

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

## Physical ailment

### Dealing with the Flu and Cold Virus!

by Penny Keay

If you haven't built your immune system by diffusing essential oils on a regular basis or if you have other underlying health issues that have weakened your immune system you may still be attacked by the flu virus or a nasty cold. Even folks like us that have been around them for years can still get sick. Although the severity is usually a lot less and the duration shortened.

This is what happened to me in August and September. Although we use essential oils almost daily, I don't get as much exposure as Alan does. He spends a good portion of each day in our pouring room and inhales a variety each day of the more than 108 single notes and over 70 synergy blends we have. Since I'm only in the blending and pouring room a couple times a week, I don't get as much exposure to the oils.

The Flu arrived at our door step shortly after we had our grandchildren for a week. Now I suppose this first nasty little virus tagged along on their clothing, or faces (Grandma and Grandpa had to give and get lots of hugs & kisses that week!) Anyway both Alan and I got a little bug of some sort, it didn't last but about 5 days. This first flu virus didn't put us in bed or anything, just made us feel a little under the weather and more tired. We appeared to recuperate pretty quickly.

Then we were off on vacation and my allergies acted up. Well, again, we were visited not only by my sister and her boyfriend but my Sister brought along another Flu virus. While visiting us – she was coughing up a storm, had a fever and well – she ended up in the hospital with pneumonia. Although her doctor didn't run the test on her he said it most likely was the H1N1 virus. She doesn't use essential oils other than occasionally a little Lavender in her bedroom.

Anyway about 8 days later the flu came to visit me and Alan. Now, I was already dealing with allergies and I got sick too. Not like my sister, though I did run a fever and I did get a cough. I totally lost my sense of smell and taste for nearly 3 weeks. Even though we started to diffuse our two favorite oils when there are viruses around, the flu still got me. When I first realized I was sick I started to diffuse Four Robbers and Pure Cleansing all day long and also used Peppermint and Rosemary to help open up my airways. It helped me feel better even though I couldn't smell a thing.

To ease the congestion in my head and chest, I'd take hot/warm baths with Pure Cleansing added to the bath. It definitely made breathing easier for me. And it made my cough more 'productive' meaning I actually coughed something up instead of just coughing.

Al never got much more than a tickle in his throat and only felt a little more tired for a day or so. He said that I had used plenty of the Pure Cleansing in the bath and in the bedroom. Of course, I couldn't smell a thing!! Mind you I only used 5-6 drops in the bath water but with the extra humidity in the air it made the air currents diffuse the essential oils more quickly into the room.

Now, if you haven't been visited by the flu or cold yet, now is the time to get prepared. Start diffusing your favorite virus fighters on a daily basis or use a nasal inhaler to help when you are in public, at work and traveling (especially good when you are on an airplane).

Our favorites and of our customers too include: Four Robbers, Heros, Pure Cleansing, Protect me, Respiratory, Easy Breathe, and The Cleaner. Some also like Conifer as a nice change as the 'needle' oils can also help with congestion.

There are single oils that can also be used. There are many to choose from, with members of the Eucalyptus family of oils being some of the most favorites for congestion.

When you are congested you are most likely dealing with any number of symptoms. Dry cough, running or stuffy nose, your chest muscles may hurt from coughing so much (mine did – the muscles all got sore between my ribs). Your head may hurt. Or you may have general aches and pains.

Other oils include: Peppermint, Rosemary, Ravensara, Myrtle, Hyssop, Niaouli, Tea Tree, Cajeput, Camphor, Pine, Spruce and Fir Needle oils can help with congestion and coughing. Several of these essential oils work good as they have expectorant properties and can help you cough up thick mucus by thinning it.

To help with the viruses, you might try diffusing Oregano, Cinnamon, Thyme, Clove bud, Ravensara, again the Eucalyptus, and Ginger.

Of course, drink plenty of fluids –warm chicken broth felt good on my throat and helped ease the tightness from coughing too.

For those that love to blend their own. Here is a great Recipe for use with Congestion and is an also an Expectorant.

