

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

Physical ailment

Tonsillitis

by Penny Keay

Sore Throats and Tonsillitis season is once again here. Although a Sore Throat may not be tonsillitis, tonsillitis is definitely a sore throat.

Tonsillitis can be caused by viruses or bacteria that results in swelling, pain and sometimes even little white patches of pus will develop on the tonsils. Some tonsillitis can be a strep throat (*Streptococcus* bacteria) but not always.

In any case, tonsillitis is painful with the swelling and inflammation. Making it difficult to swallow, eat, drink and talk.

Although tonsillitis can be acute, often times it is a sub-acute or chronic condition that will plague children and adults for years until they have them surgically removed or their immune system finally becomes strong enough for tonsillitis to become a thing of the past. Using essential oils can of course help you build a stronger immune system (Please see the following article in a previous newsletter <http://birchhillhappenings.com/v942006.htm>).

Essential oils that may help with the swelling, pain and inflammation include: Lavender, Thyme linalool, Ginger, German Chamomile, Roman Chamomile, Tea Tree, Lemon, Cypress, Helichrysum, and Oregano.

For some folks Eucalyptus, Cinnamon, and Myrrh are oils that can also help. Myrrh especially may be helpful when mixed with warm water and used as a gargle.

Valerie Ann Worwood has a tonsillitis recipe that may be very effective. As found in her [Aromatherapy for the Healthy Child](#) she suggests you mix the following essential oils together to make a Tonsillitis Blend and then use it in a variety of ways.

Her recipe is as follows:

Lavender 10 drops

Tea Tree 15 drops

Ginger 5 drops

Lemon 2 drops.

Blend together and keep in an amber bottle.

To use add 4 drops to a bowl of warm water and soak a soft cloth that is able to be placed on the throat area. Squeeze it out well before placing on the neck/throat. Do this a couple times a day.

OR mix 5 drops with 2 teaspoons of carrier oil such as sunflower oil and apply a small amount to the throat, upper chest and back.

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We have found that making a mouth rinse/gargle and using that every couple of hours is wonderful for use by older children and adults but do not give or try to use mouth rinses or gargles with children under 10 or 12 years of age.

Mouth Rinse or Gargle for Sore Throats

2 -3 oz warm water

1 tablespoon Apple Cider Vinegar (Use the real thing - not distilled vinegar made to look like Apple Cider Vinegar - you will have to read the label closely)

$\frac{1}{2}$ teaspoon Sea Salt

Myrrh - 2 drops

Oregano -1 drop

OR Thyme - 1 drop

Blend together and rinse the mouth. Gargle if you can. It will feel like it is burning - especially to tender sore throats. But after the initial mouth rinse, you should be able to gargle at least once.

I know, first hand, this treatment is uncomfortable to use, but from experience it works great and stops many a viral illness in its tracks!! I've used this mouth rinse/gargle at the first sign of any sore throat especially during cold and flu season. I alternate each gargle recipe. One time I use Oregano, next time Thyme. And I mix it fresh each time I gargle. (You could try adding a teaspoon of honey but to be honest I don't think it would make it taste any better.)

Anyway, Repeat every 2 hours. This works and typically if you start at the first sign of a sore throat or tonsil inflammation you will nip it in the bud and the duration of your ailment will be greatly reduced to a day or two rather than a week to 10 days.

Quick action when you are a frequent victim of tonsillitis will often time be the best prevention you can do.

As an addition to helping you fend off the bacteria or virus that has attacked diffusing Four Robbers Blend or Pure Cleansing Blend will also help you to feel better faster. Diffuse in any room you are in and especially for an hour before you head off to bed. You don't need to diffuse it continually in your bedroom. Just for an hour prior to bedtime so it can penetrate the air you will be breathing while you sleep.

Hope you feel better real soon if you are under the weather due to tonsillitis.

Emotional Concern

Consoling Use of Essential Oils During times of Sadness when you have lost a Pet

by Penny Keay

Losing a pet is never an easy time. Sadness and sorrow may overcome you emotionally as you feel your sense of loss of your little companion.

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Whenever you lose a pet you will still need to go through the grieving process as you do with the loss of a person.

Typically this process is much quicker and soon you will feel like yourself again. But to help you for the first day or so, you may want to use a few essential oils that will be uplifting and to help you with the sadness.

Essential oils that may help you will include those for grieving, but typically energizing and uplifting scents may provide you with the most benefit.

If you have a favorite essential oil or blend, by all means inhaling a few drops of that should make you feel better. Otherwise some essential oils that are uplifting include: Rose, Neroli, Grapefruit, Petitgrain, Jasmine, Mandarin, Orange, Ylang-ylang, Clary Sage, Melissa, Bergamot, Cypress, Vanilla, Roman Chamomile, and Nutmeg. Or try making a blend using 1-4 of these oils and diffusing is one of the best ways to use these.

