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Aromatherapy To Cleanse Your Homes And Hands

With Professor/Aromatherapy Program Chair Amanda Lattin

Skip to the Webinar Recordings

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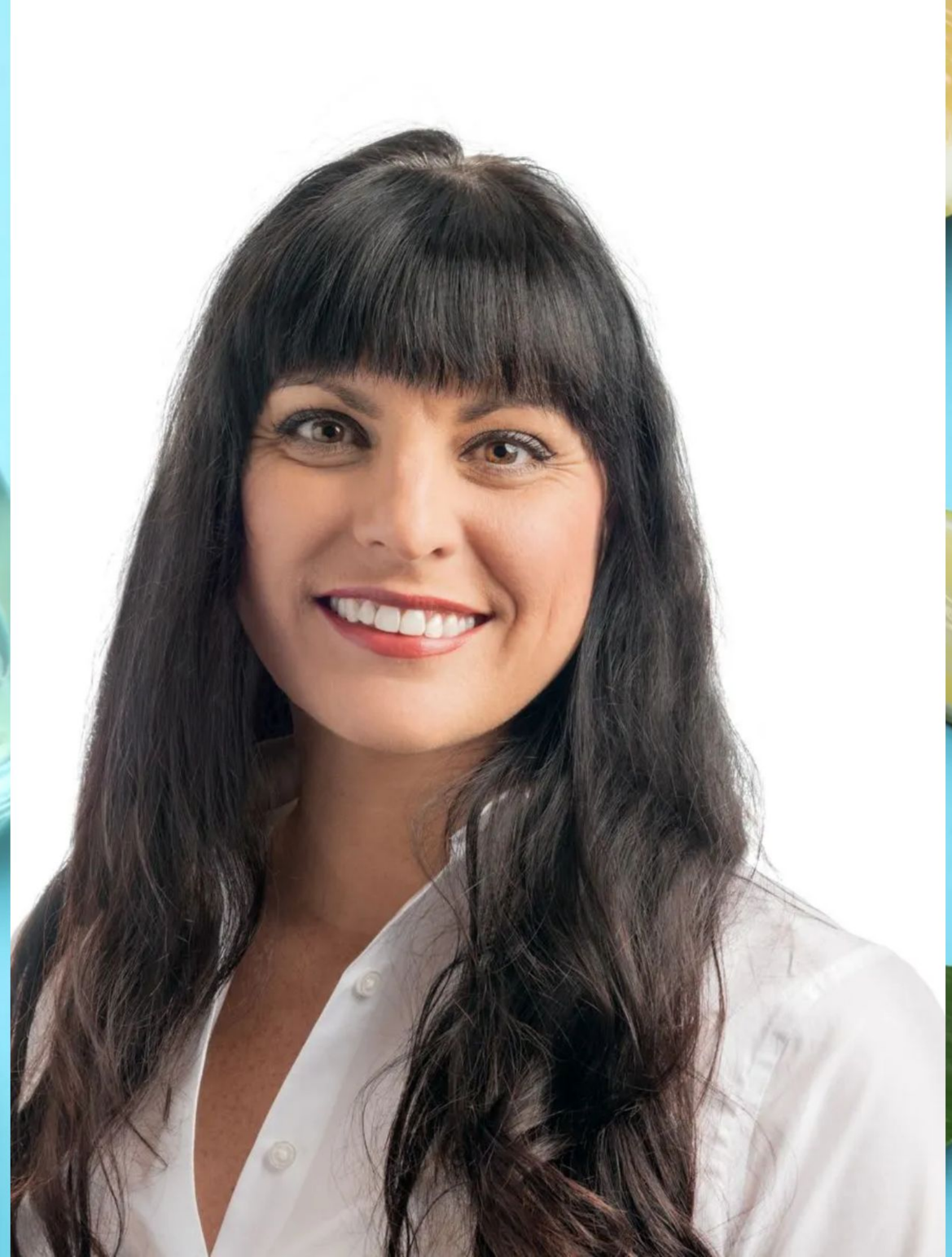
Presenter Bio:

Amanda Lattin, BA, MAT, DIP. AROMA., MH, RA

Amanda Lattin has had a passion for growing and using nutritional and medicinal plants since she planted her first garden at age six. She followed this passion and inquiry while finishing her B.A. in Chemistry at Huntingdon College. She performed research on Ionic Liquids, the Study of Chinese Culture through Chemical Analysis, and Transitional Metal Oxides in Tattoo Pigments. She also traveled to China with Huntingdon College to share water quality research after the opening of the Three Gorges Dam.

