

In this newsletter we will try to help you further your knowledge and use of essential oils.

Its' Summer time and Aromatherapy is Great to use this time of year too!!!

Physical Ailment

Bumps, Bruises, Scrapes and Scratches and that Summertime Cold!!

by Penny Keay

Summer activities bring new chances of getting injured. Worse yet is that dreaded summer cold!

Gardening, sporting activities and other gatherings can make you more susceptible to getting bumped, bruised, scratched and other minor abrasion type injuries.

Simply using essential oils can help you heal quickly and without prolonged recovery times.

For bumps and bruises the first thing you should do is to put on an ice pack. Also applying cold compresses using a few drops of Helichrysum and Lavender can also give some pain relief. Other essential oils helpful with bumps and bruises are Fennel, Geranium, Rosemary and Tea Tree. And should the bump or bruise include any scratches or minor abrasions of the skin you will want to use Lavender and Tea Tree for sure in your cold compress. Don't forget to clean any dirt and debris out of our scrapes and scratches. You want the essential oils to not have to work quite so hard at getting rid of all the germs just introduced to the area!

Keep the damaged area cool for at least 20-30 minutes. Be careful if using ice as you do not want to freeze the tissues, as this would not be good at all and could cause further damage to the skin and surrounding tissues.

Elevating the area or limb (arm or leg) may make it feel better too. So do that too if you can.

After the ice or cold compresses, gently apply more Helichrysum, Lavender and Tea tree blended with either a carrier or fixed oil such as Almond, Sunflower or other oil of your choice. You can also blend in a lotion or cream.

Suggested amounts would be as much as 10% essential oils to the carrier oils, lotion or creams. A simple recipe would be to 2 ounces of oil, cream or lotion add up to 6 ml total of the essential oils you have chosen.

Remember this will then be a First Aid Oil, Lotion or Cream and should be labeled as such. You will only be using it in small amounts directly on the injured areas. It will not and should not be used for large areas of the body and never for a total body massage.

You can make a simple compress and rinse for the affected area by putting a few drops of our Scratches and Boo Boo's blend in a basin of cool water and using on the injury too.

Now on to that summer cold. Don't you just hate them? They seem to linger on and on. Often times the problem is not just a virus, but an allergy may have been triggered at the same time as the virus and now you are battling not only the cold but also an allergy. Both of these can make you feel miserable and wear you out.

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So, if you aren't sure if you have just a cold or just an allergy or if you have a combination of both you will want to use essential oils and blends that can give you results for both.

Essential oils such as Peppermint, Eucalyptus and Rosemary are good at decongestion and helping with any painful sinuses. Using an inhaler several times a day or as needed with any of these singly or a blend of them will be helpful in most cases.

A word of caution - you should not use Peppermint or Eucalyptus Globulus around or near young children (2 and under) and infants. The intensity of these oils can easily cause a reflex reaction to occur in their trachea and cause the body to shut the air passages. So do not use these oils in an inhaler or even on a tissue and use it near your infants' nose. This also pertains to using these for a chest rub on infants. The smell is just too intense for those tiny bodies.

A **small** amount diffused in the room should be safe. Using Eucalyptus Radiata or Rosemary or Spearmint are more commonly used around children and infants and appear to be more safe to use.

As for the allergy portion of your summer cold, you should incorporate Roman and German Chamomiles as they both have natural anti-histamine properties and can help tame those allergic reactions you might be having due to all the pollen floating around in the air. Other oils that are helpful include Lavender, Helichrysum and Naiouli.

Rosemary, Eucalyptus globulus, Eucalyptus lemon, Eucalyptus radiata and Peppermint will help with congestion when due to allergies. If by chance you have had a bacteria or fungal infection set foot in your nasal passages adding a little Tea Tree or Naiouli to your inhaler would be beneficial too.

Our suggestions for something quick to use would be a nasal inhaler with our Allergy Tamer blend. You can add other essential oils to the inhaler along with the Allergy tamer. You might want to add Peppermint or Eucalyptus to the inhaler. Simply inhale as often as feel is necessary. Most people find they only need to use it about every 3-4 hours.

