential oil

## **10 drops lavender essential oil**

*Directions:* Mix all ingredients thoroughly. At the first sign of infection, apply gently around the ears to reduce the infection and relieve inflammation.

# Headaches And Migraines

**Simple Headache Massage Oil** *What You'll Need:* 5 drops frankincense essential oil

## **2 drops copaiba essential oil**

2 drops Idaho balsam fir essential oil 1 oz. carrier oil of your choice

*Directions:* Mix ingredients thoroughly and massage into your temples with your fingers in small circular motions.

**Essential Migraine Massage Oil** *What You'll Need:* 1 drop rosemary essential oil

1 drop lavender essential oil

1 drop peppermint essential oil

## **1 drop eucalyptus essential oil**

1 tbsp. vodka

*Directions:*

Mix ingredients thoroughly and massage into temples using small circular motions.

Another method is to omit the essential oils and drink the vodka directly (or mix with your choice of juice). Repeat 5-6 times in the span of 2-3 hours. Warning: with this method your headache may be worse the next day.

# Heartburn And Indigestion

**Essential Digestive Mix** *What You'll Need:* 15 drops coriander essential oil 10 drops pink grapefruit essential oil 5 drops lemon essential oil

## **5 drops cypress essential oil**

*Directions:* Mix all ingredients thoroughly. Place 5 drops of the blend onto the arch of the sole of your feet. Alternately, you can place drops on abdomen. Cup hands and inhale the mixture for full effect.

## **Peppermint Stomach Soother \***

*What You'll Need:*

## **2 drops peppermint essential oil**

8 oz. cold water

*Directions:* For help getting rid of indigestion, mix the oil and the water well and. If for some reason you are unable to drink this mixture, try sucking on a piece of peppermint candy. Peppermint can work wonders for stomach issues.

\* Some people can experience negative reactions using mint to aid with indigestion. Carefully monitor your body and discontinue treatment if you notice anything abnormal.

# Insect Bites

**Insect Repellent** *What You'll Need:* 25 drops cajeput essential oil 19 drops geranium essential oil 19 drops lemon essential oil

## **13 drops cedarwood essential oil**

2 oz. sweet almond oil

*Directions:* Mix all ingredients thoroughly until well blended. Apply a small amount to exposed skin as required.

## **Bees, Wasps & Hornet Sting Treatment**

*Before fully treating a sting, remove the stinger and apply a cold compress with roman chamomile essential oil to the affected area for 1-2 hours.*

*What You'll Need:* 10 Roman chamomile essential oil 10 Lavender essential oil  
10 Lemongrass essential oil  
10 Peppermint essential oil

## **10 Thyme essential oil**

*Directions:* Mix ingredients thoroughly. Apply 1-2 drops of blend to affected area 3-4 times per day until symptoms have subsided.

# Sores

**Bed Sore Blend** *What You'll Need:* 4 drops of Lavender  
2 drops of German Chamomile

## **2 drops of Myrrh**

2 oz. carrier oil of your choice

*Directions:* Mix ingredients well and apply to affected area as required.

## **Geranium Cold Sore Treatment**

*Directions:* Use one drop of Geranium Oil on a water soaked cotton ball and apply to affected area.

## **Tea Tree Cold Sore Treatment**

*What You'll Need:*

## **4 drops Tea Tree essential oil**

1 tbsp. coconut or olive oil

*Directions:* Mix ingredients well. Dip a cotton ball or q-tip into the mixture and apply to affected area. Repeat 2-3 times per day until cold sore has subsided.

**Fever Blister Blend** *What You'll Need:*

## **8 drops of Geranium Essential Oil**

8 drops of Tea Tree Essential Oil 6 drops of Chamomile Essential Oil 5 drops of Lavender Essential Oil

## **3 drops of Lemon Essential Oil**

*Directions:* Mix ingredients well and place one drop of mixture onto a cotton ball soaked in water. Apply directly to affected area 2-3 times daily for fast, long-lasting results.

