

Date Previous | Thread Previous | Thread Next | Date Next

homemade recipes for many things...long

To: "frugal-ed@listproc.wsu.edu" <frugal-ed@listproc.wsu.edu>

Date: Mon, 31 Aug 1998 23:48:28 -0700

Hi all,

I got this post recently and thought that frugal friends might be interesting it. I personally haven't made any of these yet but I've saved it to have as a resource for a later time when I'll have the need and the time! <BG>

Melody S. B.

the post follows; \*\*\*\*\*

I am so sorry-- I didn't realize that when I copy and pasted these recipes

that I needed to remove the big dots before the measurements. No, you really

don't put 9500 drops of eo's in any of these recipes!!!! Sorry about that. Air Freshener Makes about 3 ounces 4 oz. clean spray bottle with a fine mist setting (do not use a bottle

that previously contained cleaning products or hair products such as hair spray) 15 drops of your favorite essential oil keeping the EO's safety data in mind Notes: This is a quick and inexpensive way of making a pleasant air freshener

with any EO. Be sure and take heed in the safety data for the oil you choose

to use since an air freshener, by its nature, will come in contact with all

those in your household. Directions: Fill the spray bottle with about 3 oz. of distilled water. (Even

though it's a 4 oz. bottle, leave about 1 oz. unfilled so you can shake the

bottle well between uses.) Then, add 15 drops of essential oil. I

normally don't like giving amount of drops for an air freshener because each EO

can vary in strength, but I don't recommend exceeding 4-5 drops per ounce.

You may

want to try 10 drops at first especially if you live in a household with someone who is sensitive to strong aromas. Shake the bottle prior to

each use,

and let it sit for about a day before making a conclusion that the aroma is

too weak; it often gets stronger after letting it sit.

\*\*\*\*\*

Carpet Deodorizer Ingredients:

35 Drops Eucalyptus Essential Oil

30 Drops Lavender Essential Oil

25 Drops Rosewood Essential Oil

4 Cups Borax (Mule Team Borax can be found in the grocery store in the laundry

detergent aisle, usually) Notes: I was in a cleaning frenzy one day and decided to make my housework

more pleasant by incorporating essential oils into it some how. I found

Survival - Cooking - Homemade Recipes For Many Things.txt

many ways to do so, but this one of my favorite and it scents the house at the same time. I also used the Eucalyptus and Lavender to help keep whatever pests there are at bay that our cats bring in with them. Directions: To make the carpet deodorizer (any essential oils could be used by the way, just make sure no one in the household finds the odor offensive) measure your 4 cups of Borax into a bowl and then drop in the essential oils indicated in ingredients in the amounts listed. If you find the smell to strong, add more Borax. Take a spoon and mash up the little clumps that will form when the oil hits the Borax, stir until well mixed. Before vacuuming, I walk around the house and sprinkle it by hand in the same manner one would sow seeds. Let it sit on the carpet for 10-15 minutes, or longer if you like, and then vacuum. This formula will cover approx. 1000 square feet, give or take a little

\*\*\*\*\*

Citrus Shower Gel Ingredients:

2oz. Unscented Shower Gel

15 drops Sweet Orange Essential Oil

6 drops Grapefruit Essential Oil

5 drops Lemon Essential Oil Notes: I gave this shower gel to everyone on my Christmas list last year. Now

everybody wants another bottle for whatever holiday/birthday is coming up

next! This Citrus Shower Gel is a nice sunny uplifting scent in the morning

and an excellent way to start the day. The citrus essential oils used to make

this shower gel are also especially good for oily skin so those of you with

this skin type may want to add another drop or two of the Grapefruit and Lemon

Essential Oils. Directions: To make this shower gel take 2oz. of Unscented Shower Gel and add

the Essential Oils listed in Ingredients in the amounts indicated and shake

well.