Amanda continued her education by completing her Master's of Teaching with a concentration in Chemistry at Lewis and Clark College. There her thesis designed curriculum about the Geochemistry of the Oregon John Day Region. After teaching chemistry at West Linn High School, Amanda returned to her interest in medicinal plants and began studying essential oils with Dr. Kurt Schnaubelt at the Pacific Institute of Aromatherapy. She continued her studies by completing her diplomas in Aromatherapy and Herbal Studies at ACHS. Amanda also trained for a year in Applied Kinesiology with Dr. Robert Ciprian, DC, D.I.B.A.K.

Amanda has taught the chemistry of essential oils at the College of Botanical Healing Arts in Santa Cruz as well as at many workshops and seminars. She has written articles on Aromatherapy as well as served as a subject consultant for various schools. She has run her Aromatherapy and Herbal Consulting practice in Portland, OR since 2008. Amanda became an Aromatherapy Registration Council Registered Aromatherapist (RA) in April 2013.



Webinar Topics

- What chemicals are in common household items?
- Why are these common household items useful for cleaning?
- How to make a cleaning spray
- How to make a hand cleanser
- How to make cleaning wipes
- How to make a face mask spritzer
- How to use essential oils and herbs to cleanse the air & atomosphere.

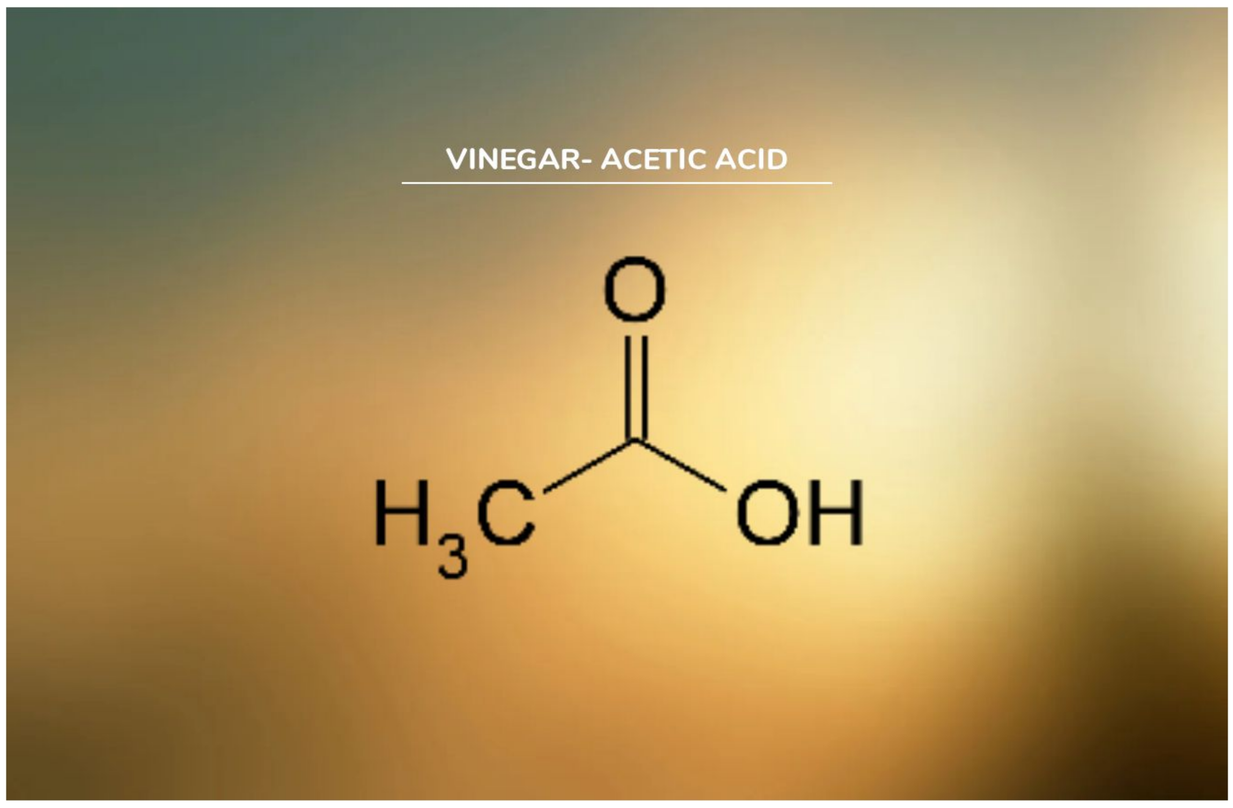
Watch the video recording of "Aromatherapy To Cleanse Your Homes and Hands"

