

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

Physical ailment

Seasonal Allergy time is once again here!

by Penny Keay

Ka-chew! Allergy season is here. Seasonal rhinitis can be a slight annoyance for some and a major health issue for others. All the plants and trees especially are starting to bloom. Pollen is in the air every where!

The best way of course is try to avoid the allergens. If it could only be that easy! The wind and dry spring weather in much of the country only help to spread that pollen dust!

The other is to help build up your immune system so when the pollen is flying your immune system is ready.

Penny is troubled in the spring due to the mold spores that are still breaking down the leaves and other dead plant materials from last fall and all the TREES that are blooming! No sooner will she get things under control and have a short break during the month of June and July, before the fall allergy season (hay fever) begins!

This time of the year there are several essential oils that may help you. They have natural antihistamine in them and may be all you need. German Chamomile and Roman Chamomile are some of the best ones, but Helichrysum is good for inflammation too. And Helichrysum may help along with the other two.

Our Allergy tamer blend works really well for all the seasonal allergies as it contains several anti-histamine property essential oils and ones for inflammation and congestion too.

Others find that a blend of Roman chamomile, Lemon, Eucalyptus, and Lavender help give relief once they have a reaction. Simply add a couple drops of Roman chamomile, Lemon and Lavender to your bath, and relax. (You can diffuse in the air too.)

If you prefer to use a rub, just blend the above with a tablespoon of any carrier oil and apply to your neck and chest. Adding a drop of Geranium also works for some folks.

You'll need to experiment with different essential oils to find which one will work better for you. Try each one or any blend for about 1 week before changing to another. Keep a journal and record what works. You'll want to remember for next year!

Once you are afflicted you can try treating with essential oils for some symptomatic relief. Peppermint will help to open stuffy noses, as will Eucalyptus. Eucalyptus radiata is

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preferred over Eucalyptus globulus for upper respiratory concerns in children and the elderly. Rosemary can be used if either of the Eucalyptus should be too strong.

Placing a few drops of your favorite essential oil in a cool bowl of water, wringing a cool cloth and placing it on your forehead or over the bridge of your nose, and relaxing is very comforting and may help to relieve the pressure that sometimes builds up in your sinuses during this time.

Remember, I have allergies too and I feel for each and everyone that suffers from this malady. I can't tell you if using essential oils will stop your allergic reaction but I do know that for me, since I started using essential oils, I rarely ever have to resort to an over-the-counter allergy medication (Benedryl) to control my allergic reactions.

Emotional Concern

Frustration - A Combination of Mild Anger and Impatience

by Penny Keay

Every one of us has become frustrated at different times. Something you expect to go easy or work out and it doesn't! "Try and Try again" as the old saying goes, but pretty soon, your fuse has become short and you become angry. Your patience has come to the end.

When you realize what is happening you will need to take action before things get out of hand and you say or do things you will regret later. Now is when you need to sit back and take a deep breath and inhale some much needed essential oils to CALM you down!! Not only will the little break help you to refocus but may be all that is needed to make the task or situation work out as you had originally planned.

What essential oils may work for you when you become frustrated? Well start with Lavender and the Chamomiles - both German and Roman can help you to calm down. Others that work too include Vetiver, bergamot, rose otto, petitgrain and patchouli. If you are becoming increasingly angry you might want to try a few euphoric essential oils like Ylang-ylang, Jasmine and Clary Sage.

Being frustrated over situations out of your control can make you feel helpless and impatient.

To help you become more patient you can try adding some Cypress, Pine and Helichrysum.

Last but not least, any essential oil that you enjoy and has worked in the past to calm you down, is the one you should be inhaling. If you need to refocus try some concentration blend or use rosemary to help mental alertness.

After all is said and done. Kick back, enjoy a hot soak in the tub and forget the whole ordeal!!

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Beauty Tips aka Skin and Hair Care

The Sun, the Wind and Wrinkles

by Penny Keay

The summer sun feels great on your face (and skin) after a long cold winter.

Spending a little time in the sun each day is good for you. The sunshine helps your body to produce Vitamin D and other hormones your body needs for strong bones and a healthy glow. But excessive amounts of time spent in the sun can be very damaging to the skin of your face.

