

What Essential oils are common during the Holidays?

It is the end of the year and many folks ask us 'What are good oils for the upcoming Holiday Season?'

Thanksgiving is just around the corner and most folks will associate the scents of the Spices - Cinnamon, Ginger, Clove and Nutmeg. The classic scents you smell when you think of a pumpkin pie. Of course there are other scents too, but the spice scents are the most common. Add a touch of Orange essential oil and it enriches and enhances the experience.

Now as we move into December the smells and scenting change a little. Although the above spices will continue, now you have the scent of a Christmas tree and wreaths.

The time of having real trees displayed in your home may have come to an end. So many people use artificial trees but long for the scent of the conifers. The scent that most folks seek is that of the Fir Needle trees. Siberian fir and Douglas Fir with the latter the most popular.

Some folks prefer the scent of Pine and Spruce needle. Of course it all depends where you were raised and what type of trees grow in your area. Here in Minnesota we have a wide variety of the conifer trees.

My folks always had a fir or spruce tree so for me that is the scent that triggers my 'Lock and Key' memory bank. My cousins always had a Pine tree so when I smell that scent I think of going to my Aunt and Uncles.

Other popular scents at the Holidays - Peppermint! Those candy canes and other candies such as the Licorice-like smells of Anise. Warm Vanilla like scents and Ginger, Cinnamon and Clove that are in emanating from all those cookies. Cardamom is another holiday scent for me.

Traditional religious oriented essential oils used at the holidays are Frankincense and Myrrh. These are often used in church ceremonies this time of year with significance due to these oils being mentioned as gifts to the Christ child.

Diffuse your favorites knowing that they not only will bring back childhood and adult memories but many of these are also great air cleaners and help to fight viruses and bacteria. No wonder they are used at the holidays, a time of folks gathering in holiday merriment and a great prevention to ward off illness.

Here are a few Simple blends to try: You can use these in any diffuser. Or you can make a room spray too.

Simple Winter Holiday Blend #1

Clove bud - 5 drops
Ginger - 5 drops

Simple Winter Holiday Blend #2

Cinnamon - 3 drops
Cassia - 2 drops
Orange - 5 drops

Simple Winter Holiday Blend #3

Cinnamon - 3 drops
Geranium - 3 drops
Vetiver - 3 drops

A Change of Pace Holiday Blend

Nutmeg - 3 drops
Coriander - 3 drops
Frankincense - 3 drops

Sit Back and Enjoy Holiday Blend

Pine Needle - 4 drops
Rosemary - 2 drops
Petitgrain - 2 drops
Orange - 2 drops

You can experiment too and make your own holiday blends or just use a single essential oil and not complicate things!

Try adding exotic flower scents (Ylang-ylang) to a woody scent (Cedarwood, Juniper or Sandalwood). You may find that very exciting and a pleasant change of pace from all the strong spicy scents.

Any essential oil blend can be used in most diffusers. Tart Warmers and Fan diffusers are capable of getting scents quickly into a larger room. Terra Cotta discs are great for smaller areas. Especially near the tree or if you want a subtle scent near the buffet table.

The common essential oils of the holidays are: Cinnamon, Orange, Clove bud, Ginger, Cardamom, Cassia, Frankincense, Myrrh, Pine Needle, Spruce Needle, Siberian Fir Needle, Douglas Fir Needle (This is the most common Christmas Tree scent), Juniper berry, Cedarwood, and of course any of your own favorites.

If you don't have time to blend we have the following that are favorites this time of year. Conifer Blend, Winters Warmth blend, Celebration blend. Although Four Robbers is not traditionally used at the Holidays for room scenting, it is great and has a cinnamon quality about it. It is wonderful to help prevent respiratory viruses from spreading due to the essential oils in this blend.

See our previous Aroma Tip #45 for more Thanksgiving - Holiday Blends

Disclaimer:

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

Aromatherapy Tip of the Week

Presented by Birch Hill Happenings Aromatherapy, LLC

Copyright 2009 Penny Keay

Visit us on the web at: www.birchhillhappenings.com/aroma1.htm