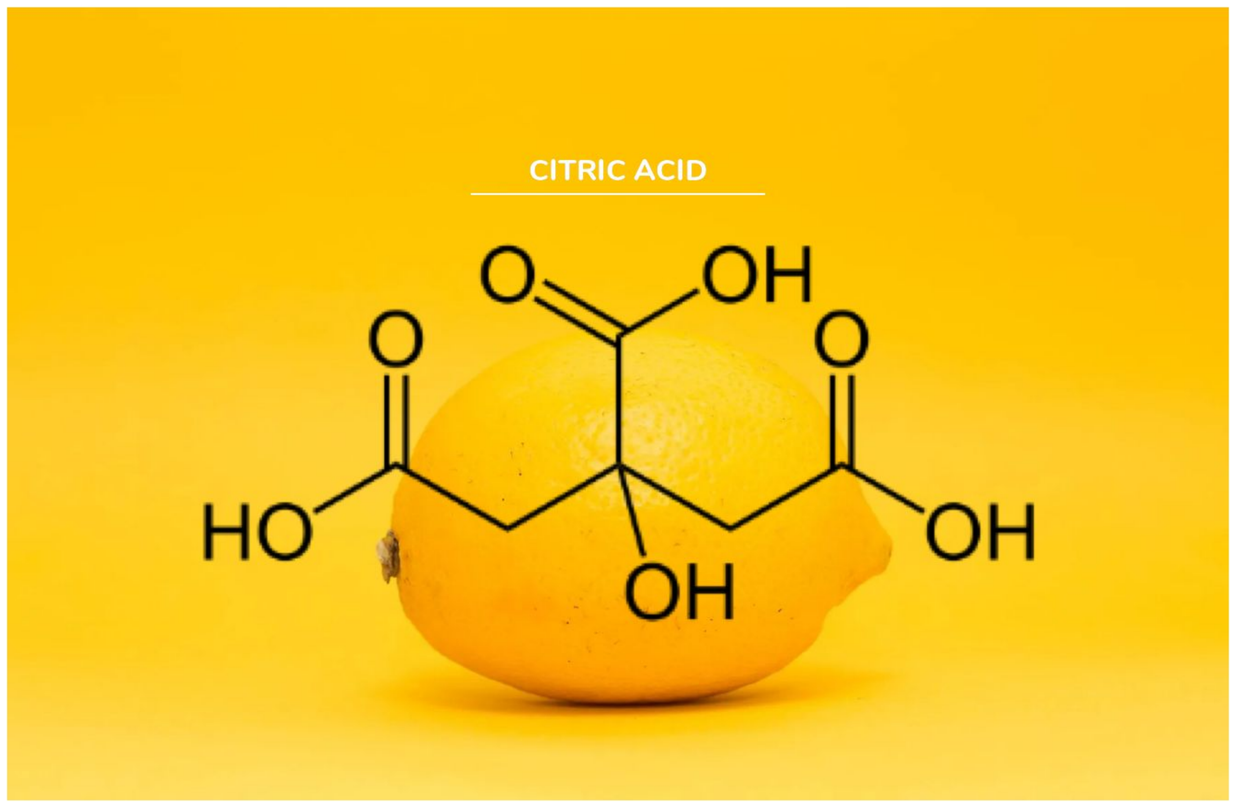
Professor Amanda Lattin will be talking about how to make household cleansers using pantry items, essential oils and herbs, a face mask spritzer, and hand cleansing wipes and spray.