# **Stomach-aches**



## **Remedies Using Peppermint Essential Oil**

Peppermint can be effective for almost all upset stomach symptoms. Peppermint oil is known to reduce inflammation in the gastrointestinal tract and treat indigestion.

### *Suggestions:*

- Diffuse or inhale to relieve nausea.
- Dilute 2 drops of peppermint with a few drops of coconut oil or olive oil and massage it over the stomach to relieve upset stomach.
- Drink a drop in an 8oz. glass of water to reduce the symptoms associated with sour stomach.

### **Remedies Using Ginger Essential Oil**

Ginger essential oil can aid in digestion and can be useful for bloating and indigestion.

#### *Suggestions:*

- Diffuse or inhale to relieve sour stomach.
- Dilute 2 drops of ginger essential oil with a few drops of coconut oil or olive oil and massage it over the stomach to relieve full or bloated stomach.
- Drink a drop in an 8oz. glass of water to reduce the symptoms quickly.

### **Remedies Using Roman Chamomile Essential Oil**

Roman Chamomile oil is known to reduce bowel inflammation and calm spasms in the stomach. It can also aid in treating sour stomach and burping.

#### *Suggestions:*

- Diffuse or inhale.
- Dilute 2 drops of roman chamomile essential oil with a few drops of coconut oil or olive oil and apply a few drops on ears, wrists, neck, forehead, or feet.

# Recipes For Allergies

## General Allergies

### Remedies Using Lavender Essential Oil

\*Note: Lavender Essential Oil is normally safe for direct topical application. If you experience any irritation, dilute with a carrier oil.

- Add 1 drop of lavender essential oil to your cheeks, forehead, and sinuses as needed to soothe allergic reactions or headaches.
- Before bed, add a few drops to the soles of your feet.
- For skin rashes or itchy skin, dilute a few drops of lavender essential oil in a carrier oil and rub onto the affected area 3 times a day.

### Remedies Using Peppermint Essential Oil

- To relieve sinus congestion, apply 1 drop of peppermint oil mixed with a carrier oil around your nostrils.
- To make a chest rub, dilute 2 to 3 drops in a carrier oil of your choice and massage your chest for a few minutes for relief.

### Essential Allergy Blend *What You'll Need:*

2 drops food-grade lemon essential oil

2 drops food-grade lavender essential oil

## **2 drops food-grade peppermint essential oil**

### *Directions:*

1. Mix each of the 3 oils in a shot glass with water and gargle for a few minutes before swallowing.
2. Add all 3 oils in a tablespoon of raw honey and swallow for instant relief.
3. Add a few drops of each oil in equal quantity to a carrier oil such as jojoba, coconut, or sweet almond to soothe skin rashes or itchy skin caused by allergic reactions.



# Hay Fever And Pollen

## **Essential Hay Fever Blend #1**

3 drops of lavender essential oil

## **2 drops of niaouli essential oil**

1 drop of German chamomile essential oil

## **Essential Hay Fever Blend #2**

3 drops of spike lavender essential oil

## **2 drops of melissa essential oil**

1 drop of German chamomile essential oil

## **Essential Hay Fever Blend #3**

4 drops of lemon essential oil 2 drops of myrtle essential oil

## **2 drops of eucalyptus essential oil**

## **Essential Hay Fever Blend #4**

2 drops of ginger essential oil

## **2 drops of ravinsara essential oil**

1 drop of German chamomile essential oil

*Directions:* Choose a blend. Mix ingredients thoroughly with 2 oz of your choice of carrier oil (jojoba, coconut, or sweet almond recommended) to create a

soothing massage oil to help fight allergies.

# Recipes For General Health

## Asthma

### **Essential Asthma Attack Blend** *What You'll Need:*

28 drops lavender essential oil

20 drops eucalyptus essential oil

### **8 drops peppermint essential oil**

#### *Directions:*

Mix ingredients thoroughly with 2 oz. of your choice of carrier oil (jojoba, coconut, or sweet almond recommended) to create a soothing oil. Rub on chest to help with breathing as required.

