

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

Physical ailment

Are you a Weekend “Yard work” Warrior?

by Penny Keay

Are you tired and exhausted after a weekend of hard yard work!

If you are like many of us – you work all week long at your “paying” job but then the weekend is here and you have tons of ‘extras’ to do.

In the warmer months of the year we have lots of yard and gardening work that has to be seen to. That means lots of physical exercise and all too often sore muscles. Muscles you might not have even known existed!!

The worst part is the exercise you get on Saturday may make you sore right away, but come Sunday morning it could be even devastating and you have a full day of work today again!!

What kind of relief can you find in the world of aromatherapy and essential oils?

Start by making a “warm up” massage blend to help to get those ‘not so often used muscles’ a little boost in blood flow. Try making a massage blend using some of the ‘heating’ essential oils such as Black Pepper, Ginger, Marjoram and Juniper berry. Remember to make it no more than a 3% dilution of essential oils to your carrier oil. Rub a small amount on the largest muscles, using long massage strokes always moving towards your heart.

After your ‘workout’ you can use the same blend or you might want to use another blend with some pain relieving type essential oils. **Eucalyptus**, **Rosemary**, **Peppermint** and **Lavender** mixed in a blend is helpful for the soreness too.

Here is a Massage blend to try:

Sore Muscle & Pain Relief Massage blend

Eucalyptus – 15 drops

Peppermint- 8 drops

Rosemary – 8 drops

Ginger - 5 drops

Black Pepper – 5 drops

Juniper Berry - 5 drops

Jojoba – 1 oz

Fractionated coconut oil – 1 oz

Blend essential oils together then add to carrier oils. Shake well. Use as needed on your muscles!

Please be careful to not over work your muscles. Be aware that injuries can and do occur when you are over exerting.

If you should really pull a muscle and strain it – remember RICE – Rest, Ice, Compression & Elevate and of course seek medical attention for serious injuries.

Now – you have fun – doing all those Weekend Chores!!

Aromatherapy Tip for the Beginner to Advanced

Journaling – one of the most important aspects of Aromatherapy

by Penny Keay

As you begin your learning of the use of essential oils you will find that keeping good records is a must.

Whether you are a beginner or advanced – the best aromatherapist get to ‘know’ their oils and what they do for them and others by writing things down.

You have several methods you can do this. Simply keep a notebook (such as a 3 ring binder), a recipe card filing system or other file folder.

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Today the options for keeping records are many. They can be handwritten or typed and printed from a computer, etc. Use the method you feel will be the most beneficial for you.

The next question is what should I be keeping record of?

You will want to keep at least two types of records – One of the **essential oil** and one for the **condition(s)** you use it for. This will make quick references when the time comes for you to find out what worked for you previously.

Start with a set of records about the essential oils used. Things like its common name, botanical name and species, and country of origin. These are easily found on the bottle labels. We always include this information and most essential oil companies do.

Also include one this card or record the conditions you used it for and the results you received/achieved.

A simple example would be:

Eucalyptus – Eucalyptus globulus, Australia:

Used for:

Chest congestion – It worked great for Me when inhaled but Bob didn't appear to respond as well (but he did better with Eucalyptus – Eucalyptus radiata – see that entry)

Muscle soreness – Bob overworked this weekend – made a massage blend with Sweet Almond oil in a 3% dilution and it worked great!

Then on another set of cards for your **Conditions** You'll want to make an Entry or Card for Chest Congestion and one for Muscle Soreness. Writing down the essential oils you used at the time and the results for the individuals you used the essential oils on.

So Chest Congestion might look like this:

Chest Congestion:

Eucalyptus globulus: worked on me. I inhaled it using a personal inhaler.

Eucalyptus radiata: gave Bob relief when used in a steam bowl.

Muscle Soreness:

Due to overworked muscles:

Eucalyptus globulus: 3% dilution with Sweet almond oil.

Peppermint (Mentha piperita): 2% dilution in Jojoba

Recipe:

Eucalyptus globulus – 3 drops

Peppermint (Mentha piperita) – 3 drops

Sunflower oil - 1 tablespoon

(This is a 2% dilution of essential oils to Carrier oil)

This is just a simple way for you to remember what did and didn't work and more importantly what essential oils can do for you for a given ailment.

Before long your list of properties for each individual essential oil will become very long.