Watch Here

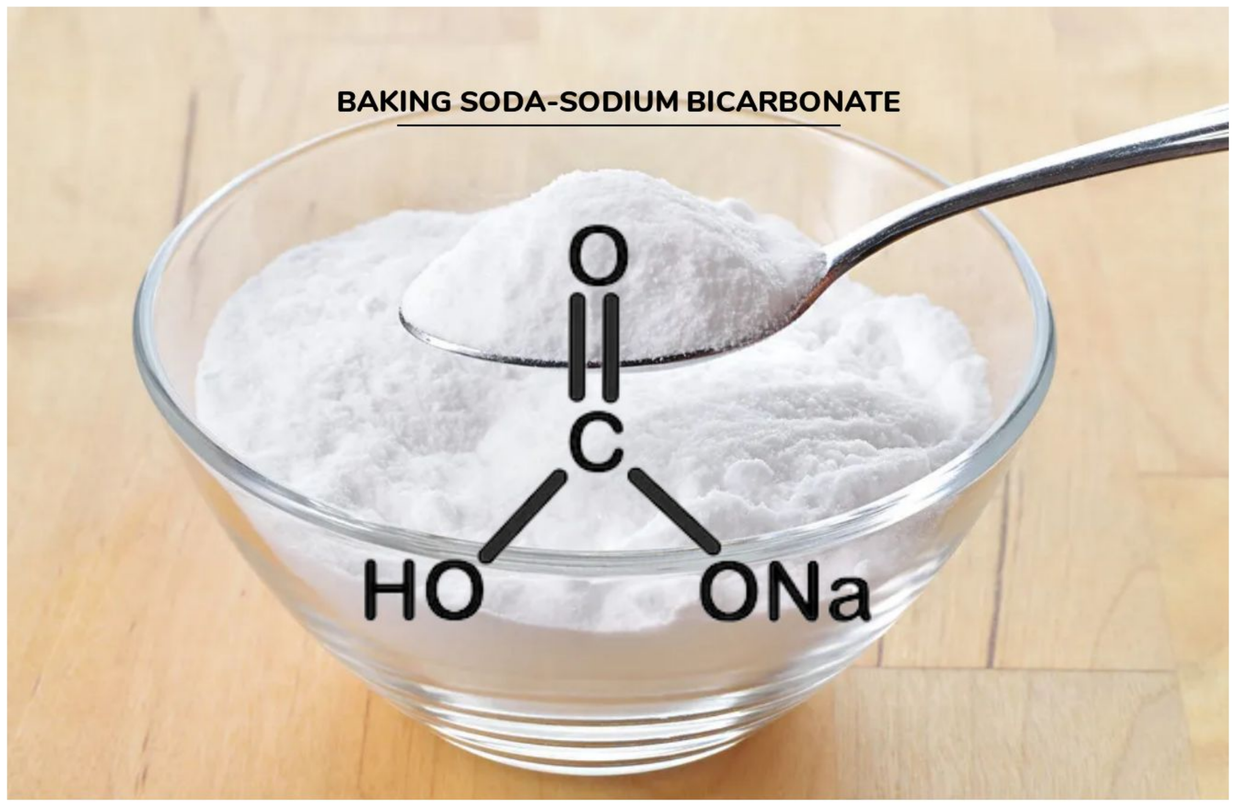


Chemicals in common household items









Recipes



INFUSED VINEGARS

Lavender and Lemon
Rosemary and Lime
Thyme and Mandarin
Basic and Grapefruit



Cleansing Spray or Wipes

- 2/3 cup Isopropyl alcohol 90% (rubbing alcohol)
- 1/3 cup boiled, cold water (or hydrosol) 1/3 cup white vinegar (can be infused)
- 60 drops (2ml) essential oil or essential oil blend
  (0.7% dilution)
  If only using on surfaces, you can increase dilution

For Surface Spray: Spray Bottle

Spray solution on desired surface. Leave on for 10 to 30 seconds. Wipe off with a clean cloth or paper towel.

For Wipes: Glass or Plastic Container with a lid
Soak paper towels with solution in the container. Keep sealed and away from heat.