### **Remedies Using Tea Tree Essential Oil**

Dip a clean face cloth in warm water and wring it to remove excess water. Put a few drops of tea tree essential oil on the cloth. Breathe through it until the cloth becomes cool. Repeat as necessary.

### **Remedies Using Eucalyptus Essential Oil**

In a hot water pot or steam inhaler, add a 3-4 drops of eucalyptus essential oil to the warm water. Lean over and inhale the steam as required.

### **Remedies Using Peppermint Essential Oil**

Put a few drops of peppermint oil on a cotton ball. Inhale the vapors for 10 to 15 minutes as necessary.

*Note: If your asthma symptoms worsen or there is no improvement in your condition, seek medical attention immediately.*

# Blood Sugar

**Essential Diabetes Blend** *What You'll Need:* 3 drops fennel essential oil 3 drops dill essential oil

## **3 drops coriander essential oil**

2 oz. carrier oil

*Directions:* Mix ingredients thoroughly and apply to top and bottom of feet in the morning. At night, apply to stomach area with a warm cloth.

## **Essential Neuropathy Remedy**

Apply 3-4 drops cypress essential oil mixed with carrier oil to the feet and lower legs and massage. Use daily for best results.

## **Cinnamon Bark Tea**

Mix 1-2 drops cinnamon bark essential oil, 4 oz. warm water, and 1 tsp. honey or agave nectar, and drink.



# Colds & Coughs

## **Essential Cold Remedy**

*What You'll Need:* 4 drops frankincense essential oil 4 drops oregano essential oil

## **2 drops peppermint essential oil**

2 oz. coconut or olive oil

*Directions:* Mix ingredients thoroughly and apply to back and soles of feet.

## **Essential Baby Blues Recipe**

This mixture is perfect for small children.

*What You'll Need:*

## **10 drops lavender essential oil**

5 drops frankincense essential oil

## **5 drops tea tree essential oil**

9 tsp. fractionated coconut oil or olive oil 3 tsp. cocoa butter

3 tsp. beeswax

*Directions:* Melt the beeswax and cocoa butter in a double boiler or microwave, monitoring closely. Add the coconut oil and essential oils and mix thoroughly. Pour into container and let cool. Use this blend on the soles of the baby's feet or rub a slight amount into the back and chest.

**Essential Cough Remedy** *What You'll Need:* 2 drops lavender essential oil

## **2 drops eucalyptus essential oil**

4 tsp. coconut or olive oil

*Directions:* Mix all ingredients well. Apply a small amount to the throat and chest as required.

# Constipation

## **Essential Digestive Blend** *What You'll Need*

1 drop fennel essential oil

## **1 drop ginger essential oil**

2 tsp. raw honey

## **1 glass of hot water**

### *Directions:*

Bring water to a boil and mix in all ingredients. Stir and then sip the mixture slowly.

## **Relaxing Stomach Massage Oil** *What You'll Need*

2 drops peppermint essential oil

## **1 drop black pepper essential oil**

1 tsp. warmed grapeseed or sweet almond oil *Directions:* Mix ingredients thoroughly. Massage blend over the abdomen as required.

# Fatigue

**Energy Boosting Diffuser Blends Essential Energy #1:** 8 drops basil essential oil  
8 drops grapefruit essential oil

**4 drop cypress essential oil**

**Essential Energy #2:**  
12 drops grapefruit essential oil

**8 drops ginger essential oil**

**Essential Energy #3:**  
12 drops bergamot essential oil

**8 drops rosemary essential oil**

**Essential Energy #4:**  
8 drops peppermint essential oil 8 drops lemon essential oil

**4 drop frankincense essential oil**

*Directions:* Select one of the blends above. Add all oils to a container and mix well (dark glass bottle preferred). Following the manufacturer's instructions, place the required number of drops of your preferred blend into your diffuser and diffuse away.

[Dance like there is no tomorrow!](#)

# Flu

**Essential Flu Blend** *What You'll Need:* 30 drops eucalyptus essential oil 15 drops lavender essential oil 12 drops pine essential oil 6 drops marjoram essential oil

## **3 drops thyme essential oil**

*Directions:* Mix all ingredients in a glass container (preferably dark). Put 6 drops of the mixture into a bowl of hot water and inhale the steam for 10 to 15 minutes.