\*\*\*\*\*

Citrus Body Oil Makes about 4 ounces

4 oz. Sweet Almond Oil

30 drops Sweet Orange essential oil

15 drops Lemon essential oil

10 drops Lime essential oil

10 drops Grapefruit essential oil

Survival - Cooking - Homemade Recipes For Many Things.txt

10 drops Bergamot essential oil Notes: This recipe makes a wonderfully refreshing and lightly energizing oil.

I've noticed it offers a slight alpha hydroxy-like effect on dry skin.

Be sure

you do not go out in the sun after applying this blend as citrus oils can have

a photo toxic effect. If you have sensitive skin, I recommend that you test

this oil on a small area first and then wait 24 hours to see if you have any

reaction. Directions: Mix all oils in a clean container. Roll the bottle between your

hands to remix the oils before each use. I prefer to use a 4 ounce cobalt

bottle with a lotion pump for applying oils.

\*\*\*\*\*

Facial Lotion Ingredients:

Unscented Cocoa Butter Lotion 1 1/2 oz.

Rosewater 1/4 oz.

Sandalwood essential oil 20 drops Notes: I've decided I'm going to live to see my 108th birthday and I

don't

want to look a day over 35. My friends, Judy, Sarinha, and Sonya, all agree

that the Sandalwood & Rosewater Lotion works like a charm at rehydrating the

skin and taking out those annoying little lines around the eyes. It also smells great. I apply the lotion twice a day using a dab the size of a

large

pea. First in the morning after my shower and before my makeup and the second

before I go to bed at night. Directions: To make the lotion combine all ingredients in a bottle and shake

well. To improve on this formula one step more add 2 drops of Rose Absolute.

\*\*\*\*\*

Facial Scrub Ingredients:

Sea Salt 1/8 cup

Oatmeal (the kind you get in the grocery store is fine) 1/2 cup

Unscented Shower & Bath Gel 2 oz.

Bergamot essential oil 10 drops

Lemon essential oil 15 drops

Ylang Ylang 3rd essential oil 5 drops Notes: This is a gentle facial scrub that I mixed especially for oily

skin

although it would work fine for any skin type. The scent is a nice pick-me-up

in the morning too. It made my skin smooth and soft so I decided to use it as

a body I'll admit, as a body scrub its a little messy, but if you rinse well

you won't walk out of the shower with oatmeal behind your ears like I

Survival - Cooking - Homemade Recipes For Many Things.txt

did.

Other essential oils can be substituted in this mix for other skin types or

scents. Directions: To make the Facial Scrub mix all Ingredients in a nonbreakable container, you will want to cut up your Oatmeal first in a blender or something of that nature so the pieces are not so big. If you need

more of an exfoliant effect add some Whole Poppy Seeds.

\*\*\*\*\*

Facial Toner Makes about 16 ounces

8 oz. vodka

8 oz. witch hazel (I use the everyday drugstore variety)

1 tsp. pure aloe vera gel (optional)

20-30 drops your choice of essential oils Notes: I have modified the essential oils I use in this recipe each time

I make it and I've enjoyed this toner each time. I have oily skin; my skin has been much clearer since I began using it. For the oils of my choice, I prefer geranium, lavender, lemon, and tea tree. Directions: Add all ingredients to a 16 oz. bottle and shake to mix all

ingredients. Be careful when adding the essential oils. The first time you

make this recipe, add only 10 drops at a time and test on a small area of your

skin to insure no reaction before adding more oils to reach your desired strength.

\*\*\*\*\*

Fragrance for Men or Women Ingredients:

5 drops bay essential oil

10 drops lemon essential oil

4 drops rosewood essential oil

carrier oil Notes: This is a wonderful personal fragrance for men or women. The exact

proportions can be altered to suit your personal tastes. This is an excellent

fragrance to use when you are trying to portray an air of confidence (perfect

for job interviews). Directions: In the carrier oil of your choice (such as sweet almond) mix 5

drops of bay essential oil, 10 drops of lemon oil, and 4 drops rosewood.