#### Decongestion and Expectorant Blend

Eucalyptus Radiata (best for children) or E. Globulus (if adult) – 25 drops

Thyme ct linalol – 10 drops

Myrtle – 10 drops

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Niaouli – 10 drops

Ravensara – 5 drops

Blend well – then place several drops on the cotton pad of any cold air fan diffuser. Let this run continuously for several hours in the room you are occupying.

This blend can also be used in a bowl of hot water – place 3-4 drops in a bowl of hot water and inhale the vapors that rise. You do not need to drape a towel over the bowl or your head. Just inhale the warm essential oil filled air as it diffuses.

We do hope that everyone will come through this and every flu and cold season a little easier, especially if you use essential oils safely and sensibly and consistently.

Added note: If you or a family member is having difficulty breathing or is running a high fever – seek immediate medical attention. The flu – no matter if it is the regular seasonal flu or H1N1 can turn serious and be life threatening in a few hours. Seek help without delay. Essential oils can help but as you read, even using them on a near daily basis won't necessarily protect you 100% every time!

## Emotional Concern

### Is this Obsessive Compulsive Disorder or a case of Anxiety, Stress, Phobias & Unhappiness? A Tough Question – Can Essential oils help?

by Penny Keay

Obsessive Compulsive disorder (OCD) is not something we deal with as a whole. Typically OCD is a culmination of years of anxiety and unhappiness along with many other factors. Although it can become a very serious health disorder – it is just that a disorder. It can range in severity involving many behaviors, or just a one or two.

If you have been diagnosed with OCD you must follow your medical partners instructions but if you haven't been diagnosed but suspect you are please read on as we explain one role that essential oils and aromatherapy could do to help you.

As always, if you haven't already, discuss your concerns with a health care professional and let them know you want to try alternatives. Keep them informed as to your progress too.

This is a letter we wrote to a gal that requested our help and how essential oils might help her with her OCD.

Her concerns were not the typical OCD symptoms you usually hear about. She was not obsessed with her personal hygiene, she did not wash her hands constantly, comb her hair or pick her hair out. But she explained she checked her locks a dozen times, and couldn't go out in the dark or be in the dark, she needed lights on all the time. (More like phobias not OCD)

She also said she was obsessed by keeping her kitchen cabinets in a specific order. To top it off, she has a teenage son with autism and a husband that is an invalid due to multiple strokes. She enjoys hobbies but feels she goes overboard when she starts one.

Now on to a letter to her after we had asked her many, many questions.

Thank you for answering some more of my questions. The first thing I'm going to say is some of the things that you are telling me make me think that what you are doing is either – normal for you or possibly you have a concentration or memory loss situation.

Granted I am not a trained counselor and I have not met or spoken to you personally. It's just what you tell me I have seen in others and they have not been diagnosed with OCD. (She had stated earlier that one health care person had said she might be OCD.)

Although you may be checking the locks, lights and you like things orderly, doesn't mean that you are necessarily obsessive. My own father did those things and repeated them but he was not OCD. He just wanted to make sure things were done and he couldn't remember if he had checked the locks as his mind was thinking about other things while he was checking the locks, etc.  
(My father eventually was diagnosed with Alzheimer's.)

And being afraid of the dark – well believe it or not, about half of the population is afraid of the dark to a certain extent. Just ask around. You'll find more people that are afraid of the dark than you can imagine. If they aren't truly afraid most are anxious when in the dark.

Why else would they have light switches on both sides of a room? My self and a couple of my sisters are afraid of the dark. Yet my other siblings are not. We live out in the country and there are wild animals outside!! I won't even venture outdoors without a light on and don't even expect me to go into the shadows!! Indoors – sometimes I am afraid too, but thank goodness there are light switches everywhere!

Obviously your behavior was triggered years ago and may have been set off by some traumatic event. For some reason you have lost your ability to concentrate on the tasks at hand. And worse yet you can't remember and are second guessing yourself that you have accomplished your project (Did I lock the door? Maybe I better check it again.)