**Cold And Flu Combat Blend** *What You'll Need:* 20 drops orange essential oil 10 drops eucalyptus essential oil 10 drops pine needle essential oil 10 drops juniper berry essential oil 6 drops rosewood essential oil 6 drops basil essential oil

## **4 drops ginger essential oil**

*Directions:* Blend ingredients together thoroughly. For use in a diffuser according to manufacturer's directions or you can put a few drops in a hot bath.

# Insomnia

**Essential Sleep Formula** *What You'll Need:* 8 drops roman chamomile essential oil 3 drops clary sage essential oil

## **3 drops bergamot essential oil**

*Directions:*

Mix all ingredients thoroughly in a dark-colored bottle. Add a few drops of this mixture to your pillow to help you fall asleep.

**Essential Sleep Diffuser Blend** *What You'll Need:*

## **3 drops of lavender essential oil**

3 tbsp. jojoba oil

*Directions:*

Thoroughly mix all ingredients together. Add to your diffuser as per manufacturer directions.

**Essential Bath Blend** *What You'll Need:*

## **3 drops French lavender essential oil**

2 drops of ylang ylang essential oil

*Directions:*

Run a hot bath and add ingredients. Soak for at least 15 minutes while inhaling the steam.

# Jet Lag

## Jet Lag Blend #1

### **4 drops of lavender essential oil**

3 drops of roman chamomile essential oil 2 drops of sweet marjoram essential oil

## Jet Lag Blend #2

5 drops of grapefruit essential oil 3 drops of lavender essential oil

### **2 drops of rosemary essential oil**

## Jet Lag Blend #3

6 drops of grapefruit essential oil

### **3 drops of bergamot essential oil**

## Jet Lag Blend #4

5 drops of rosemary essential oil

### **1 drop of peppermint essential oil**

*Directions:* Select your choice of blends above. Add selected oils to a container and mix well (glass bottle preferred). Add the appropriate number of drops from



your created blend to your diffuser as per the manufacturer's directions. You can also add these to a spray bottle filled with water so you can mist yourself.

# Nasal Congestion

**Essential Irrigation Blend** *What You'll Need:* 10 drops rosemary essential oil

**6 drops tea tree essential oil**

8 tbsp. very fine salt

*Directions:* Mix ingredients well and store in a tightly-sealed container. Dissolve 1 tsp. of the mixture in 1-½ cups tepid, distilled water for use in a neti pot or nasal irrigator as directed.

**Essential Nasal Steamer** *What You'll Need:* 3 drops peppermint essential oil 3 drops lavender essential oil 3 drops rosemary essential oil 3 drops bergamot essential oil 3 drops eucalyptus essential oil 3 drops juniper essential oil

**4 cups water**

*Directions:* Bring water to a boil in a large pot. Remove from heat and add the essential oils. Carefully set the pot on a heat-resistant surface so that you're able to lean directly over it while seated comfortably. Drape a large towel over your head and over the pot to lock in the steam. Take deep breaths through the nose and mouth for about 10 minutes. Repeat as required.

# Nausea

**Essential Settling Blend** *What You'll Need:* 1 drop peppermint essential oil 1 drop basil essential oil

## 1 drop lavender essential oil

2 tsp. carrier oil of your choice

*Directions:* Mix all ingredients together in your hand and then rub your hands together to warm the oil. Gently massage over the abdomen, and then cup your hands over your nose and mouth and slowly inhale for a few breaths.

**Motion Sickness Remedy** *What You'll Need:* 10 drops ginger essential oil  
10 drops Roman chamomile essential oil

## 10 drops peppermint essential oil

*Directions:* Mix all oils together in a glass container (preferably dark / amber in color). Place a few drops on a cotton swab. Inhale 30 minutes before departure and keep on hand to inhale occasionally during travel.