For a

more subtle effect, try mixing these oils with 3/4 oz. of plain white cornstarch. Mix well, and you have a lightly-scented body powder.

\*\*\*\*\*

Lotion for Dry/Chapped Hands Ingredients:

2oz. Unscented Cocoa Butter Lotion

10 drops Patchouly Essential Oil

10 drops Lavender Essential Oil Notes: My daughter came home one day after attending an after school

program

in which she was making paper mache items. The glue/paste that was being used

Survival - Cooking - Homemade Recipes For Many Things.txt

was very irritating to her skin which is the sensitive type. After 2 or 3 days

of paper mache her little hands were dry, scaly, cracked and bleeding. I mixed

this hand lotion for her to use and within 3-4 days her hands were soft and no

longer chapped or irritated. Directions: To make the lotion, take a 2oz. bottle of Cocoa Butter Lotion and

drop in the Essential Oils listed in the Ingredients list in the amounts indicated and shake well. This makes a nice lotion for general use as well.

\*\*\*\*\*

Mouthwash Makes about 8 ounces

6 oz. Water

2 oz. Vodka

4 teaspoons Liquid Glycerine (available at many drug stores)

1 teaspoon pure Aloe Vera Gel (available at many health food stores, but be

careful to look at the ingredients as many are not pure. Even though some say

"100% pure aloe vera gel" on the front, they often mean they have added 100%

pure gel, but additives are present.

10-12 drops Spearmint Essential Oil Notes: This recipe makes a rather minty mouthwash but as it is pure

without

added flavorings, it is not quite as sweet or strong as commercially available

mouthwashes. I would think substituting peppermint oil for the spearmint oil

would also make a pleasant mouth wash. Directions: Boil the water and vodka then add the glycerine and aloe

vera gel.

Remove from the heat and let cool for 5 minutes. Add the spearmint oil and let

cool for 1/2 hour and bottle. I like to bottle the mouthwash in a clear plastic bottle that has a flip top to make it easy to pour the mouthwash

into

a small dixie cup for use.

\*\*\*\*\*

Orange & Lavender Bath Oil Ingredients:

1/2 oz. German Chamomile Infused Oil

4 drops Sweet Orange Essential Oil

5 drops Lavender Essential Oil Notes: This is one of my kids favorite bath oils, then again they like anything with Orange in it. My kids come out of the tub happy and

uplifted but

content and relaxed at the same time. Directions: I just drop my essential oils directly into the 1/2oz. of

German

Chamomile Infused Oil and shake well. For an Adult bath, use the whole 1/2oz.

---for a child's bath use 1/4oz. Pour into running bath water and swish before

getting in. Oh! This is also excellent to mix with the Unscented Shower Gel to make a bubble bath.

\*\*\*\*\*

Perfume #1: Sweet Earth Solid Perfume Makes 2 ounces Ingredients:

1/2 oz. melted Beeswax

1 1/2 oz. Myrrh Infused Oil

1/2 oz. Clary Sage Infused Oil

25 drops Clary Sage Essential Oil

5 drops German Chamomile Essential Oil

10 drops Patchouly Essential Oil

8 drops Rose Absolute Notes: This is a solid perfume I concocted, I can no longer stand a synthetic

perfume. This particular perfume has a sweet earthy smell--it reminds me of

how it smells outside after a good rain in the summer when the earth is wet

and the flowers are blooming. This is also nice for dry hands and skin, and I

have used it on itchy spots (eczema, bug bites, etc.) when we were out of the

Eczema/Heat Rash Oil. Directions: To make the Solid Perfume, start melting your Beeswax on the stove top. In another pan, add water and let the water simmer. Set the

jar you

intend to make the perfume in down in the water. It should come up about half

way on the jar, but not so much the jar is floating. Pour your Infused oils

into the jar and add 1/2 oz. of melted Beeswax. Stir this well until all the

ingredients are mixed. Take the jar out of the hot water and add the essential

oils. Stir this well until all is thoroughly mixed then put the top on and

allow to cool.