Your sense of loss and sadness for a pet should not last more than a few days to at most a week. If you are having a more than normal length of time handling this loss, do seek counseling from a qualified grief person. They are usually available through your local hospital or medical center. Occasionally you may find someone in your veterinary office that has also been trained to help with the loss of a pet.

Penny's Note: This article was inspired for writing as we recently experienced the loss of our little Yorkie, Ruby. She was with us for the last 12 of her 14 years (adopted at 2 years). Although we have had many pets in our lives, it is never easy to lose one. Fortunately we still have her sister, Pearl, who is in very good health considering she is also 14 years old.

Working in the Veterinary field for 35 years I helped many folks and consoled many during their loss of their little fur children. As stated above, if your grief and sadness is excessive or lasts longer than a few days, please seek professional counseling. Although rare, sometimes there are other underlying emotional problems that can be triggered by the loss of a pet that may require intervention.

In the meantime, using uplifting energizing essential oils will help you through those first few days of loss.

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Beauty Tips aka Skin and Hair Care

Fall Skin Care

by Penny Keay

Summer is over and your skin care regimen may need a new plan. Cooler temps and fewer hours of sunlight can change our daily routines. We may not be outdoors as much and most of us won't be spending hours at the lake, ocean or pools.

Many of us will not be using as much lotions or sun protection as we did during the summer. And soon your sun glow tan will be replaced by having to use foundation and makeup.

During the summer, while spending extra hours in the sun and wind, our skin will naturally increase the production of oils to help retain moisture. Not a problem during the summer as we will perspire more and normally will cleanse our face and skin more often just to feel refreshed.

But now it is fall, the temperatures are cooler and we probably won't be sweating near as much, but our body and skin forget and it just keeps pumping out all that skin oil. So even if you don't normally have oily skin, all of sudden fall arrives and you feel you have enough skin oil to fry an egg or two!! Not to mention all the hormonal changes women go through each month to add to this!

Of course with the extra oil you are now more apt to develop and experience more blemishes. How to avoid all these problems? Now, more than ever you will need to clean your face. There are many ways to clean your face. Just using plain soap and water will work fine for most, but if you wear makeup and face powder you will most likely want to use a lotion or cream to help remove it and follow with a facial toner and an astringent.

Once or twice a week you may want to give your face an extra cleaning by using an exfoliant. Brown sugar scrubs or scrubs that use any number of abrasives (oatmeal, fine ground almonds and the list goes on). These all will remove excessive dead skin cells and make your face feel smooth and clean.

The most important factor is to use a toner and an astringent. These help to ensure your face is not only clean but the astringent helps to tighten and close the pores that now will realize it's time to slow down production. You can add a few essential oils to help heal any blemishes quickly and to continue to help your skin stay healthy looking.

Several essential oils can be helpful for use with excessive oily skin: Lemon, Peppermint, Lavender, Juniper, Sage, Thyme, Geranium and Tea tree. Rosemary, Rose, Sandalwood, Frankincense, Ylang-ylang, Cedarwood and Cypress are also helpful.

To help balance oil production try the following blend added to either the Facial Moisturizing Toner base and/or the Facial Astringent base.

To each 2 ounces of either add upto but do not exceed 12 drops of the following blend or mix the recipe and add to 8 ounces for a one time mixing.

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Daily Skin Balancer Blend for Oily to Normal Skin types.

Geranium - 10 drops

Lemon - 10 drops

Juniper - 8 drops

Rosemary - 2 drops

Tea Tree - 2 drops

Mix these essential oils together and add 12 drops per 2 oz of our Toner or astringent bases or you can blend and add the entire amount in 8 ounces of toner or astringent.

Now, realize you may still need to use a moisturizing lotion or apply a small amount of Jojoba to your face. Even though it is producing a lot of oil your skin may still benefit from additional moisturizing.

Around the House and Garden**Scent for your carpets**

by Penny Keay

Ever notice how when cooler temperatures arrive some smells come out to haunt you. I know it's been a busy summer and you haven't even started your fall house cleaning. And well that old carpet needs shampooing and oh, you just don't have the time.

At the very least you can sprinkle some baking soda with your favorite essential oils added to it. Simply put 1 cup of Baking Soda in a glass jar. Add up to 45-50 drops of your favorite essential oils or blend. Shake well and let sit overnight. The next day, sprinkle over your carpeting. Let set on the carpet for a minimum of 30 minutes but no longer than 2 hours. Then vacuum as usual.

A quick blend that I enjoy is just using equal portions of Peppermint and Grapefruit. Light, minty and refreshingly sweet.

SPICY ORANGE CARPET BLEND

Orange - 25 drops

Lavender - 15 drops

Clove - 5 drops

Cinnamon - 5 drops

Baking Soda - 1 cup

Blend all ingredients together in a glass jar let sit overnight, sprinkle on carpet, let sit for 30 minutes and vacuum.