Also diffusing Four Robbers and Pure Cleansing blends will help too clean the air of any of those nasty germs that others may be spreading to you too.

So the next time your are bumped, bruised, scratched up or are attacked by a summer cold or allergy, don't forget to have your essential oils handy. Remember we have wooden storage boxes and fabric cases to help keep your oils organized and quick to find when needed.

Emotional Concern

Rainy Day Blues - Let's get creative!!

by Penny Keay

Okay, it's raining and the weather is hot and humid. And you are stuck inside - again for another few days. What can you do? The kids are driving you nuts and others things have you worried.

Essential oils to the rescue!! It's time to get creative with all those essential oils you have purchased and keep meaning to 'experiment' with.

Don't let your time stuck inside be wasted just sitting there watching the boob tube or worse yet, feeling sorry for yourself. It's time to have a little fun. Depending on the ages of your children, let them help you. They can have fun stirring the lotions and creams or salt or sugar scrubs. And with Father's day just around the corner - maybe you can

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have them hand make a Special Card and have them dab a few drops of essential oils on them too. Not only will it be a visual delight for Dad, but a smell (Bay Rum? Sandalwood? Patchouli?) to help trigger memories of those Special Fathers days down the road!!

SO!! Get out your beakers, stir rods, and glass or stainless steel mixing cups and bowls. Gather up your empty bottles and jars for storing your new creations.

Let's see, where do we begin? Here are some suggestions for things you might want to make.

Body cooling spray or Scented After shower body spray, Scented Shampoo and hair Conditioner, Shower Gels and lotions, or even Scent some Linen spray to use on Towels and Bedding. How about making a bath salt blend or sugar scrub?

Now you don't have to make just things mixed with base products you can also become creative and make a few diffuser blends. Experiment a little. Write your recipes down on recipe cards or in a note book. You never know you might create something that you'll want to make over and over again or make to give as a gift to someone.

Of course you'll want some recipes to use so be sure to visit our Recipe Files Index. You are sure to find recipes for just about anything you want to use essential oils in.

While you are creating be sure to smell a few of the oils and incorporate the ones that you enjoy and that make you happy. Before you know it your Rainy Day Blues will have made way for a much brighter day!!

Beauty Tips aka Skin and Hair Care

Your Skin wants a little Lovin' during the Summer too!

by Penny Keay

During the winter months, people know how dry their skin gets. In the summer your skin can get dry too. As it gets exposed to sun, wind and if you go to the pool - drying chemicals. All of these can turn you soft supple skin in to damaged, red and sore skin.

Before and after any of these activities whether indoors or outside, you will want to be sure to use lotions or oils to protect and help heal your skin.

One of the best oils to use during the summer and all year round is Jojoba. Other oils you might want to consider in your blends is Avocado oil. It is considered to be one of the best fixed oils that has natural sunscreen capability compared to other natural products.

When mixed with other carrier oils you can have a very beneficial product against sun and wind damage, which we all know can lead to wrinkles and other dry skin concerns. Add a drop or two of essential oils used to help with dry and maturing skin to a blend of Jojoba and Avocado already mixed together and you will have lovely skin throughout the summer.

The following essential oils are great for summer skin care: Lavender, geranium, sandalwood, neroli, frankincense, rose, carrot seed, Roman chamomile.

Remember too, to remove any and all makeup before bedtime and use a good toner to remove any residue. Then put a light moisturizer on to help your skin while you sleep.

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Keep your skin happy and healthy throughout the summer. You'll love yourself for taking the extra time to care for your skin!

For more information on skin care you make want to reference several of our past issues of newsletters for essential oils and recipes specific for your skin type. See any of the past newsletters Volumes 6.12; Vol. 73; Vol 75; Vol 79; Vol 85; Vol 89 and there may be others. Also check through our Recipe Index too for more skin care recipes. Have fun!!

Around Town and all About Suggestions for Your Summer Time Vacation

by Penny Keay

Summer is here and vacation time is anxiously awaited by all of us. Many of us won't be traveling far from home due to the price of gasoline. But that doesn't mean you can't take a vacation.