# Essential Oils In The Home

## Floor Cleaners

### **General-Purpose Floor Cleaner** *What You'll Need*

15 drops of your choice of essential oil (tea tree oil works well)

### **1 cup of white vinegar**

1 tbsp. of castile soap

One bucket of hot water

#### *Directions:*

Mix all ingredients in a bucket and use to mop the floors.

### **Heavy-Duty Floor Cleaner** *What You'll Need*

Multi-Purpose Floor Cleaner (recipe above)  $\frac{1}{4}$  cup baking soda

#### *Directions:*

Mix the multi-purpose floor cleaner with the baking soda. Mop the floor with the mixture, and then go over with hot water to rinse any residue. Voila!

# Laundry

**Essential Laundry Detergent** *What You'll Need:* 20 drops of Lemon or Lime [Essential Oils](#)

1 bar of grated bar soap (use chemical free, natural soap)

## 1 cup of washing soda

1 cup of borax (or you can use additional washing soda)

*Directions:* With a grater or food processor, carefully grate the soap into fine particles. While wearing gloves, carefully mix with the borax and washing soda, and then add essential oils and mix thoroughly. Store in an airtight glass jar. Usage is 1-2 tbsp. per load, dependant on size and amount of soiling.

**Liquid Laundry Detergent** *What You'll Need:* 10 drops essential oil of your choice 1 oz. liquid castile soap

2 tbsp glycerin

1 cup washing soda

1 cup baking soda

## 2 cups warm water

*Directions:*

Combine everything together in a plastic container with a top and shake well.

Usage is ¼ cup for each load, - up to ½ cup for larger or more soiled loads.

# Window Cleaners

**Essential Window Cleaner** *What You'll Need:* 8 drops of any citrus oil of your choice 16 oz. spray bottle  
1-½ cups white vinegar  
½ cup distilled water

*Directions:* Add all ingredients to plastic spray bottle and shake to mix well. Shake well before each use.

**Simple Window Cleanser** *What You'll Need:*

**5 drops lavender essential oil**

2/3 cup white vinegar  
1 1/3 cups distilled water

*Directions:* Add all ingredients to plastic spray bottle and shake to mix well. Shake well before each use.

**Heavy Duty Glass Cleaner** *What You'll Need:* 5 drops lemon essential oil 1 cup water

**1 cup vodka**

¼ tsp. liquid dishwashing soap

*Directions:* Add all ingredients to plastic spray bottle and shake to mix well. Shake well before each use.

# Perfumes And Colognes

## For Men

### Citrus Cologne

*What You'll Need:* Basil essential oil

1 fresh organic lemon peel – zest only 1 fresh organic grapefruit peel – zest only

### 8 oz vodka

*Directions:*

Combine lemon and grapefruit peel zest in a glass jar and add vodka until the liquid sits above the peel zest by at least 1 inch. Cover tightly and let sit in a cool, dark location for 4-6 weeks, shaking at least once per day. After 4-6 weeks, strain out the peels and pour the resulting mixture into a glass bottle with a mister top. Add 2 drops of essential oil for each tablespoon of finished cologne, more essential oil if you prefer a stronger scent.

**Fresh Floral Cologne** *What You'll Need:* Peppermint essential oil

Fresh or dried organic [raised petals](#)

Fresh or dried organic [chamomile flowers](#)

Fresh or dried organic [lavender flowers](#)

8 oz. vodka

*Directions:*

Combine all ingredients except the Peppermint oil in a glass jar and add vodka until the liquid sits above the flowers by at least 1 inch. Cover tightly and let sit in a cool, dark location for 4-6 weeks, shaking at least once per day. After 4-6 weeks, strain out the flowers and pour the resulting mixture into a glass bottle with a mister top. Add 2 drops of essential oil for each tablespoon of finished cologne. Add more essential oil if you desire a stronger cologne.

# For Women

**Essential Perfume Butter** *What You'll Need* 2 tbsp. beeswax  
2 tbsp. almond oil  
2-4 drops jasmine essential oil 2 drops vanilla extract

## 2 drops clove essential oil

*Directions:* Pour the almond oil into a small container and then slowly add essential oils, mixing well together. Slowly melt the beeswax in a double broiler. Once melted, add the oil and stir thoroughly. Quickly transfer to a clean, glass storage container and let cool. To apply, rub with your finger to soften slightly and apply to skin.