-----  
Perfume #2: Natural Perfume Makes 1/8 ounce Ingredients:

1/16 oz. Balsam Peru Oil

1/32 oz. Patchouli Essential Oil

1/32 oz. Clove Bud Essential Oil Notes: This is an excellent recipe for a natural perfume that is suitable for

men or women. You may wish to alter the ratios of the oils to match your personal tastes. This oil blend is very similar to one marketed by the

"Aura

Cacia" company in California, under the name "Nile Spice." The blend which I

have listed the recipe for does differ somewhat in makeup from

AuraCacia's. Directions: For a 1/8 oz bottle of perfume, fill your bottle halfway with

balsam peru oil, and fill the bottle the rest of the way with equal amounts of

patchouli and clove bud.

\*\*\*\*\*

Survival - Cooking - Homemade Recipes For Many Things.txt

Scented Hair Ingredients:

Any essential oil! Some Suggestions: Patchouly, Jasmine, Rose, Rosemary, Orange, Lavender, Geranium, Clary Sage Notes: You can also blend 2 or more oils together to make your own personal

fragrance. My seven year old daughter enjoys scenting her hair. Directions: To do this rub 3 to 4 drops of any essential oil on the bristles

of a hairbrush and brush your hair. This also works with a comb.

\*\*\*\*\*

Cedarwood and Rosemary Shampoo Ingredients:

2 oz. of a mild shampoo (baby shampoo is fine)

10 drops Cedarwood, Virginia Red Essential Oil

10 drops Rosemary Essential Oil

1 Tablespoon Jojoba Natural Oil Notes: The Cedarwood/Rosemary shampoo is good for both men and women. I

use

this shampoo to promote hair growth and for healthier shinier hair.

Directions: To make the shampoo simply add the essential oils and the Jojoba

Natural Oil in the amounts indicated and shake well.

\*\*\*\*\*

Hair Conditioner Ingredients for Formula #1:

15 drops Geranium Essential Oil (Bourbon or Egyptian)

10 drops Rosewood Essential Oil

1 Tablespoon Jojoba Natural Oil

2 oz. Basic Hair Conditioner Ingredients for Formula #2:

25 drops Lemon Essential Oil

8 drops Chamomile(German) Essential Oil

1 Tablespoon Jojoba Natural Oil

2 oz. Basic Hair Conditioner Notes: These are two formulas I have used in the past for hair conditioners.

They both smell absolutely wonderful. Formula #1 has a heavier woody floral

scent and the Geranium is suppose to bring out your red highlights.

Formula #2

has a soft sunny smell and is suppose to bring out the blonde highlights in

your hair. I generally put a bit in my hand (about the size of a quarter) and

run it through my hair while it is still wet, then I towel dry it. I

find if I

use less conditioner and do not rinse it out my hair is softer and shinier and

just as manageable.

Directions: To make either Formula simply drop the essential oils indicated in

Ingredients directly into 2 oz. of any basic hair conditioner. Then add 1

measuring tablespoon of Jojoba Natural Oil and shake until well mixed.

\*\*\*\*\*

Shoe Deodorizer Ingredients:

6 Measuring Tablespoons Cornstarch

2 1/2 Measuring Tablespoons Baking Soda

Survival - Cooking - Homemade Recipes For Many Things.txt

18 Drops Tea Tree Essential Oil

21 Drops Rosemary Essential Oil, 7 Drops Lemon Essential Oil

6 Drops Clove Essential Oil Notes: My daughter has the worst feet!! A grown man that has been working 10

hours in the hot sun wearing the same work boots(and socks) he's worn for the

last 5 years would not smell as bad! We realized it was not her feet, it was

her sneakers. They apparently do not allow her feet to breathe. We decided a

powder in the shoes to deodorize and kill anything that might be living in her

shoes-- although I can't imagine how it would survive. It is working well for

her, and we can all breathe when she takes her shoes off now!! Directions: To make the sneaker powder measure your cornstarch and

baking soda

and mix them together in a bowl. Next add the essential oils indicated in

ingredients. Stir this up with a spoon until the oils have mixed in well with

the powders. I put 1 Tablespoon in each sneaker and rub it in, of course, an

adult with larger shoes may need a little more. At night seems to work the

best, it allows the powder to sit in the shoe and do its thing for awhile

before it is worn again. My daughter does wear socks with her shoes when they

have the powder in them.

