Aromatic Gifts for the Holidays
from the

Australasian College of Health Sciences
& Apothecary Shoppe

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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**
*Equal parts of all:*
- Spearmint 1 part
- Comfrey 1 part
- Chamomile 1 part
- 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.

**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 your 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 your 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 your 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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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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