You might even just pitch a tent in your own backyard. Some of our family members that live in the large metropolitan areas come and pitch a tent in our backyard!! In any case, you might want to pack some essential oils for use while you enjoy the outdoors.

A simple first aid kit with Lavender, Tea Tree, Peppermint for those bumps and bruises. And insect bites can be soothed with a little lavender placed directly on the bite. (See the above article for more suggestions on bumps and bruises).

To deter those flying pests be sure to use a little Bug Off Oil or Bug Away Repellent Spray. Both these products are safe around children. If used near small children (under 2) or infants, apply first to your hands then apply to their clothing. (Only apply to their skin if you dilute it down further with more carrier oils.)

After a busy day of spending time in the sun and in the water, you might need to apply a little soothing Spray to all those areas that would love a little attention. Simply make a mixer of Aloe and Lavender in a spray bottle. Shake well and spray on as often as needed to those sunburns and bug bites.

So you have to eat S'mores and other camping goodies and now your tummies are all a little queasy. A few whiffs of Peppermint will help ease the upset, as will a little Ginger.

Who was telling Ghost Stories so close to bedtime? Great, now the kids are having a hard time falling asleep. The outdoor noises have their minds racing and they are upset, not in their own beds and someone had to tell them those scary stories. Now, what to do? A little Lavender and Roman Chamomile placed on their pillows or inside their sleeping bags prior to 'lights' out, ought to help them drift off to sleep more quickly.

Now, if you are camping in the Holiday Express and all those noises are keeping you from drifting off to sleep try a little Lavender and Roman Chamomile on your pillow there too!!

Have a wonderful vacation!!

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Recipes to try

by Penny Keay (unless otherwise noted)

Scratches and Boo Boo's Cream

Sorbolene Cream – 2 ounces

Scratches and Boo Boo's Blend – 6 ml

Blend well and store in Refrigerator until needed. Apply a small amount to any scratch or other “boo boo”, after cleaning the area thoroughly. Apply a bandage only if necessary.

“Give Dad a Massage” Lotion

Lavender – 10 drops

Peppermint – 5 drops

Eucalyptus – 5 drops

Massage Lotion unscented base – 2 ounces

Blend the above essential oils in an Amber glass bottle. Then add to 2 ounces of unscented lotion. Blend well, then give your Dad a massage. This blend will be safe enough for all the kids to give Dad a very special Back rub!!

SHOO the MONSTERS AWAY BEDTIME SPRAY

Bedtime sprays for Children (and adults too) Often times children and adults have a difficult time drifting off to sleep or darkness can make the night a 'scary' place.

Make a Bedtime Spray of a mix of the following essential oils in a 8 ounce bottle of distilled water.

12 drops Roman Chamomile

12 drops Lavender and

8 drops Orange

30 drops of Emulsifier

Mix and spritz on the pillow and in the air in the room. This mixture is good where "monsters" hide too! :-)

Mix the Essential oils with the emulsifier, blend well then add to the distilled water, shake well before spraying!

Patio Diffuser Oil #1 to repel insects

Lemongrass – 5 ml

Citronella – 3 ml

Geranium – 2 ml

Patio Diffuser Oil #2 to repel insects.

Lemongrass – 5 ml

Thyme – 2 ml

Lavender- 2 ml

Peppermint – 2 ml

Blend either of the above recipes in an amber bottle. Then place several drops in several tealight diffusers placed around your Patio or Porch. Be sure to keep them full of water so the diffuser bowl won't burn dry and break.

Alternatively you can use and mix the above blends with unscented Reed Diffuser Oil and place several Reed Diffusers around your patio and porch. Remember to flip the reeds over occasionally to refresh the scent.

BIRCH HILL HAPPENINGS NEWS

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Hello Everyone,

Finally, Summer has arrived. Well, as I write this article, it is not sunny, but pouring down rain. At least it is not snow.

It appears that much of the country is having very strange summer weather. Some of us are colder and wetter than normal and others are hotter and wetter and also some are very hot and dry!!