Sanitizing Essential Oil Blend

- **Cinnamon bark** *Cinnamomum zeylanicum* CT cinnamaldehyde (bark): 40 drops
- **Eucalyptus smithii** *Eucalyptus smithii*: 24 drops
- **Eucalyptus** *Eucalyptus globulus*: 24 drops
- **Rosemary** *Rosmarinus officinalis* CT cineol: 40 drops
- **Carrot seed** Daucus carota CT carotol: 14 drops

Add 60 drops of this blend to the wipes or spray blend.



Clearing Cleansing Blend

- **Bergamot** *Citrus aurantium* var. Bergamia: 40 drops
- **Black pepper** *Piper nigrum*: 15 drops
- **Clove** *Syzygium aromaticum*: 10 drops
- **Oregano** *Origanum vulgare*:10 drops
- **Elemi** *Canarium luzonicum*: 10 drops
- **Summer Savory** *Satureja hortensis*:10 drops

Basic Hand Cleanser

- Isopropyl Alcohol 90% (Rubbing Alcohol):
  2/3 cup
- Aloe Vera Gel, can substitute Glycerin:
  1/3 cup
- Essential oil or an essential oil blend: 30 drops (.5% dilution)
- Bottle with a pump cap or pump
  This recipe makes enough for 4 20 oz bottles.



Spice is Nice Blend

- **Lavender** *Lavandula angustifolia*: 40 drops
- **Cardamom** *Elettaria cardamomum*: 30 drops
- **Cajuput** *Melaleuca leucadendron* var. Cajuputi: 10 drops
- **Winder Savory** *Satureja montana*: 8 drops
- **Niaouli** *Melaleuca quinquenervia* ct. 1,8 -Cineole: 5 drops



Lavender and Tea Tree Face Mask Spritzer

- **Lavender** *Lavandula angustifolia* essential oil: 20 drops
- **Tea tree Australia** *Melaleuca alternifolia* essential oil: 20 drops
- 3 oz Isopropyl alcohol or vodka
- 1oz lavender hydrosol or hydrosol of choice

(1% dilution)



References

Essential oil research summarized by ACHS President Dorene Petersen and Professor Amanda Lattin:

Antibacterial, antifungal, and antiviral effects of three essential oil blends

Here are the ACHS Blog posts containing the recipes referenced on this page:

Essential Aromatherapy Supplies & Recipes for DIY Sanitizer

4 Natural Rest Easy DIY Recipes



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About ACHS

American College of Healthcare Sciences is a world-renowned accredited online college. Our mission is driven by the principles and vision of our president, Dorene Petersen, who founded the college in 1978 as a pioneer in holistic health education.

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Free Ebook

View ACHS's guidance on essential oil safety and best practices in our Ebook Essential Oil Safety Guidelines.

Download The Guide

Holistic Health Blog

The ACHS blog, which made the Best Holistic Health Blogs of 2020 list, covers all aspects of holistic health and wellness - Aromatherapy, Herbal Medicine, Holistic Nutrition, Coaching, Wellness, and more!

Read and Subscribe

Enjoy these free essential oil blend recipes:

CALM IS CONTAGIOUS BLEND

- **Lavender** *Lavandula angustifolia* oil: 20 drops
- **Ylang ylang** *Cananga odorata* var. genuina essential oil: 15 drops
- **Marjoram** *Origanum majorana* essential oil: 10 drops
- **Neroli** *Citrus aurantium* var. amara essential oil: 2 drops

You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.

Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

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CLEAR MIND ROLL ON

- **Peppermint** *Mentha ×piperita* (L.) oil: 5 drops
- **Lavender** *Lavandula officinalis* oil: 5 drops
- **Eucalyptus** *Eucalyptus globulus* oil: 5 drops
- **Lemon** *Citrus limonum* oil: 5 drops
- **Carrier oil** or blend of oils of your choice: 1 Tablespoon (4 % dilution ratio)

Blend the essential oils and carrier oil in a glass beaker or another glass container that is easy to pour from.

Fill a 1 or 10ml roll-on bottle and roll on to any tight areas on your shoulders, neck, and temples. Do not get it near your eyes. If there is any blend left over, store it in a glass bottle or jar with a lid.

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If you are excited to try out these DIY blends, head over to the Apothecary Shoppe where we specialize in certified organic and pesticide-free essential oils and wellness supplies!

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