Being someone that likes things clean and orderly is not unusual either. I and other women and men do their cleaning routines in a specific order. That is the way we remember what we have done and what we have next to do. Organizing your cupboards in a specific way – just means you have an easier time finding the things you need. You need to have the things in your life that you can control, that are in 'order' because you have too many other things that are uncertain - namely your son and your husband.

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Now you have a lot on your 'plate'. You have a son that is soon to be able to leave the nest but may not be able to due to his autism. And worse yet you have a husband that requires a lot of care (has had several strokes).

Do you get ANY help from outside sources? So you can have time for yourself? If not, you need to – you have too much for one person to do especially in the situation you are in.

I know you speak of hobbies. Hobbies are a good thing, as it helps you absorb yourself in something that you enjoy and that is just for you.

And just because you start a hobby and need to buy everything at once – you are not alone there either. It's really hard to start some hobbies without a full supply of the items you need. When I started scrapbooking I spent several hundred dollars before I even made my first page. Some hobbies cost a lot to even get started. So again, this is not unusual.

I'm sure somewhere along the way, you have been told something by someone that has given you low self esteem and lack of security and confidence in yourself. Since you have had this problem since childhood, something most likely happened way back then. And having an abusive father is very possible the trigger. You have to let go of those things – that is in the past. Your father is not there anymore to belittle or badger you.

Anyway, If you can figure it out – you might be able to help yourself, if not, maybe some essential oils will be able to help – to help trigger memory to help you concentrate. But YOU have to find the right ones and the right combination.

From what you tell me you have the following issues:

Self Esteem

Confidence resulting in Panic attacks

Stress way above normal range due to care taking of family members

Memory Loss and/or lack of ability to concentrate with tasks at hand so you are constantly second guessing yourself and hence rechecking everything.

The suggestions that follow may seem a little strange – but they will all work together to help you – help yourself.

First – try to get a good night sleep – every night. If you can't fall asleep easily – let me know and we'll work on that too.

Now, in the morning – put a GREAT BIG SMILE on your Face and keep it there!!

You are a good and important person. You have a busy day ahead of you but putting a smile on your face is the first thing.

Go look out the window and see the sun in the sky (now don't really look at the sun) but the direction that it is in – feel the warmth and put on another smile!

As you go about your day, smell Rosemary or if you can purchase from us our Concentration Blend.

Rosemary will help your memory and will help you concentrate too. Add a little Lemon and Basil to that mix if you have a bad time concentrating.

As you do your tasks – take a little notebook with you and write down the following information – this will help you to remember if you locked the door, shut of the lights etc. Write down: The Task and the time you did it. Write it down, look at a watch and Write the time down. There – now you have it written so you don't have to check it a dozen times – just look in your notebook to see when you did that task and what time you did it! Keep this notebook with you at all times. It will save you many – repeated steps – because you won't need to keep checking things!!

Each time your write things down in your notebook – Put a smile on your face!! And take a sniff of your essential oils.

Now before you have to deal with your husband or son – Put a Smile on your Face!!! AND inhale some of our Calming or Relaxing Blend. Especially if you have to deal with them and they are having a bad day.

Again, you can purchase them from us or if you aren't able to – we'll give you a couple recipes you can blend yourself.

Now if you have a favorite essential oil that you really enjoy- Maybe it is a floral or citrus something light and fun – diffuse it while you do your 'hobby' BUT don't smell this particular one when you are working with your horse.

Find a different essential oil or blend – that smells entirely different – something Earthy – like Patchouli or Vetiver – a strong pungent smell when you are out with your horse. We want you to start to associate different smells with different activities.

I don't want you to associate your fun crafty hobbies with your Horse hobby. So you have to find a totally different scent to inhale before you work with your horse.

And whenever you are doing anything – Guess what? Put a twinkle in your eye and a nice big Smile on your face!

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Remember there is lot to be said about that smile on your face. It will warm your heart and make you feel better inside. You are a good person, hard worker and undoubtedly love your husband and son.