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Recipes to try

by Penny Keay (unless otherwise noted)

Another Mouth rinse and Gargle for tonsillitis

2 oz warm water

2 tablespoons Apple Cider Vinegar

1-2 teaspoons honey

Ginger – 3 drops

Lemon essential oil – 3 drops (or 2-3 teaspoons of fresh squeezed lemon juice not from a bottle but fresh from a fresh lemon).

Stir together until honey is dissolved and gargle and rinse your mouth several times. Again, do not attempt to use a mouth rinse or gargle with children under 10-12 years of age. Repeat as needed – about every 2 hours.

Uplifting Blend

Bergamot FCF – 6 drops

Lime – 6 drops

Ylang-ylang – 2 drops

Geranium – 1 drops

Blend the essential oils together, then diffuse a few drops in the air using any diffuser or use in a personal inhaler or on a necklace.

Moisturizing oil for Oily skin

Lavender – 4 drops

Tea tree – 3 drops

Lemon - 2 drops

Ylang-ylang – 2 drops

Geranium – 1 drop

Rosewood – 1 drop.

Jobba – 1 oz

Blend essential oils together in a 2 oz PET bottle, then add the Jojoba. Gently mix and apply **only one or two** drops to a thoroughly cleansed and toned face.

STINK BUSTER for Carpets

Eucalyptus – 15 drops

Lavender – 10 drops

Lemongrass – 10 drops

1 cup Baking Soda

Blend all ingredients together in a glass jar let sit overnight, sprinkle on carpet, let sit for 30 minutes and vacuum.

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BIRCH HILL HAPPENINGS NEWS

Hello Everyone,

It's September!!!! And do you know what September brings?
CUSTOMER APPRECIATION DAYS SALES!!

Yes, we appreciate and love all of you. You are the best!! Whether you are currently a customer of ours or plan to be in the future. This month from September 7-30 you can get discounts from 5%, 8% or 10% on qualifying purchases. For complete details please see <http://birchhillhappenings.com/salesach.htm>

This is our 12th Annual Customer Appreciation Days Sale. So be sure to stock up for all your fall and winter needs as the next sale won't be for several months.

Al and I had a great vacation and you should take a look at his big fish he caught the day before we returned home. You can see it at <http://birchhillhappenings.com/fun.htm>. We appreciated all who placed orders while we were gone that kept our employee busy too!!

We have a couple of new items to announce here.

First is our new "Blenders Kit". It is a nice assortment of bottles, pipettes, beakers, stir rods and a small bottle of emulsifier for use while you make your aromatherapy blends. Because we sell this as a kit, you will get a nice discount compared to ordering all these items separately.

We have a couple new Electric Oil and Tart warm and Tealight diffusers. They are with a lovely pine cone design which is perfect for your fall and winter decorating. Although not necessarily for the upcoming holidays but for use for your seasonal decorating.

To recap last months' new items, in case you missed the last issue:

Many of you asked if we could get the cotton wicks for the nasal inhalers and we were able to get them and they are now available. These replacement wicks are packaged in packs of 10.

Organic Refined Shea Butter is also new and found on our Carrier and Fixed oils page. This is a wonderful addition for those of you making your own creams and lotions.

Brown Sugar Facial Scrubs - two different ones to start with. One with our Fresh Face Blend for younger or more prone to blemishes skin types and our Smooth and Soft for those with more mature- aging skin. These are wonderful. Your face will feel so soft.

Our Lavender Salt Body Scrub is also available and is great to use to help exfoliate your body while in the shower! (Don't use body scrubs in the tub as they contain fixed oils that not only will it make

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the tub slippery, but can potentially leave a bathtub ring and we all just love cleaning those out of our tubs!!)

Facial Toner and Facial Astringent both are new. They are not scented so you can add your own essential oils to both of these to compliment your face care regimen.

Don't forget to check out our new Bath Salt line!! We are offering them in single bath envelopes that will be perfect for you to use or to give as a quick little Thank you gift. We offer them in larger quantities too sold by weight in a plastic jar. We have about 5 different scents available and are working on more. (In the Photo showing the bath salts in a basket on a tiled surface - That is part of our new bath tub. Cool huh?)

Results of our quick survey question in last months newsletter. Would you be interested in a book or series of books that included a collection of the recipes we have created, used and suggested? Well, we got many great responses and are happy to let you know we have begun working on such a series of books and hope (we are working hard) to have one ready before Christmas.

So, Please, if you haven't done so already, let me know if you would be interested too. As we are hoping to get an idea of how many people are interested and so we can figure out how many we should have printed. Send an e-mail to: recipes@birchhillhappenings.com
If you have already sent an e-mail about this you won't need to send again as I have it on file.

So, as you can see, we are busy and always on the look out for more ways to help bring the wonderful scents of our essential oils into your lives for your health and well being.

Don't forget to order your supplies now and begin experimenting before you give your wonderful homemade gifts for the Holidays. Now is a great time to stock up while we have our Customer Appreciation Days Sale going on (until September 30th).

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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