Aromatic Gifts for the Holidays

Give the gift of natural health.

Pamper yourself and others this holiday season with wonderful handmade gifts.
For the Bath

Basic Bath Salts Blend

Ingredients
Epsom salts  1c or 8oz
Sea or mineral salts  ½c or 4oz
White clay  ⅛c or 1oz
Pure essential oils

Directions
Mix all ingredients together in bowl and sift. Add 4T to one full bath; add after the bath has filled. Essential oils can be added as either single oils or as blends.

Essential Oil Bath Salt Blends

<table>
<thead>
<tr>
<th>Calm Down</th>
<th>Wake Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential oil of geranium 3 drops</td>
<td>Essential oil of rosemary 5 drops</td>
</tr>
<tr>
<td>Essential oil of lavender 3 drops</td>
<td>Essential oil of peppermint 4 drops</td>
</tr>
<tr>
<td>Essential oil of lemon 2 drops</td>
<td>Essential oil of bay 3 drops</td>
</tr>
<tr>
<td>Essential oil of sandalwood 2 drops</td>
<td>Essential oil of ginger 2 drops</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Winter Blahs</th>
<th>Suggested Oils for Men’s Blends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential oil of grapefruit 6 drops</td>
<td>Essential oil of cinnamon</td>
</tr>
<tr>
<td>Essential oil of elemi 6 drops</td>
<td>Essential oil of patchouli</td>
</tr>
<tr>
<td>Essential oil of ginger 4 drops</td>
<td>Essential oil of sandalwood</td>
</tr>
<tr>
<td>Essential oil of sandalwood 2 drops</td>
<td>Citrus oils</td>
</tr>
</tbody>
</table>

Herbal Bath Blends

Ingredients
Use 2-10 drops of essential oil per bath. (Note: Use care with peppermint, basil, citrus, cinnamon, and thyme). For a foot bath, use 10 drops of essential oil per ½ gallon of water.
<table>
<thead>
<tr>
<th>Slow Down</th>
<th>Dream Time</th>
<th>Rejuvenating and Stimulating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equal parts of all:</td>
<td>Equal parts of all:</td>
<td>Equal parts of all:</td>
</tr>
<tr>
<td>Lavender flowers</td>
<td>Rose petals and buds</td>
<td>Sage leaves</td>
</tr>
<tr>
<td>Rosemary leaves</td>
<td>Chamomile flowers</td>
<td>Rosemary leaves</td>
</tr>
<tr>
<td>Peppermint leaves</td>
<td>Lavender flowers</td>
<td>Lavender flowers</td>
</tr>
<tr>
<td>Chamomile flowers</td>
<td>Calendula flowers</td>
<td></td>
</tr>
<tr>
<td>Sage leaves</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calming and Relaxing</th>
<th>Oily Skin</th>
<th>Dry Skin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equal parts of all:</td>
<td>Equal parts of all:</td>
<td>Equal parts of all:</td>
</tr>
<tr>
<td>Spearmint leaves</td>
<td>Witch hazel bark</td>
<td>Comfrey root</td>
</tr>
<tr>
<td>Comfrey root</td>
<td>Peppermint leaves</td>
<td>Chamomile flowers</td>
</tr>
<tr>
<td>Chamomile flowers</td>
<td>Rose petals</td>
<td>Rose petals</td>
</tr>
<tr>
<td>Valerian root</td>
<td>Rosemary leaves</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**
Rub the herbs together through a sieve. Weigh out 1 oz and package into herbal sachets for the bath. Hang from the faucet when drawing a bath so that the water will filter through the sachet when filling the tub. Then place the sachet in the water and let it soak in the water while bathing.