Take time for yourself. Also remember – doing something fun doesn't mean you will be laughing. You can sit for hours enjoying the hobby you are working on. Smiling all the time! You bet! Only YOU can make you happy – it comes from within. The little things and pleasures in life – they are what really matters. The giving of your self to those around you – that will make you feel joy. And only if it's a minute here and a minute there – they all add up.

Please wander around our website and read our past newsletters. There are several articles dealing with Stress, anxiety, contentment, Happiness and a whole gamut of situations and concerns you have.

The articles have essential oils to try and recipes and if you can, print them out so you can read them over and over again. There is nothing wrong with that. I have had a comprehension problem for most of my life. BUT once I have read something about a half dozen times it usually will be committed to memory.

So, I hope this helps. I never like to see people get labeled or diagnosed with something that maybe is just normal for that person. Like I said, I haven't met you or spoken to you, but you have the power within yourself to change. And I believe you will. – Why? Because you recognize in yourself that you have a problem and YOU are seeking solutions to take care of yourself. YOU want to make a change.

This is a beginning point. YOU are trying to help yourself and we'll try to help guide you with some essential oils that might help you make the changes you desire and make them a more pleasant journey!

Let us know if we can help you further, but for now – I think you know – You are the one that will make all the difference – And remember – PUT THAT SMILE on your FACE –

We know this was a long letter but realize this was a person that needed to see the good in her life and what she could do to help herself. She already realized the first part – that she needed help. We hope this may help you or someone you know. Recognizing there is a problem is always the starting point to reaching your goal for a healthier you.

## Aromatherapy for the Cancer Patient

### Essential oils may help during and after chemo treatments etc.

by Penny Keay

Oh that "C" word. It wrecks havoc in peoples' lives from the patient and all their family and friends.

We are asked often if aromatherapy can help someone with Cancer.

First thing we explain there is no scientifically documented evidence that using essential oils will fight cancer. It doesn't mean that it don't exist, it just says there is no documented proof.

Essential oils can still help. But what essential oils can do is to give supportive care, both physically and mentally. Not only to the patient but to all the caregivers and family members involved.

Hopefully we can help you and your family with some of the most common issues and how essential oils might help.

First we want to say, each cancer patient is individual and what works for one may not work for another. Everyone's chemical makeup is different and just like prescription drugs everyone can react differently to essential oils and their blends.

The suggestions we will start with are oils that help most everyone for the listed situations. But if those essential oils/blends don't work there are others we can add or try.

Remember this is aromatherapy - so for the most part we will be suggesting oils that should only be smelled from an inhaler or diffused in the room. If the patient would like massage oils that can help address some of these things we can make suggestions there too. But first we would want to see if he or she gets a response from the most commonly suggested oils first.

First before I start with suggestions for individual complaints the first thing I want to comment on is **Sleep**. **Sleep** is so very important - as I'm sure you are aware. Especially in someone that is ill. The body does its best healing while we are sleeping. And if you can get 'good' sleep, the other problems will generally improve and no longer be an issue.

I will be making references to several articles I have previously written as they will cover more in depth suggestions you may be able to use.

Please know that **even if** a cancer patient or anyone has lost their sense of smell and taste – They can still benefit from the use of essential oils. Although they may not be able to smell them, the chemical constituents that make up the essential oils can still be utilized through inhalation and will work at the cellular level in the body. Of course the ability to smell will make it a more pleasant experience.

**1. Sleep:** Most commonly used essential oil - Lavender (*Lavendula angustifolia*) inhaling or diffusing this in the room about 30 minutes prior to bed time will start to set the mood. A drop of Lavender can also be placed on the pillow case on either end to help someone stay more calm

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and relaxed while they sleep. Just being able to relax will often times help them fall asleep. Sometimes we add Roman Chamomile or Bergamot too but we like to start with plain Lavender.

Please see <http://birchhillhappenings.com/v1092008.htm> Winkin', Blinkin' and the Land of Nod as it has many good suggestions about sleep. And the importance of resetting your circadian rhythm so you can sleep at night.