Progress is slow, but the website will slowly be updating. We hope to get Search boxes on almost every page to help you find more information that is available throughout our website. We have over 250 pages of information and although we try to have helpful index pages, sometimes what you might need may not be listed in the indexes. Also, quick links will be added to each page to help you locate the items you want to order more quickly.

What else is new? We have a new selection of Soapstone Tealight diffusers, Beautiful (all) and intricate (some) and simply elegant (a couple). They come with glass bowls (except one has a soapstone bowl) and for those that need replacement bowls for older soapstone diffusers that have a broken or leaky bowl, we have a large selection of various sizes available there too.

You have been asking for them and finally we found them - Reed Diffuser Oil made with essential oils and Diffusers. Many of you asked if we could find a way to make Reed Diffuser oil using Essential oils. Well, finally we found a reed oil base that can be used with essential oils. We have several selections to start with made with our very own Essential oils. BUT we are looking for input and suggestions.

We don't know what scents you might be interested in and so we need suggestions from you as to what you would like to see offered. Essential oils are more expensive than Fragrance oils so please understand that Reed Diffuser Oil Scents made with Pure Essential oils will cost more. We are open for suggestions. Any of our single essential oils or synergy blends can be used to mix with the Reed oil base, if you don't see a price for one you would like, just e-mail for a quote.

We are also looking for suggestions for Reed Diffuser Oils scents made with Fragrance oils that you might like to see us offer. Please send us an e-mail with your suggestions. Once we have several requests for a particular scent or scents we will see if our supplier offers those fragrance oil scents. Currently we only have the Lilly of the Valley and Amber scents as we have had several people ask for those fragrance oils in the past.

To kick off the summer, we have created a few new Sampler kits and other sets of oils for you to get started. Several of you would like to see a Sampler Kit that was smaller than our "Aromatherapist's Dream kit" and only had essential oils and/or synergy blends in them. Well, we have now created two such kits. Since they are sized between our biggest Kit (Aromatherapist Dream - 84 oils) and one of our smaller kits (Basic Oils kits -10 oils). We decided to call them our "Tweener Kits". There are two different Tweener Kits - Kit #1 and Kit #2. Both kits have 24 - 10 ml bottles and 8 - 4ml bottles of essential oils and or synergy blends. They both come in a wooden Storage box. Both are essential oils only, no other carrier oils or empty bottles. You will need to order carrier oils separately along with any empty bottles you might need.

We also have our FIXED OILS Kits. Each kit contains 12 bottles of carrier oils. The kits are available in 2 oz, 4 oz and 8 oz sizes, depending on your needs.

During the summer and other times of the year when you travel you might want to have a travel case with all the essential oils we suggest in a First Aid Kit. So we have come up with a Travel case sampler kit with essential oils useful

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in case of minor mishaps while you travel. The Travel First Aid kit comes in either a 4ml bottle size or a 10 ml bottle size. The Fabric Travel Case is included.

Coming soon!! Scented Cards - Cards by JAR. Our very own employee, Jaylene, is a very talented and gifted gal. She has dazzled us for the past couple years with beautiful hand made and created cards for our birthdays, anniversary and many other occasions.

We had a little talk with her and made a suggestion to see if she would be interested and lo and behold she was. We will be offering her beautifully created cards with scenting added (unscented will be available too) within the next couple weeks. We hope to have some scented with our own oils but also with some other beautiful floral scents we haven't yet decided on. Of course we have plans for the upcoming Christmas season already for this new adventure.

We also hope to have available for you to purchase a single one when you want to send a Gift of our products to a friend or relative for a special occasion or birthday, holiday or other. We will add your special message and send it along with your order. Can, you tell, I'm so excited about this? Any suggestions for scents you would like to see we would greatly appreciate here too. Just send us an e-mail.

As always, if you have suggestions, questions or comments please feel free to send us an e-mail to bhinfo@birchhillhappenings.com and we will get back to you as soon as possible.

Yours in Aromatherapy,

Penny & Al

Be sure to visit us on line at

<http://birchhillhappenings.com/aroma1.htm>

for all your Essential oils and Aromatherapy Supplies needs.

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