**Fizzing Bath Bombs**

**Ingredients**
- Citric acid 2T
- Cornstarch 2T
- Baking soda ¼c
- Light oil 3T

**Directions**
Mix all ingredients together and form into small balls. Let dry and harden for 24 to 48 hours. Drop into a warm bath and enjoy. Yield: 6 bombs.
For the Body

Recommended Herbs for the Skin

Calendula, lavender, chamomile, comfrey, elder flower, roses, nettle, burdock, rosemary, red clover, fennel, and dandelion

Recommended Essential Oils for the Skin

Lavender, geranium, jasmine, rose, neroli, and immortelle

- **Oily/Acne**: Cypress, lemon, juniper, cedarwood, and citrus
- **Dry**: Sandalwood, geranium, ylang ylang, and immortelle
- **Sensitive**: Chamomile, rose, neroli, jasmine, and immortelle
- **Mature/Wrinkles**: Neroli, rose, and clary

Body Powder Recipe

**Ingredients**

- White clay 1c or 8oz
- Corn starch 1c or 8oz

**Directions**

Mix powders through a sieve. Sprinkle essential oils over this. Let it sit for 5 minutes and then sift four times. Test the powder on your skin before placing in shakers.

And...for Your Pets

Prepare powder as outlined above and add the following oil blend:

*Equal parts of all:*
- Essential oil of cedarwood
- Essential oil of orange
- Essential oil of eucalyptus

Basic Body Lotion Recipe

**Ingredients**

- Sweet almond oil 1c
- Lanolin anhydrous 3T
- Jojoba oil 2T
- Beeswax ½c

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Ingredients Continued
Water or rosewater  ⅔c
(*double water of lighter cream is required)
Essential oils

Chamomile, immortelle, jasmine, lavender, neroli, rose, sandalwood, and yarrow are all anti-inflammatory and soothing for the facial skin. For an antiseptic lotion, add New Zealand and Australian tea tree.

Directions
Melt the lanolin, jojoba, sweet almond oil, and beeswax in a bowl over simmering water. Do not place lanolin and oil directly on the heat as it can ignite. Pour into a jug and place in the freezer until a hardened edge appears around the surface. Test with your finger. A coating should cover your finger when it is ready. This takes about 15 minutes.

Heat the water or rose water to a tepid temperature. Have the tepid water or rose water in the blender. Add the essential oils; then while blending at high speed, slowly start to pour in the mixture from the freezer and watch for emulsifying. It turns white quickly and once this happens stop pouring. Do not turn blender back on but continue to stir with a spoon.

Basic Body Moisture Oil Recipe

Ingredients
Sweet almond oil  90ml
Jojoba oil  5ml

Directions
Add 20 drops of essential oil to a 2oz bottle of Body Moisture Oil. Test on your skin to be sure the aroma is strong enough.

<table>
<thead>
<tr>
<th>Anti-Cellulite Oil</th>
<th>Pain Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential oil of rosemary 5 drops</td>
<td>Essential oil of lavender 10 drops</td>
</tr>
<tr>
<td>Essential oil of lemon 5 drops</td>
<td>Essential oil of rosemary 8 drops</td>
</tr>
<tr>
<td>Essential oil of fennel 4 drops</td>
<td>Essential oil of peppermint 4 drops</td>
</tr>
<tr>
<td>Essential oil of ginger 2 drops</td>
<td>Essential oil of ginger 4 drops</td>
</tr>
<tr>
<td>Essential oil of cypress 2 drops</td>
<td>Essential oil of black pepper 4 drops</td>
</tr>
<tr>
<td>Essential oil of juniper 2 drops</td>
<td></td>
</tr>
</tbody>
</table>

Muscle Toner

| Essential oil of grapefruit 8 drops |
| Essential oil of ginger 4 drops    |
| Essential oil of lemon 3 drops     |
| Essential oil of cypress 3 drops   |
| Essential oil of juniper 2 drops   |
Basic Facial Scrub Recipe

Ingredients
Oatmeal  ½c
Cornmeal  ⅛-¼c
Honey

Directions
Blend together until very fine, pour into a bowl, and add honey to the thick dough mixture. Place the mixture in a wide-mouth jar, add water in the palm of your hand, and use to gently scrub face; then rinse.