**2. Depression:** Oils that are uplifting and energizing can help. We usually suggest that the client let us know what scents they like - smelling something that can trigger a happy memory or moment can be the most helpful. Citrus oils especially orange and lemon are uplifting. The mint family - Peppermint and Spearmint can help too. Again, we try to find oils that bring back happy times. So dealing with depression can be more difficult. Please see my articles about depression if you haven't already. They can be found in our past newsletters <http://birchhillhappenings.com/v1212009.htm#emotion> is the most recent article addressing the use of essential oils for depression.

<http://birchhillhappenings.com/v1032007.htm> You'll have to scroll down the newsletter for the article about happiness and contentment. Although not specifically addressing depression this article does have information that can still provide help for someone with depression.

One important essential oil that is very euphoric and makes almost everyone smile - provided they like the smell is "Ylang-ylang" (*Cananga odorata*). They have to like the smell of it though. As in some folks the smell of Ylang-Ylang is too unpleasant.

Most folks smell it as the sweet flower that it is but some folks will only smell the unusual smell it emits. In some folks is very unpleasant. Again as stated above, for depression finding essential oils they like the smell of is a starting point.

Adding a Citrus oil to Ylang-ylang will usually bring a very happy response. We've seen folks get very 'giddy' smelling it!

**3. Energy Level:** This of course can be related to the first two items you have listed. Sleep – or lack there of will take a toll on your energy level and being depressed makes most folks want to just sit and do nothing. Again, there are essential oils that can be very uplifting and energizing. Later on we talk about appetite. This can also be a contributing factor to energy level. Not eating and having unstable blood sugar can reduce the energy level. Essential oils of choice again are Citrus and Mints.

**4. Immune Support:** just about all essential oils will help the immune system. Since all of them have anti viral, anti bacterial and anti fungal properties to varying degrees - they will help keep some infections to a minimum. Here is an article about immune support: <http://birchhillhappenings.com/v942006.htm> Again scroll down to the article titled "Immune building" as it will have lists of essential oils that are helpful for immune support.

You may have noticed that several oils will fit many of the conditions you wish to address. And so you won't necessarily be using a 'ton' of different essential oils – we will try to make a list or suggestions that can do dual duties – or in this case 5 duties!

**5. Appetite:** The cause can be many. Nausea and the lack of activity will not stimulate the need to eat, or some types of medications just plain suppress appetite.

This again is influenced by lack of good sleep, depression and energy levels. It's all kind of a vicious cycle. No sleep, no energy, not eating, no energy, no sleep, depressed are all linked together and poor appetite so you are not getting nutrients needed to support the immune systems.

As for appetite – if the lack of appetite is due to nausea then a sniff or two of Peppermint or Ginger essential oils can often help reduce the nausea. These should be inhaled about 30 minutes prior to meal time (or snack time too). **Avoid smelling Grapefruit as that is a known appetite suppressant.**

Again, raising the level of happiness – may help too. Smelling other citrus oils often will help. Bergamot is used in depression and can help some folks eat more. Since they use Bergamot in Earl Grey Tea, this is a simple choice that can help without actually using Bergamot essential oil – provided of course the patient likes to drink tea.

Please see the article on Motion Sickness and Nausea <http://birchhillhappenings.com/motion.htm> As that has many suggestions for help with the nausea problem.

I wish we had time to really help you understand how Aroma therapy can and does work. It is complimentary – it is not going to replace anything you are already doing for your patient. But if we can make suggestions that will help them deal with their situation and to get the rest they need to help deal with the depression, energy level and appetite. Just having a brighter outlook may help the immune system too. Unless the patient cannot be allowed in the sun – getting some direct sunlight early in the day will help to reset the sleep mechanism and that in it self can help to get a better night sleep. Better sleep, better health.

**In conclusion:** Use Lavender to help calm, relax and rest better. Although it can be used throughout the day, if it is going to be used to help relax for bedtime then use 30 minutes prior to bed and a drop on the pillow.

Use Peppermint for energy and for appetite stimulant especially if the person suffers from nausea. Discontinue using any stimulating or energizing oils and blends 3-4 hours before bedtime. As you don't want them still stimulated when you want them to go to sleep. Essential oils when inhaled typically will be out of the body within a few hours so discontinuing any energizing oils before dinner time is a must.