\*\*\*\*\*

Acne Blend Makes just under 1 ounce Ingredients:

.75 oz. of jojoba oil

8 drops tea tree essential oil

6 drops bergamot essential oil

4 drops lavender essential oil Notes: This is an excellent recipe for clearing up acne. Directions: Mix the above oils to a clean bottle or jar. Shake the

container

gently before each use. Apply this oil to the face every evening, about one

half hour before bed. The oil blend works best with massage. When massaging,

rub the oil into the face, being careful to work around any cystic acne

(massaging cystic acne may make it worse). To treat this type of acne, massage the oil in a circular motion around

the

pimple. This will increase blood circulation to the area and help to flush out

the toxins. For daytime use, these essential oils can also be mixed into a

base of plain, unscented skin creme (not lotion). Eucerin works particularly

well. Continue use of the oil even after the skin has cleared up - adding a

Survival - Cooking - Homemade Recipes For Many Things.txt

few drops of carrot oil to the original blend can help reduce spotting caused by previous breakouts.

\*\*\*\*\*

Arthritic Joints 2 drops Lemon Essential Oil  
2 drops Lavender Essential Oil  
2 drops Juniper Essential Oil  
1 drop Clove Essential Oil  
1 Tablespoon Carrier/Base Oil Notes: This is a formula I originally made for my friend Judy who used it on the arthritis in her hands after digging in the garden. It worked beautifully!  
She has also used it for a sore back, in a sniffy bag as an insect repellent (worn around the neck), and in a sniffy bag to help her granddaughter's allergies to her dogs when she comes to visit. Isn't it wonderful that one formula can be so multipurpose! Directions: For a massage oil, mix the essential oils listed in Ingredients in the amounts listed and mix with 1 measuring Tablespoon of your favorite carrier/base oil. For a sniffy bag or inhalation just drop the indicated amount of each oil on a cotton ball and inhale.

\*\*\*\*\*

Balm for Cuts & Scrapes Balm #1: Calendula & Lavender Balm Makes 4 ounces Ingredients:  
1 oz. melted Beeswax  
1 1/2 oz. Calendula Infused Oil  
1 1/2 oz. Lavender Infused Oil  
25 drops Lavender Essential Oil  
55 drops Tea Tree Essential Oil Notes: This is a simple balm that my family uses for any minor burns, scrapes, scratches, cuts, abrasions, and other such boo boo's. This is also a nice balm for dry or irritated skin. Directions: To make the balm, start melting your Beeswax on the stove top. In another pan, add water and let the water simmer. Set the jar you intend to make the balm in down in the water. It should come up about half way on the jar, but not so much the jar is floating. Pour your Infused oils into the jar and add 1oz. of melted Beeswax. Stir this well until all the ingredients are mixed. Take the jar out of the hot water and add your essential oils, again stirring well. Put the top on and allow to cool.

----- Balm #2: Antiseptic Balm Makes about 1 ounce Ingredients:

1 chip of Shea Butter  
1 cm. cube Beeswax  
1/2 teaspoon Jojoba Oil  
8 drops Myrrh Essential Oil  
8 drops Tea Tree Essential Oil  
2 drops Lavender Essential Oil  
8 drops Wheatgerm Oil Notes: This is an excellent alternative to the standard antibiotic ointments found at drugstores! Directions: Begin with a glass 1 oz jar. Put a chip of shea butter into the jar - enough to fill the jar about 1/4 full. Add a bit of beeswax - about a 1

Survival - Cooking - Homemade Recipes For Many Things.txt

cm. cube. Put in about 1/2 tsp. of jojoba oil. Melt this mixture in a microwave. When the mixture is melted, but still hot (and in a liquid state)

add 8 drops of myrrh essential oil, 8 drops of tea tree essential oil, 2 drops

of lavender essential oil, and 8 drops of wheatgerm oil. The myrrh and tea

tree act as antiseptic agents, the lavender as an anti-inflammatory, and the

wheatgerm reduces scarring and prolongs the life of the balm itself.