**Woodland Perfume** *What You'll Need:* 4 drops spruce essential oil 2 drops cedarwood essential oil 2 drops fir needle essential oil 1 drop vetiver essential oil

## 1 drop bergamot essential oil

1 tsp. jojoba oil

*Directions:* Add all essential oils to an amber, glass bottle and roll between palms to evenly mix the oils. Add jojoba oil and roll again to complete the mixture. Use as desired.

**Sweet Summer Perfume** *What You'll Need:* 10 drops lavender essential oil 5 drops chamomile essential oil

## 4 drops cardamom essential oil

1 drop geranium (rose) essential oil



## **1 drop cedarwood essential oil**

1 tsp. jojoba oil

*Directions:* Add all essential oils to an amber, glass bottle and roll between palms to evenly mix the oils. Add jojoba oil and roll again to complete the mixture. Use as desired.

**Refreshing Perfume** *What You'll Need:* 13 drops peppermint essential oil 13 drops rosemary essential oil 5 drops lemon essential oil 5 drops sage essential oil

## **5 drops juniper berry essential oil**

1 tsp. jojoba oil

*Directions:* Add all essential oils to an amber, glass bottle and roll between palms to evenly mix the oils. Add jojoba oil and roll again to complete the mixture. Use as desired.

# Essential Oils For Pets

## The Benefits

Just as aromatherapy can benefit humans both physically and psychologically, it can also benefit dogs. Cats are unusually sensitive to aromatic oils, so I would caution that you consult a veterinarian before using aromatherapy for your feline friend. It is important to remember that humans can handle different essential oils blends much more than our pets. In fact, some oils can be quite dangerous to animals. Always tell your veterinarian what natural products your pet is using and involve him or her in these decisions.

### Some Safe Oils For Your Pet

The following oils can be used in first aid and are safe for short-term use, but consult your veterinarian before using for extended periods of time:

- Lavender
- Cardamom
- Fennel
- Helichrysum
- Frankincense
- Spearmint

**Exercising Caution With Pets & Aromatherapy** While oils are useful in healing and affecting mental activities, they are powerful and can cause a wide variety of adverse effects. To be as safe as possible, follow these guidelines

- Only use therapeutic grade oils from reputable companies and verify the quality of oils before using them.
- Use oils that are diluted and always provide an escape route if your animal does not like the scent.
- If a pet does not like an oil, do not enforce its use.
- Cats are particularly at risk for oil reactions and in most cases we use oils very sparingly on cats. One drop of essential oil diluted in 50 drops of carrier oil is usually sufficient.
- Some essential oils can cause liver and kidney toxicity in sensitive species.

- Care is needed around eyes as well.
- Always wash your hands after handling oils to prevent accidentally getting them into your eyes.
- To reduce the chances of sensitivity and organ toxicity, I generally use an oil for no more than two weeks and then provide a rest period.

## **Cats And Essential Oils**

Cats are more sensitive to essential oils since they metabolize the oils differently. They are sensitive to strong odors and they generally have an adverse reaction to citrus oils. In addition, they use a different system in their livers to detoxify and as a result are very sensitive to oils like cinnamon, oregano, clove, wintergreen, thyme and birch. Cats should never receive tea tree oil and do not put essential oils in or around their ear canals. It is a good idea to consult with a veterinarian before applying oils to a cat.

# Bonus Recipes

## **Pure And Natural Essential Shampoo**

This recipe has been a hit with almost everyone who has tried it. Many have found that their normally dry hair becomes softer and non-greasy. I'm confident that you will love how it makes your hair feel.