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For energizing try just about any citrus oil Orange, Lemon, Grapefruit and Lime are the best. (But do not use grapefruit – although grapefruit is energizing – it suppresses appetite so you won't want to use when you want someone to eat!) Peppermint and spearmint are great – we have 2 energizing blends Mint energizing and Invigorating. They include essential oils that are both physically and mentally energizing. These may also increase or stimulate appetite.

We have several blends that may help to calm, relax, and help folks to drift off to sleep. Although the best is to begin with the single oils before using too many synergy blends.

If though the patient has an over abundance of anxiety causing the sleeplessness then the suggestion would be to try our Calming or Relaxing blend first. Even though we have stronger blends to help increase sleepiness they may not be necessary if we can calm their anxiety and stress, get them some sunlight to reset their circadian rhythm etc. See our synergy blends at <http://birchhillhappenings.com/aroma3.htm>

We hope this may help you and your family. Cancer is serious and causes lots of stress. Essential oils can help the patient and those around them to relax, feel calm inside, to sleep better and to even feel energized. Essential oils have not been proven to help cure cancer but they can help in other ways.

Will they work for everyone? No. Will they work for you or your loved one? We can't tell you if they will. Essential oils that you enjoy and that smell good to you will usually make the day a little bit better. Sniff away and truly enjoy!

Please never force essential oils or any complimentary health modality on anyone. If they aren't open to trying it, it may not be for them.

## Aromatherapy – Help, Tips and Useful Information!

### How much Essential oil should I use and what amounts are safe to Use with Babies, Children Adults and the Elderly?

by Penny Keay

This is a question that we get a lot and especially now with flu season upon us it is more important now that you know how much and what essential oils are safe to use especially with babies and young children.

They get just as miserable as us and have difficulty sleeping, have aches and pains, along with stuffy noses and chest congestion.

Although essential oils can help relieve symptoms, young children and babies can't really tell you if they are working for them. You have to be very observant and of course use common sense. As for the elderly, again, some may not be able to tell you much.

When properly used essential oils are very safe and very effective ways to make life more comfortable in our lives.

Remember - less is safer to use than more when it comes to using essential oils. You can always add more, but you can't take them out of a blend or the air once added.

This newsletter we will discuss the safe amounts to be used for various age groups when used in massage and also for use when diffused in close proximity (within a few feet - 5 ft or less) for these ages.

Of course, there are exceptions to the rules in almost everything, but with essential oils you should always be cautious and follow the recommendations listed here.

**Starting with Babies** - You can use a few essential oils around even the tiniest of babies but there are some that should not be used until they are much older.

**Newborns to 12 months.** - 1 drop of essential oil such as Lavender or Roman Chamomile placed in a fixed oil such as Sunflower or Grapeseed oils or you can mix them in whole milk (or cream) and then add to the bath water. The amount of milk or fixed oil to use is approximately 2 teaspoonfuls. Do use extra caution if using fixed oil as the baby can become very slippery when oil is used in the bath. For massage use the fixed oils of course.

1 drop of essential oil to 2 teaspoons fixed oil is very safe amount to use.

The safe oils for babies 1-12 months include Lavender, Roman Chamomile, German Chamomile, Mandarin, Eucalyptus radiata or Eucalyptus Citriodora, Neroli, Tea tree, Geranium and Rose otto. Even though these are safe for use around this age group, if irritation or rashes should develop discontinue use.

Do not use any of the following around or near the baby (especially the nose) as they have been known to cause a natural reactive response that can close the throat and air passages - These oils include Peppermint, Eucalyptus Globulus, Rosemary and Spearmint any other camphorous oils.

Also, it is extremely important that you wash your hands thoroughly after handling the bottles of essential oils before handling and especially before feeding or nursing your baby. A little bit of undiluted essential oil on a baby can be very uncomfortable and can burn or sting delicate mucous membranes. A babies' sense of smell is very acute and strong smells near the infant could be more irritating and upsetting than helpful.