The sun and the wind can quickly dry your skin out. Squinting - even though you may be wearing sunglasses can help along those 'crows feet' beside your eyes.

As we age our skin won't retain moisture as well as it did when we were young and soon we develop lines and creases. The skin may also develop rough and discolored areas. If you want to keep your skin looking young it needs to be kept smooth and soft.

Dry skin is more prone to wrinkles and other blemishes. To help your skin you'll want to do a couple things. First drink plenty of clean fresh water - no sodas, no other juices, etc. Plain old water!! Next you'll want to apply a lotion, cream or oil to keep the moisture in!

The following essential oils are great for summer skin care: Lavender, Geranium, Sandalwood, Neroli, Frankincense, Rose Otto, Carrotseed and Roman Chamomile.

One of our longtime customers asked me to create a blend for several of her clients that were in the 40 plus years category. They were just now starting to develop some wrinkles and want to try to slow down the process.

Here is a blend of essential oils that is great on any skin to help with wrinkles both in prevention and in helping after they have developed. We have several women that just love this blend.

"Wrinkles be gone" for Aging Skin

Frankincense - 10 drops

Carrotseed - 10 drops

Lavender - 10 drops

Rosewood - 10 drops

Neroli - 5 drops

Fennel - 5 drops

Rosemary - 5 drops

Lemon - 3 drops

Rose Otto - 3 drops

Geranium - 3 drops

Blend well in an amber bottle. This can be used several ways.

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1. Add 5 drops to 4 ounces of Distilled water, or Astringent, or Toner, shake well. Then apply to a clean face with a cotton pad. Let dry. Apply your favorite moisturizer.

2. Add 15 drops to any unscented lotion or our sorbolene cream, blend well. Then apply small amounts to a clean face. Rub lightly to spread evenly.

If you don't want to blend this recipe yourself, we have a comparable Synergy called **Smooth and Soft** that can be used just the same way and contains almost all the above essential oils listed.

Around the House and Garden

Springtime is buggy time!

by Penny Keay

Everything is coming alive!! The trees are starting to bloom and get their leaves, the grass is growing and "Buzz and Swat!" What is that? Oh no, Mosquitoes and other flying and crawling bugs are coming alive too!!

We are asked often how to get rid of insects and bugs. Well, this is not an easy task.

There are many essential oils that will repel insects - both flying and crawling, but they won't "KILL" them unless they are sprayed directly on the 'pest'.

Insects and bugs walk on 'stilts' or fly above the areas where you put any essential oils. Because they don't come in direct contact with the essential oils the best essential oils can do is to repel them. Of course if you are lucky enough to spray them directly, then the essential oils will most likely kill them rather quickly.

Now, although we might not be able to kill them, several essential oils can help to keep them off of you and away from areas you want them to 'be gone' from.

The following oils are a few that have worked for repellants for some of our customers

- peppermint for mice and ants
- pennyroyal for spiders and crawly things
- citronella for some other flying things

They have written to us stating that these have helped them in repelling bugs and insects.

Research in our reference books found some other suggestions

- ants - spearmint, tansy, peppermint and pennyroyal
- flies - anise, bay laurel, Cedarwood, cloves, eucalyptus, lavender and tansy
- gnats - pennyroyal
- roaches - angelica, eucalyptus, peppermint and sage
- black beetle - peppermint, lemongrass, pennyroyal, tansy and lavender

Here is a recipe that may help -

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An Area Repellent

1/2 teaspoon eucalyptus
1/4 teaspoon peppermint
1/4 teaspoon lemon
1 teaspoon emulsifier
4oz vinegar or distilled water

Put all ingredients in a spray bottle and shake, let sit for a while and then spray where needed.

You can also put any of the above listed single oils on a cotton ball and place the cotton balls in the areas where you know they are or might be coming in at.

Another option is to use some of our Mint Scented Aroma Beads or Mint Fiber Bits to place in areas where the crawling pests are located. The essential oils in these products last longer than on cotton balls. No matter what you use, be sure to keep your pets or children away from essential oils as you don't want them to accidentally ingest or play with these items.