*What You'll Need:* 18 to 50 drops of essential oils (as described below) 4 oz liquid castile soap  
2 oz honey  
2 oz canned coconut milk  
2 tbsp fractionated coconut oil

## **1 tbsp Vitamin E oil**

### *Essential Oils To Use*

For smell (pick one):

- 20 drops lavender essential oil and 30 drops wild orange essential oil
- 20 drops of rosemary essential oil and 3 drops of peppermint essential oil
- 20 drops peppermint essential oil and 30 drops lavender essential oil
- 15 drops lavender oil, 25 drops lemongrass oil and 10 drops lemon essential oil
- For flaking and dandruff: 10 drops each of lemon, tea tree, lavender and rosemary oils
- Play around with your favorite oils

*Directions:* Combine all ingredients in a shower-safe bottle. Shake well. Use as you would any shampoo.

## **Pure And Natural Essential Conditioner**

*What You'll Need* 5 drops lavender essential oil 4 oz coconut oil  
1 tsp Vitamin E oil

## **1 tsp jojoba oil**

*Directions:* Combine all ingredients in a shower-safe bottle. Shake well. After shampooing, apply a small amount to wet hair. Let sit for 3-5 minutes. Rinse well.

# Conclusion

As you can see, there are many benefits associated with the use of essential oils and aromatherapy. Essential oils have been used throughout history for cosmetic, spiritual, and emotional reasons. The use of these oils have led millions of people to a totally holistic sense of wellness and, hopefully, this e-book has started you along the journey as well.

Aromatherapy is a versatile form of complementary medicine and also one that is very easy to use in many ways to treat a variety of physical, emotional, and spiritual ailments.

Various scents trigger different sensations and emotions in different people and one of the many benefits of aromatherapy is the ease with which you can tailor your treatment to your specific needs.

Whether it be via compresses, aromatic massage, inhalation, or any other method of application, the therapeutic properties of essential oils can change your life for the better. These benefits, in combination with conventional medicine, can play a very prominent role in maintaining your general health and wellbeing.

I encourage you to continue seeking out other resources on aromatherapy and essential oils in order to better tailor the scents you use to aid in your healing. Feel free to experiment with the recipes provided to personalize your aromatherapy experience.

As you continue your education on the use of essential oils and the study of aromatherapy, always remember that when in doubt; consult your healthcare provider or a registered aromatherapist to ensure that you have the most complete and accurate information available.

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Thanks so much,

Susan Burgess

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# **And now here's an introduction to Susan's Best Selling eBook, Mindful Parenting: Reduce Stress, Eliminate Anxiety and Start Parenting in the Moment**

As parents, we are always seeking to find a balance between work, home, and our own interests and needs. Some days, that balance is easy to achieve. Other days, it can feel like we'll never get there.

Mindful parenting is a set of coping techniques that begins with your needs as a person first, and then as a parent. As an adult and as a parent, it is our job to set the tone for our household and to teach our children how to exercise good judgment and respond appropriately to challenges. Generally speaking, the easiest way to accomplish that is by modeling those behaviors ourselves.

By learning the techniques, tips, and tricks in this book, you'll be on your way to coping with whatever life throws at you, and teaching your children to do the same.

More importantly, with the coping skills and techniques outlined in this book, you'll be able to spend less mental energy just trying to keep up with the daily struggles and conflicts that life brings and more time just existing with your kids. Though the days can seem long, the years are short. Your children won't be young forever and mindful parenting gives you the tools you need to learn how to pay attention to the present moment and appreciate your kids' childhoods.

Whatever you may have heard about mindful parenting, it is first and foremost about letting go of the past and loosening your grip on the future so that you can focus on the present.

It's my hope that you'll be able to practice mindfulness when your life is going smoothly so that you'll have the skills at the ready when plans go awry,

your kids are screaming at each other, your tire goes flat, and you're twenty minutes late for an appointment. So, take a deep breath and dive on in...

**Download the [Kindle edition of Mindful Parenting: Reduce Stress, Eliminate Anxiety and Start Parenting in the Moment](#) to read more.**

# Other Books by Author Susan Burgess

[Mindful Parenting: Reduce Stress, Eliminate Anxiety and Start Parenting in the Moment](#)

## Who is Susan Burgess?

Check out my [Author Bio Page on Amazon](#)

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