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**Toddlers 2 to 5 years** - You can now add up to 3 drops of essential oils per 2 teaspoonfuls of fixed oils or to the milk/cream before adding it to a bath. Again with the really young children avoid the above mentioned essential oils to prevent breathing problems. Avoid use of any essential oil that is considered heating or penetrating. Their skin is just too delicate.

**Ages 5-10 years** - You can use ½ the amount of essential oils used in any recipe used for adults, while still using the same amount of fixed oils. In other words if the recipe for an adult calls for 12 drops total of essential oils in 2 tablespoons of massage oil, then you would use 6 drops of the essential oils and still use 2 tablespoons of the fixed oil. For diffusion in a close area, again it is preferable to use the reduced amounts.

**12 years to adults** - Follow the recipes as written or if using a single note or synergy blend. Remember you will smell it at first, but within a few minutes your nose will become accustomed to it and you will only smell it occasionally. For diffusion 10-12 drops is very strong when used within a 5 foot diameter circle. 10-12 drops essential oils when used in massage oil per 2 tablespoons of fixed oil should give a very nice massage at a 2% dilution.

**Elderly and infirm** - Depends on the overall health condition of the individual but normally you will start with half the amount of the suggested recipe and if no adverse reactions can be increased as necessary up to the full recipe amounts.

If ever in doubt, please write or call and ask for suggestions. For any question related to Aromatherapy, please send us an e-mail and we'll get you an answer as quickly as possible.

## Around the House and Garden

### HOLIDAY GIFT IDEAS - easy and Simple to make - just use your imagination.

by Penny Keay

This is the time of the year to begin to think about simple and easy to make holiday gifts made with the personal touch to give to family and friends.

When we were young and just starting out, had small children and limited funds we made many of our holiday gifts. Alan was handy at making simple little wooden gifts. I made baked goods, jellies and apple butter to go along. Had I known about aromatherapy back in the late 1970's and early 1980's the gifts would have included wonderful bath salts, lotions and creams.

Now, we still give these simple items. You can purchase a 32 oz container of unscented lotion base, some empty PET bottles a few basic essential oils and create personal scents to give. Add a ribbon or tag and TaDa! a gift is born!

Other welcome gifts include a simple tart warmer diffuser, some mini tarts and a couple sampler vials of essential oil blends. Or make a room spray. So many ideas, that are inexpensive and will come from you. We sell personal care bases so you can create your own scents. And you can always give them unscented for those folks that can't tolerate scents.

And we sell Bath Salt basic blend so you don't have to buy all the individual salts. You can just add your favorite essential oils to the salt and again, simple and thoughtful.

You can read through a few of our past newsletters or through the recipe files to get plenty of ideas for blending.

We have a large family on my side and we like to give each family a little something besides the great big Swedish dinner I cook. But I keep it simple and easy. They all love the little scented gifts they get and look forward to getting something new each year!

For those that prefer to buy gifts please check out our gift ideas page it has been set up for different budgets.

## Recipes to try

by Penny Keay (unless otherwise noted)

### Better than My Mom's Remedy when you have a cold!

Rosemary- 80 drops (or 4 mL)

Eucalyptus radiata 40 drops (or 2mL)

Eucalyptus globulus - 40 drops (or 2mL)

Peppermint - 20 drops (or 1mL)

Cedarwood - 5 drops

Nutmeg- 5 drops

Thyme Linalol - 5 drops

Pine needle - 5 drops

Blend all in an glass bottle. Mix well then use in any diffuser or a personal nasal inhaler. This blend can also be mixed with a lotion or carrier oil and applied to the skin. Mix no more than 36 drops per 2 ounces of carrier oil (Your choice of carrier oil - suggestions would be Fractionated coconut oil or jojoba.) The 36 drops in 2 ounces of carrier is about a 3% dilution. If you will be using it on children between 5-12 years dilute it

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to about 20 drops per 2 ounces of carrier oil. Apply just a few drops of the carrier oil/essential oil mix to the chest. You won't need to use a ton – like you do of that sticky ointment!