\*\*\*\*\*

Congestion Hemp Seed Carrier Oil 2 oz.

Eucalyptus essential oil 20 drops

Thyme essential oil 10 drops

Grapefruit essential oil 10 drops

Peppermint essential oil 10 drops Notes: My husband, Mr. Mudd, was severely congested with bronchitis once making it difficult for him to breathe, especially at night when he tried to

sleep. We opted for this Hemp Seed Oil Chest Rub which opened his breathing up

allowing him a good night sleep. We found it works better if a moist heat

heating pad is lain on top of the chest after gently massaging in the oil and

putting on a clean cotton T-shirt. Directions: To make the Hemp Seed Oil Chest Rub mix the oils listed in

Ingredients in a 2 oz. bottle and store out of the light and heat. Make sure

the oil is not cold when applied. This oil should be diluted when using it on

very small children. For example, if you were to use a teaspoon of the chest

rub on a child, you would need to mix 1/2 to 1 teaspoon of a carrier/base oil

with it. If you find the oil is not strong enough for you, simply add more

Eucalyptus essential oil 2 to 3 drops at a time until desired potency is required.

\*\*\*\*\*

High Stress 15 drops Clary Sage

10 drops Lemon

5 drops Lavender

1 oz. Carrier Oil (Sweet Almond, Apricot Kernal, etc.) Method of Application: Massage. As the feet have the most pores in the

body, I

like to give myself a foot and leg massage with this synergy. As a foot massage can also aid stress relief in and of itself, this seems to be a

great

combination. Notes: An aromatherapist in a health food store gave me this recipe. I

tried

it when I was under a great deal of stress, and it really helped. I also notice this recipe is identical to one in The Complete Book Of Essential

Oils

Survival - Cooking - Homemade Recipes For Many Things.txt

& Aromatherapy by Valerie Ann Worwood.

\*\*\*\*\*

Insect Stings Synergy Grapefruit (*Citrus paradisi*) 3 drops

Petitgrain (*Citrus aurantium* leaves) 3 drops

Coriander (*Coriandrum sativum*) 2 drops

Roman chamomille (*Anthemis nobile*) 2 drops

Sweet almond oil or apricot kernel oil 20 ml Method of Application: Apply immediately after an insect sting has occurred.

Repeat as often as required, with an interval between applications of no less

than 5 hours. Notes: In hot weather it is sometimes impossible to avoid insect bites and

stings. This is a very good synergy which soothes the pain and itchiness of a sting.

\*\*\*\*\*

Insomnia/Sleeplessness Synergy 1/2 oz. carrier oil

12 drops bergamot

3 drops lavender

3 drops cypress Directions: In 1/2 oz of carrier oil (I used apricot kernel sweet almond would

also be good), mix 12 drops bergamot, 3 drops lavender, and 3 drops cypress.

To increase the benefits of your sleep, apply a few drops behind your ears,

spreading the excess out over your jaw line. Do this immediately before bed. Notes: This is a good oil blend for people who have trouble falling asleep at

night, or for people who sleep restlessly.

\*\*\*\*\*

Menstrual Cramps Synergy #1

15 drops peppermint

10 drops cypress

5 drops lavender

1 oz. Carrier Oil (Sweet Almond, Apricot Kernal, etc.) Method of Application: Massage very lightly into the abdominal area. Notes: As for the Stress synergy, I received this recipe from an aromatherapist in a health food store. This recipe is wonderfully cooling on

the cramped area. Although it does not eliminate the cramping, it reduced the cramps greatly.

