

Aromatic Gifts for the Holidays
from the



Australasian College
of Health Sciences

& Apothecary Shoppe



www.apothecary-shoppe.com

To place an order contact:

5940 SW Hood Ave, Portland, OR 97239
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apothecary@achs.edu



Wintertime Blends

Pamper yourself and others this holiday season with these wonderful bodycare blends!

For Your Bath

BATH SALT BLEND

1c or 8oz Epsom Salts
1/2c or 4oz Sea or Mineral Salts
1/8c or 1oz White Clay
Pure Essential Oils

Mix together in bowl and sift.
Add 4T to one full bath, add after the bath has filled.

Essential oils added can either be single oils or blends.

Calm Down

Essential Oil of Geranium 3
Essential Oil of Lavender 3
Essential Oil of Lemon 2
Essential Oil of Sandalwood 2

Wake Up

Essential Oil of Rosemary 5
Essential Oil of Peppermint 4
Essential Oil of Bay 3
Essential Oil of Ginger 2

Winter Blahs

Essential Oil of Grapefruit 6
Essential Oil of Elemi 6
Essential Oil of Ginger 4
Essential Oil of Sandalwood 2

Suggested Oils for Mens Blends

Essential Oil of Cinnamon
Essential Oil of Patchouli
Citrus Oils
Essential Oil of Sandalwood

FIZZING BATH BOMBS

2T Citric Acid
2T Cornstarch
1/4c Baking Soda
3T Light Oil

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

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OTHER SUGGESTIONS FOR THE BATH

Bath - 2-10 drops per tub. (Careful: Peppermint, basil, citrus, cinnamon, thyme)

Foot Baths - 10 drops per 1/2gal water.



HERBAL BATH BLENDS

Slow Down

Equal parts of all:

Lavender
Rosemary
Peppermint
Chamomile
Calendula Flowers

Dream Time

Equal parts of all:

Rose Petals & Buds
Chamomile
Lavender Flowers

Rejuvenating/Stimulating

Equal parts of all:

Sage
Rosemary
Lavender

Calming/Relaxing

Spearmint 1 part
Comfrey 1part
Chamomile 1part
Valerian 1/2 part

Oily Skin

Equal parts of all:

Witch Hazel Bark
Peppermint

Dry Skin

Equal parts of all:

Comfrey
Chamomile
Roses
Rosemary

Rub the herbs together through a sieve. Weigh out 1oz 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.

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For Your Body

Recommended Herbs for Skin Care

Calendula, Lavender, Chamomile, Comfrey, Elder Flower, Roses, Nettle, Burdock, Rosemary, Red Clover, Fennel, and Dandelion.

Recommended Essential Oils for Skin Care

Lavender, Geranium, Jasmine, Rose, Neroli, and Immortelle.

Oily/Acne - Cypress, Lemon, Juniper, Cedarwood, Citrus
Dry - Sandalwood, Geranium, Ylang Ylang, Immortelle
Sensitive - Chamomile, Rose, Neroli, Jasmine, Immortelle
Mature/Wrinkles - Neroli, Rose, Clary

BODY POWDER

White Clay 1c or 8oz
Corn Starch 1c or 8oz

Mix powders through a sieve. Sprinkle Essential Oils over this. Let it sit for 5 minutes then sift 4 times. Test the powder on your skin before placing in shakers.

AND... FOR YOUR PETS

Prepare powder above and add the following oil blend:

Essential Oil of Cedarwood
Essential Oil of Orange
Essential Oil of Eucalyptus

BODY LOTION

Sweet Almond Oil 1c
Lanolin Anhydrous 3T
Jojoba Oil 2T
Beeswax 1/2c
Water or 2/3c

Rosewater (double water of lighter cream is required)
Pure Essential Oils – Chamomile, Immortelle, Jasmine, Lavender, Neroli, Rose, Sandalwood, Yarrow are all anti inflammatory and soothing for the facial skin. For an antiseptic lotion add New Zealand and Australian Tea Tree.

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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 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 start to pour the mixture from the freezer in slowly 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.