Caution: Due to the Eucalyptus and Peppermint in this blend do not use as a massage oil on children or infants under 2 – especially on their chest. Eucalyptus and Peppermint cooling vapors can cause young children to have a spasm occur that may block their airway. Also if used in young child's room – only diffuse a small amount – do not saturate the air. Remember more is not better when it comes to the use of essential oils.

## **Room Spray during the Flu and Cold**

Eucalyptus radiata – 10 drops  
Frankincense – 8 drops  
Tea Tree – 8 drops  
Ravensara – 6 drops  
Rosemary – 4 drops  
Emulsifier – 30 drops  
Linen/ Room Spray – 8 ounces

Blend the essential oils together then add the emulsifier. Stir well then add to the Linen/room spray. Shake well. Spray around the room as needed. If you want to spray a little on the pillow, only spray on one side. Let it dry then place the sprayed side down, away from the side the face will touch. This allows the essential oils to not touch the skin which could cause irritation but lets them surround you while you sleep.

## **Romance at the Holidays!**

Jasmine absolute – 10 drops  
Patchouli – 5 drops  
Sandalwood or S' Woods – 5 drops  
Ylang Ylang – 5 drops

Blend all in an amber bottle. Then diffuse by your favorite method. A tealight candle diffuser will make it more romantic, but this blend is wonderful in any diffuser.

You can add this blend to our Linen/Room Spray and spritz around the room too!

## **Minty Foot rub - Simple and Makes a great Holiday gift**

Peppermint – 4 to 6 drops  
Massage lotion – 2 oz

Add the peppermint oil to the massage lotion, mix and blend well. Then apply liberally to your feet and massage. Relax and put your feet up afterwards for several minutes!

Although this says it's for the feet, you might enjoy it for a light hand lotion too! Add a little grapefruit or mandarin along with the peppermint to give it a new exciting scent!

## **BIRCH HILL HAPPENINGS NEWS**

### **Hello Everyone,**

Well, what a busy, crazy summer and fall this has been.

I know it's been a while since the last newsletter. Summer's end we had our grand daughters for a week, next we were on vacation.

You have to check out our fun page as Al took me on a Hot Air Balloon ride for my 55<sup>th</sup> Birthday!!

Then our youngest son got married in September (He and his bride choose September 20 – it was the same day my parents married – and had they still been here, it would have been their 70<sup>th</sup> Anniversary!!)

Of course during those weeks I had a terrible time with my allergies and the flu (2 times). So needless to say, I apologize for not getting a newsletter out sooner.

Please see our What's New page for all the new products we have added over the past few months. That is if you haven't been getting our What's New email notices.

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You'll want to check out some of the new products such as the New Terra Cotta Tree Ornaments, Punched Metal Tart/Oil warmers and the Ceramic and Iron Tealight diffusers. We now have the unscented mini tarts too as they are more convenient to use in the Outlet Plug In Warmers – a versatile tart warmer and night light! And a nice unique gift is any of the gemstone necklaces that are one of a kind.

Hopefully things will get back to normal and I'll be able to get back to writing Newsletters and Tips more on a regular schedule.

The Holidays are approaching very quickly. Today is Halloween and to me this is such a fun day for the kids and parents and grandparents alike.

Before long Thanksgiving, Christmas, Hanukah, Kwanza and the New Year will be here too. We all may have many parties, family gathering and good times. Just remember to prepare yourself for the extra stress holidays can bring, especially this year when the flu and cold season appears to be much more serious than last year.

Diffusing essential oils can make it more festive, set traditions that your family will remember, help fend off the nasty viruses and bacteria that come along with gatherings and are just fun to be enjoyed and smelled for a quiet relaxing evening!

Stock up now on the supplies you need to make those personalized gifts and any essential oils you need for the winter months. Don't forget there is a limited time 'coupon code' in the e-mail notice that was sent to you.

As always, if you have suggestions, questions or comments please feel free to send us an e-mail to [bhhinfo@birchhillhappenings.com](mailto:bhhinfo@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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