Recipes to try

by Penny Keay (unless otherwise noted)

Ker Chew!! – An Allergy Blend

German Chamomile – 8 drops
Helichrysum – 4 drops
Geranium – 4 drops
Eucalyptus Citriodora – 3 drops
Rosemary – 3 drops

Blend these together and use in any personal inhaler

Fight the Frustration Blend

Roman Chamomile – 5 drops
Bergamot – 5 drops
Lavender – 5 drops
Peppermint – 2 drops

Blend the above essential oils in an Amber glass bottle. Use several drops in any aromatherapy diffuser. Ideally if you are dealing with frustration that last hours, apply to a necklace or bracelet and inhale often.

Summer Skin Toner

Sandalwood– 3 drops
Neroli – 2 drops
Rose otto – 2 drops
Unscented Facial Toner – 4 oz

Blend the essential oils together then add to the facial toner. Shake well before using. Apply with a soft cotton pad after cleaning your face. Let your skin dry slightly then apply your favorite moisturizer.

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Buggie, Buggie Go Away!

Cedarwood – 10 drops
Eucalyptus – 6 drops
Lavender – 6 drops
Lemongrass – 6 drops
Peppermint – 2 drops
Clove bud – 1 drop
Cinnamon leaf – 1 drop
Emulsifier – 1 teaspoonful
Body Spray - 8 ounces
PET bottle with Spray top.

Blend essential oils well in PET plastic bottle then add a teaspoon emulsifier. Mix thoroughly. Then add the distilled water and shake well. Spray the area or can be applied to yourself if desired to help keep the 'buggies' away!

BIRCH HILL HAPPENINGS NEWS**Hello Everyone,**

Spring is trying to appear here in Minnesota! The sun has a little heat in it and it is beautiful to wake up in the morning and hear all the spring song birds.

We have been busy working on a few new synergy blends and hope to have them ready within the next couple weeks. One is a YL blend replication of their Joy tm. We will be calling ours "Happy, Happy!! ". We are working on the pricing and hope to have that figured out shortly.

We have added 4 new colors of the sleek and stylish personal inhalers. These are all the sealed type as the manufacturer has discontinued the removable bottle style.

The inhalers we have with the removable bottles will only be available until we sell out. Many retailers already have no stock left of the removable bottle style. We were fortunate as we were able to buy the last of the removable bottle style inhalers from the manufacturer before he sold out.

As for the Sealed-type we have a good supply and we hope to be able to offer them "pre-filled" with our essential oils and blends for your convenience. And of course you can always add more essential oils as needed. These inhalers will last for many, many years!!

Other items coming will be new premixed massage blends. Also we will be offering our other premixed massage blends in a variety of larger sizes. We know that many of our Massage Therapist and customers would like them in larger sizes.

Don't forget we have a new size of glass beaker - 250 ml. And have added a new set of the 3 sizes of beakers we carry. If you are like me, after I'm done experimenting with the

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small batches, I like to make larger batches of my recipes - so we figured you might like a little bigger mixing/pouring beaker too!

Since Mother's Day is just around the corner you'll want to check out some of these unique gift ideas. Give something to Mom, Grandmother or other Special women in your life by giving them a gift they can enjoy all year long! And what is it? Just read on!

Our New Oil and Tart warmers diffusers are here! Now we have ones that plug into the wall outlets in your kitchen or bath. Also there are some smaller warmers that we are sure you will enjoy too. They are about half the size of our current electric tart warmers and will have the major advantage of taking up less space on your counter or table or desk. Not to mention they weigh less so will cost less in shipping fees.

Next are the new Potpourri dishes and Reed oil or Silk Flower vases. We have an all organic material Potpourri made with our very own essential oils we have one 'scent' available now, but hope to have a few others soon. This will be a much better choice for the health conscience folks than those fragrance oil laden commercially prepared potpourris.

If you haven't seen our new Scented Fiber Bits or Scented Aroma Beads please check them out too. They are made fresh the day you order them. And can be used over and over again by simply adding more of our essential oils. Currently we have about 10 scents listed but we can quote you on any of our essential oils or synergy blends and add it to the list! The Fiber bits with a small amount of water added to a tart warmer or in a simmering pot is a quick and easy way to diffuse essential oils. And a wonderful gift idea for Mother's day too! How exciting!!

We will be adding items to the clearance /sale page too as one of the manufacturers of some of our Tart and Oil warmers have discontinued some of them.

That's about it for this time.

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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