Other Aromatic Skin Care Suggestions

Facial Oil: 10-15 drops of essential oil mixed with 1oz of jojoba oil
Facial Steam: 5 drops of essential oil in hot water or herbal tea
Compress and Eye Pads: 5 drops of essential oil in water; for eyepads, use aromatic hydrosols
Face Mask: 1-2 drops of essential oil in a mask base
Compress or Mouthwash: 2 drops per ½c
Steam Inhalation: 6-12 drops in ½ gallon of water

Basic Body Scrub Recipe

Ingredients
White clay    ⅛c
Ground oatmeal   ¼c
Ground almonds   ¼c
Kelp powder    ¼c
Comfrey root powder  ¼c
Powdered roses   ¼c (* You can also substitute lavender or peppermint)
Essential oil          (* Optional)

Directions
Mix together and then add water to make a paste. Rub paste into face and scrub body. Wash off. Add an additional base oil for an oil-rich scrub.

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Dry Skin Brushing

Dry skin brushing is such a simple way to keep the skin soft, smooth, and healthy. It removes the layers of dead cells and stimulates the pores to eliminate toxic products. It tones the muscles, redistributes fatty deposits, breaks up areas of cellulite, and increases and stimulates circulation, especially of the small capillaries under the skin.

Use a natural-bristled brush, preferably a long-handled bath brush. Note that it must be of natural bristles, because nylon tears the skin and disturbs the electro-magnetic balance of the skin.

Take your brush and start in small circles brushing all over the body. Do not brush the face and any tender or inflamed areas, but do brush the soles of the feet. The brush may feel rough to begin with, so just use gentle pressure until you become used to the sensation. Dry skin brush at least once a day, followed by a hot and then cold shower. If this is too traumatic for you just finish off with a shower at usual temperature. The hot and cold temperature is to further stimulate circulation but it is not vital.

Weight Loss Herbal Tea

Ingredients
- Powdered chamomile: 1oz
- Powdered lemon balm: ½oz
- Powdered red clover: ¼oz
- Powdered cleavers: ¼oz
- Powdered passionflower: ¼oz (* You can substitute skullcap, catnip, or valerian)
- Powdered yarrow: ¼oz
- Powdered juniper: ¼oz

Directions
Place blend in a tea bag and enjoy!

Shampoo

Directions
Mix 2-3ml of essential oil into 16 oz of shampoo.

- **Dry Hair**: Sandalwood, cedarwood
- **Oily Hair**: Rosemary, citrus
- **Dandruff**: Rosemary, clary sage
- **Hair Loss**: Rosemary, lavender, basil
- **Normal Hair**: Lavender, ylang ylang, chamomile

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Aromatic Room Spray

The first step is to prepare your aroma concentrate (essential oil blend). Then, add 10 drops of your blend to 10ml of alcohol, Everclear, or vodka. Blend together in a bottle and shake. Great for freshening potpourri, diffusing throughout your home, or using as a body spray.

To Make a 2 oz Room or Body Spray

Mix 60 drops of your aroma concentrate with 2oz of distilled water or witch hazel hydrosol. Shake well. Spray upward into the air and walk underneath. If the aroma is not strong enough, add more concentrate in 5-drop increments and test again.

<table>
<thead>
<tr>
<th>Festive Spice Concentrate</th>
<th>Holiday Romance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol 10ml</td>
<td>Alcohol 10ml</td>
</tr>
<tr>
<td>Essential oil of orange 6 drops</td>
<td>Essential oil of rose 5 drops</td>
</tr>
<tr>
<td>Essential oil of cinnamon 1 drop</td>
<td>Essential oil of ylang ylang 3 drops</td>
</tr>
<tr>
<td>Essential oil of ylang ylang 2 drops</td>
<td>Essential oil of patchouli 2 drops</td>
</tr>
<tr>
<td>Essential oil of lemon 1 drop</td>
<td>Essential oil of bergamot 2 drops</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Holiday Ambience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol 10ml</td>
</tr>
<tr>
<td>Essential oil of fir needle 15 drops</td>
</tr>
<tr>
<td>Essential oil of orange 7 drops</td>
</tr>
<tr>
<td>Essential oil of anise 5 drops</td>
</tr>
<tr>
<td>Essential oil of cinnamon 5 drops</td>
</tr>
<tr>
<td>Essential oil of black pepper 7 drops</td>
</tr>
</tbody>
</table>
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Through our mission, American College of Healthcare Sciences will foster competence, professionalism, and cooperation in holistic healthcare, and preserve and share knowledge in natural medicine.

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