-----

Menstrual Cramps Synergy #2

1/2oz. carrier oil

3 drops eucalyptus essential oil

4 drops juniper essential oil

1 drop jasmine absolute Notes: This is a simple oil I blended at my mother-in-laws when on a visit. I

had awful cramps that encompassed my lower back, abdomen, and down my legs to

my knees. I gently massaged some of this oil blend into my lower back and

abdomen. What was left on my hands I massaged in working especially on the outside of the thumb down to the wrist on both hands--I did this for about 10-15 minutes. This particular area on the hand is known as the Spine Reflex area in Reflexology. Be it the massage or the oil, I was back to normal in about 40 minutes! Directions: To make the oil, measure your carrier and add the essential oils indicated in the amounts listed. This bottle has lasted me through 3 cycles and also seems to prevent if I use it when I feel the first pangs of cramps.

It also smells wonderful and I have used it as perfume!!!!

\*\*\*\*\*

Sore Throat Remedy 8 drops of eucalyptus essential oil  
5 drops of lavender essential oil  
10 drops of peppermint essential oil Directions: Dampen a paper towel with water. If you have sensitive skin, use a small amount of a carrier oil (such as grapeseed or apricot kernel) instead of the water. Fold the towel into thirds the long way. Place 8 drops of eucalyptus essential oil, 5 drops of lavender, and 10 drops peppermint onto the paper towel. Be sure to distribute the oils evenly along the length of the towel you don't want to have the oils all concentrated in one spot. Fold the towel again, the short way, so that the oils are sandwiched in the center of the towel. Notes: Put the towel onto your neck and leave there while you inhale. I noticed results during a throat infection after only 15 minutes of this therapy. This will not work well, if at all, when used to treat strep throat (see a doctor). I have a hunch that a few drops of sandalwood essential oil would enhance this recipe (so if anyone tries it, please let me know the results).

\*\*\*\*\*

Stuffy Nose Ingredients for Blend #1:

7 drops Eucalyptus Essential Oil  
4 drops Pine Essential Oil  
3 drops Peppermint Essential Oil  
4 drops Lavender Essential Oil Ingredients for Blend #2:

5 drops Lemon Essential Oil  
7 drops Thyme, Red Essential Oil  
5 drops Pine Essential Oil Notes: These are two of the oil blends I put on cotton balls for inhaling when someone's nose is stuffed up due to sinus infection, cold, allergies, etc. Blend #1 I have used it to unclog my nose when I could barely inhale through

it and my daughter uses it in her sniffy bag when she is having sinus problems and the rare occasions she has mild asthma attacks. It sure beats the inhalers she was given by our family physician! Blend #2 has a sunny herbaceous aroma (the Thyme made me hungry!) that was a little slower in opening my sinuses than Blend #1, but it did the job and lifted my spirits. Directions: To make either of the Stuffy Nose Oil Blends, drop the essential oils indicated in the Ingredients list on 1 to 2 cotton balls and inhale. The cotton balls can be wrapped in a to. These blends also work well in a simmer pot.

\*\*\*\*\*

Synergy for Bruises Helichrysm (*Helichrisium Italicum* ssp *serotoninum*) 3 drops  
Lavender Spike (*Lavandula latifolia*) 3 drops  
Lavender True (*Lavandula angustifolia*) 2 drops  
Rosewood Aniba (*Rosaeodora v. amazonica*) 2drops  
Sweet almond carrier 20 mililitres Method of Application: Apply on the site of the bruise three times daily, cover with a cold compress if the bruise is extensive to help the penetration of the oils in the area. Notes: This is a very good synergistic blend for bruises, particularly when the bruise and swelling is barely visible but there has been a knock and the site is very painful.

[Date Previous](#) | [Thread Previous](#) | [Thread Next](#) | [Date Next](#) | [Home](#) | [Date Index](#) | [Thread Index](#)