BODY MOISTURE OIL

Sweet Almond Oil	90 ml
Jojoba Oil	5 ml

Anti-Cellulite Oil

Essential Oil of Rosemary	5 drops
Essential Oil of Lemon	5 drops
Essential Oil of Fennel	4 drops
Essential Oil of Ginger	2 drops
Essential Oil of Cypress	2 drops
Essential Oil of Juniper	2 drops

Add 20 drops to 60mls of Body Moisture Oil
Test on you skin to ensure the aroma is strong enough.

Pain Free

Essential Oil of Lavender	10 drops
Essential Oil of Rosemary	8 drops
Essential Oil of Peppermint	4 drops
Essential Oil of Ginger	4 drops
Essential Oil of Black pepper	4 drops

Add 20 drops in a 2oz bottle of Body Moisture Oil.
Test on you skin to ensure the aroma is strong enough.

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

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Add 20 drops in a 2oz bottle of Body Moisture Oil.
Test on you skin to ensure the aroma is strong enough.

FACIAL SCRUB

Oatmeal 1/2c
Cornmeal 1/8c - 1/4c
Honey

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

OTHER AROMATIC SKIN CARE SUGGESTIONS

Facial Oil - 10-15 drops in 1oz Jojoba
Facial Steam - 5 drops in hot water or herbal tea
Compress & Eye pads - 5 drops in water. For eyepads use aromatic hydrosols
Face Mask - 1-2 drops in mask base.
Compress or mouthwash - 2 drops per 1/2 c.
Steam Inhalation - 6-12 drops in 1/2 gal water.

BODY SCRUB

1/8c White Clay
1/4c Oatmeal ground in blender
1/4c Ground Almonds
1/4c Kelp Powder
1/4c Comfrey Root Powder
1/4c Powdered Roses/Lavender/Peppermint (You choose)
Essential Oil Optional

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

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.

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Use a natural bristled brush, preferably a long handled bath brush. Note that it must be of natural bristles - 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. may feel very 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 is not vital.

Essential oils Recommended for Cellulite

Cypress, Geranium, Fennel, Juniper, Lemon, Grapefruit

***Please see Essential Oil Blend for Cellulite under BODY MOISTURE OIL**

WEIGHT LOSS HERBAL TEA

1oz powdered Chamomile
1/2oz powdered Lemon Balm
1/4oz powdered Red Clover
1/4oz powdered Cleavers
1/4oz powdered Passionflower, Skullcap, Catnip, or Valerian
1/4oz powdered Yarrow
1/4oz powdered Juniper

Place blend in tea bag and Enjoy!

SCALP RUB

2-3ml Essential Oil in 4oz Grain Alcohol or base oil.

SHAMPOO

2-3ml Essential Oil in 16oz shampoo
Dry - sandalwood cedarwood
Oily - Rosemary, Citrus
Dandruff - Rosemary, Clary Sage
Hair Loss - Rosemary, Lavender, Basil
Normal - Lavender, Ylang Ylang, Chamomile

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For Your Home

RINSE

3-5 drops per pint water in the last rinse

ESSENTIAL OIL BLEND

Great for freshening potpourri or diffusing throughout your home.



Holiday Ambience

Fir Needle	15 drops
Orange	7 drops
Anise	5 drops
Cinnamon	5 drops
Black Pepper	7 drops

AROMATIC ROOM OR BODY SPRAY

The first step is to prepare an Aroma Concentrate.

Add 10 drops of your essential oil blend to 10ml of Alcohol, Everclear or Vodka.

Festive Spice Concentrate

Alcohol	10 ml
Essential Oil of Orange	6 drops
Essential Oil of Cinnamon	1 drop
Essential Oil of Ylang Ylang	2 drops
Essential Oil of Lemon	1 drop

Blend together in bottle and shake well.

Holiday Romance

Alcohol	10 ml
Essential Oil of Rose	5 drops
Essential Oil of Ylang Ylang	3 drops
Essential Oil of Patchouli	2 drops
Essential Oil of Bergamot	2 drops

Blend together in bottle and shake well.

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Oriental Spice Aftershave

Essential Oil of Orange	15 drops
Essential Oil of Cinnamon	4 drops
Essential Oil of Ylang Ylang	4 drops
Essential Oil of Lemon	2 drops

Blend together in bottle and shake well.