You will soon find out why in aromatherapy when someone asks you what 'such and such' essential oil is good for – you will most likely answer the same as we do. "There are too many to list." And then we add ... "But what condition are you having problems with? Maybe we can find a few essential oils that will work for you!"

As you continue to use and study essential oils your file folder or notebook will be the best guide for you and your family.

It will be your own personal Aromatherapy book of reference! And it will be what works best for you!

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Around the House and Garden

Enjoy Eating outdoors and be Bug Free!

by Penny Keay

Don't forget you can use your essential oils outdoors too to keep your patio and outdoor dining area bug free.

Simply use one of the Soy & Bees Wax tarts in one of the electric tart warmers. Once the wax has melted add any of the following essential oils or a combination of several: Geranium, Lemongrass, Eucalyptus Lemon, Lemon Tea Tree, Cedarwood, and Citronella.

Outdoor Tart Warmer Blend

Add the following to any tart warmer that has melted soy/ bees wax.

Cedarwood – 2 mL

Geranium– 1 mL

Eucalyptus Lemon – 1 ml

Monitor levels of essential oils and wax. Add more essential oils as scenting fades.
Best if kept away from fans and windy areas (Usually when it's breezy bugs aren't an issue!)

Recipes to try

by Penny Keay (unless otherwise noted)

The Weekend Worker Massage Blend

Lavender– 15 drops

Rosemary - 10 drops

Peppermint – 5 drops

Juniper Berry – 3 drops

Fractionated Coconut oil – 2 oz

Blend essential oils well then add to the fractionated Coconut oil. Massage into those sore, tired muscles – feel revived and ready to go out for the night on the town.

Oops! I think I strained a Muscle!

Lavender – 10 drops

Helichrysum – 10 drops

Peppermint – 5 drops

Jojoba – 1 oz

Blend essential oils together then add to Jojoba. Shake well and massage into your very sore muscle. You can still use an cold or cool compress to also help give relief.

August Allergy Season is HERE!

Peppermint– 3 drops

Helichrysum – 3 drops

Roman Chamomile – 2 drops

German Chamomile – 1 drop

Eucalyptus globulus – 1 drop

Blend these together and place in a personal inhaler or on a Terra cotta disc. Use daily before the Seasonal Hay fever Allergy season arrives and continue throughout the fall as needed. You can add Lavender to this blend if you have a hard time dealing with the German Chamomile's pungent scent! ☺

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BIRCH HILL HAPPENINGS NEWS

Hello Everyone,

Wow, it is already the end of July.

Our summer has been hot, humid and busy. Hope you are enjoying your summer too.

First I want to "Thank" those of you that are trying our Muscle blend and send a call out to those of you that may have missed the opportunity. So here is the information and if you think you would like to try it and can give us feedback send us an e-mail. We still need about 3 – 5 more folks as several of those that contacted us originally have not responded to our e-mail requests to see if they are sensitive to any of the ingredients in the blends.

HELP (Still) NEEDED - We are working on a Muscle massage blend for folks that are afflicted with fibromyalgia, rheumatoid arthritis and other muscle type injuries. If you would be interested in trying/testing an ounce or two (provided you have one of the above conditions) please contact us. We need some feed back before for we are ready to have it available. Since neither of us, have these problems, we cannot really test it on ourselves. Feedback from someone with these conditions is needed so we will know for sure that this new blend works. (In theory it should but we need actual proof from several folks that can benefit from its' use.)

Don't forget, we are now Accepting PayPal as a method of payment when you are checking out from our shopping cart! Many of you have asked and it did take us a bit to get it integrated with our shopping cart. And we see that it is a very popular method of payment too.

We are busy working on some new Sampler kits of essential oils and we are also updating our other kits. We hope to have a couple new scented crèmes and lotions available soon too. Be sure to check out our What's New Page for the latest products available.

And a quick reminder for those Fall time Allergy sufferers: Now is the time to start using your Allergy essential oil blends such as **Allergy tamer**. Essential oils work best for seasonal allergies when you give the body a chance to prepare for the onslaught of those 'ragweed' and other pollen culprits that can make us all feel so miserable in the fall.

As always, if you have suggestions, questions or comments please feel free to send us an e-mail to <mailto:bhhcontact@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://www.birchhillhappenings.com/aroma1.htm>

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