To make up a 2oz Room or Body Spray

Distilled water or witch Hazel Hydrosol	2oz
Aroma Concentrate	60 drops

Shake well. Spray upward into the air and walk underneath. If the aroma is not powerful enough add in units of 5 drops and test again.



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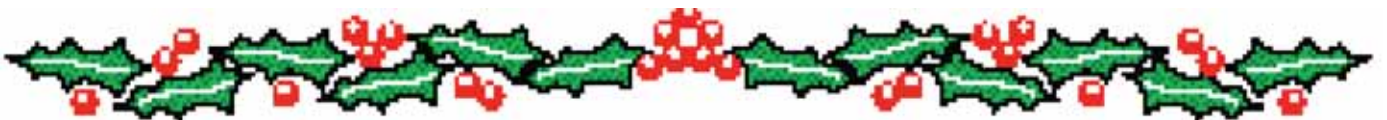


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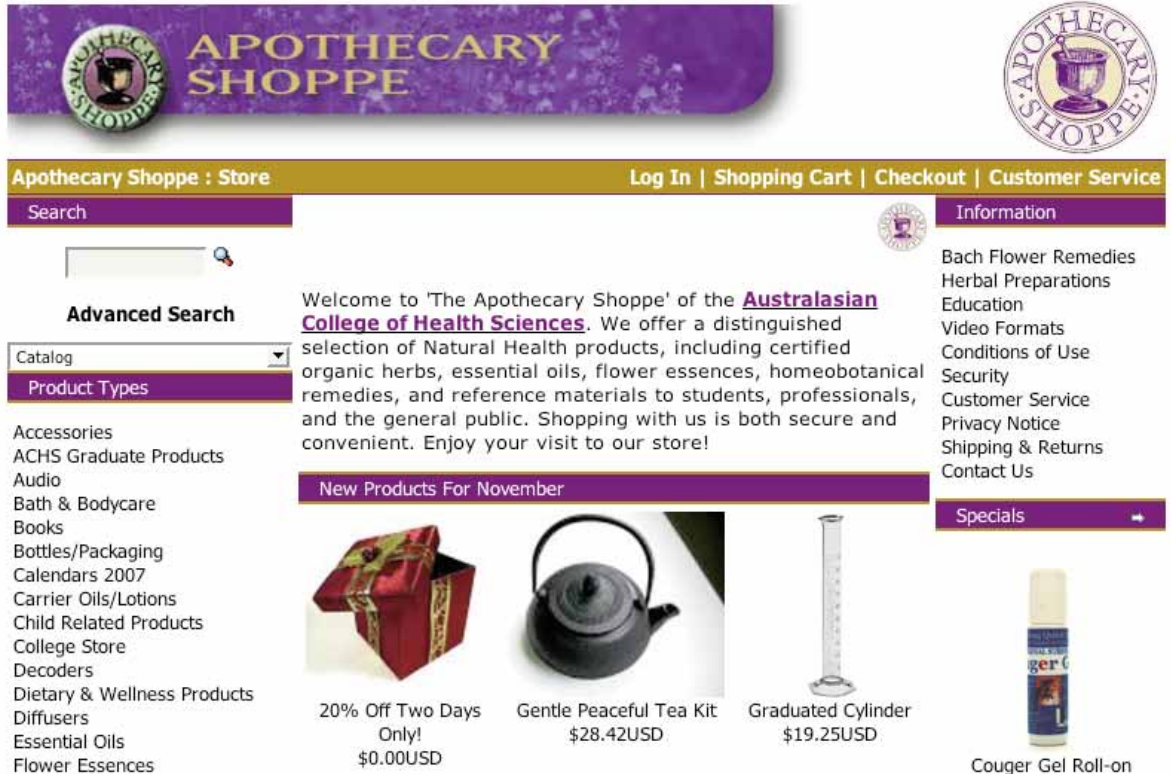
NOTES



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The screenshot shows the website's header with the logo and navigation links. Below the header is a search bar and a list of product types. A central banner welcomes visitors and describes the store's offerings. To the right, there is an 'Information' section with links to various services. Below this is a 'New Products For November' section featuring four items: a gift box, a tea kit, a graduated cylinder, and a couger gel roll-on.

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-  20% Off Two Days Only! \$0.00USD
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-  Couger Gel Roll-on

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