

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

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RECIPES for WINTER TIME

Easy Sore Throat Help

Mix 2 drops [Cypress](#) in 1 ounce of warm water and gargle every 2 hours.

Do not use with children unless they are able to gargle and spit out. This is something you don't want them or anyone to swallow.

Please note that this may leave a funny aftertaste in your mouth reminiscent of turpentine.

Just thought you should be forewarned. Typically the taste won't bother you if your sore throat is bad. As the relief will outweigh the distaste.

Once the taste becomes really annoying you will know you won't need it any longer as your sore throat will probably be gone!!

Winter time Dry Skin

One of the best oils to use on the skin especially for those exposed to extreme temperature either hot in summer or cold in winter is [Jojoba](#).

It is like the sebum that is naturally in our skin. Excessive exposure to heat, cold and water can dry and crack your skin.

Simply apply a few drops of [Jojoba](#) to your skin. You will be surprised how quickly it will be absorbed.

We have several customers that buy [Jojoba](#) for use on their skin and in hair care too.

A nice healing blend using Jojoba

[Jojoba](#) - 2 ounces

[Lavender](#) - 10 drops

[Sandalwood](#) - 4 drops

[Frankincense](#) - 2 drops

[Rose Otto](#) - 1 drop

Blend well and use a few drops each day after cleansing.

To use on your face - use 4 ounces of [Jojoba](#) and then this can be used sparingly on your face, if desired.

Eczema Lotion

for dry cracked skin

1 ounce [unscented lotion](#) such as our Silky lotion

[Roman Chamomile](#) - 6 drops

[Lavender](#) - 6 drops

[Helichrysum](#) - 5 drops

Mix and blend well. Then apply very small amounts to affected areas as needed.

This is a nice soothing blend. It will help with the sometimes itchiness that accompanies this type of rash and skin trouble.

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Sinus Congestion

The basic Steam treatment is often what will work best when you have sinus congestion.

Heat a container of water or use hot tap water, pour into a bowl. Then add about 3-4 drops of the following essential oil blend.

You should blend this mixture ahead of time. Store in an amber bottle and use as needed to give you relief.

[Eucalyptus globulus](#) - 20 drops

[Lavender](#) - 20 drops

[Peppermint](#) - 10 drops

[Helichrysum](#) - 6 drops

[Rosemary](#) - 4 drops

[Cedarwood](#) - 4 drops

Please note: You may be tempted to drape a towel over your head. But please be aware that the essential oils in this blend - namely the [Eucalyptus globulus](#) and [Peppermint](#) can be very irritating to the eyes should you get some of the steam in your eyes. We suggest you just 'hover' over the top of the bowl and inhale the vapors as they come off the hot water.

Alternatively, you can use in a [Personal inhaler](#). Add a couple drops to the bottle.

A customer suggested the following to us: Just add a couple drops on the end of a cotton swab, cut off the swab so it will fit inside the bottle of the inhaler. Reassemble the [Personal inhaler](#) and inhale as usual.

For Croupy Type Coughs

A parent's worst nightmare! Well, maybe not, but it can be very scary. If your child has what sounds like a 'horse' voice or has the cough that just doesn't sound right. You might want to try this blend.

Simply mix in a [glass bottle](#) and use when needed.

We have a mother of three young children that swears by this blend. She closes the bathroom door and stops up the bathtub. Then she turns on the shower. She then puts a few drops of this blend in the water and her and the child (or children) sit quietly in the room for 20-30 minutes. (Do not get in the shower or bathtub - you are just creating a steamy room to help ease the breathing).

Shortly thereafter, the cough seems to be relieved and so is Mom!

[Eucalyptus radiata](#) - 5 ml (100 drops)

[Niaouli](#) - 4 ml (80 drops)

[Ravensara](#) - 15 drops

[Thyme](#) - 5 drops

Blend well and use only 3-4 drops in your make shift steam room.

To buy this blend premixed as she did - [Click Here for our Easy Breathe Blend](#).

Please note: that if your child is having difficulty breathing, or is turning blue - you should NOT use this BLEND or Aromatherapy. Seek IMMEDIATE MEDICAL ATTENTION!!

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Brighten up your Day

(to help with SAD aka seasonal affective disorder)

Living in northern Minnesota or for that fact anywhere in the northern half of the USA, everyone can be affected by the short daylight hours.

Many of us spend all day inside working and other than the occasional peek out side never get to see the sun during the winter. This of course, has its draw backs when it comes to health.

Everyone needs a little sunshine each day. Not only does it help the body make natural Vitamin D but it helps with other hormones and chemical processes. When we don't get the sunlight, our body won't function properly and we may get a little down.

Try this blend to brighten up your day and combat the seasonal blues.

[Ylang Ylang](#) - 5 drops

[Geranium and Rose blend](#) - 10 drops

[Sandalwood](#) - 15 drops

[Orange](#) - 20 drops

Blend all in an [glass bottle](#) and use in [any diffuser](#).

Valentine's Day (or other Romantic encounter) Diffuser Blend

If you are like Al and I, we are the romantic types. We believe to help keep your marriage young and alive you need to keep up the romance.

Al often calls me up when he's out to the post office (shipping out your orders) and asks me out on a date. Or he surprises me with a bouquet of flowers.

Of course, I try to cook him a special meal or two, or I might ask him out to a movie or something like that.

In any case, Valentine's Day may be a special day each year but don't just use this blend on that day. Be romantic and create a quiet romantic evening at home and diffuse this blend.

[Sandalwood](#) - 3 drops

[Ylang Ylang](#) - 3 drops

[Jasmine](#) - 2 drops

[Black Pepper](#) - 2 drops

Blend together in an [amber bottle](#) and shake well. Add a few drops to [any diffuser](#) or if desired add a few drops to a large bathtub (needs to hold two people!) and enjoy a luxurious time together.

Minty Lips

A very simple and easy chapped lip relief is to simply use a little [Jojoba](#) on your lips.

It absorbs quickly and keeps them nice and soft.

Put the following into a [1/3oz Roll on bottle](#): 10 ml of Jojoba add 1 drops of [Peppermint](#) or [Spearmint](#). This mixture may give your lips a little tingle and warm feeling if this is too strong dilute with more [Jojoba](#).

Try not to lick your lips for the first 10 or so minutes after you have applied this so the [Jojoba](#) can soak into the skin on your lips.

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Cleaning up those Viruses!

Many of you may have had an encounter with the notorious Norovirus. This nasty virus is easily spread and in some household can take a while to eliminate.

What to do? We recommend that you clean all surfaces, especially those near and around areas of food preparations and in the bathroom. Since norovirus affects the digestive tract and can spread easily within a few hours. It can make a whole house (ship, nursing home, etc) contagious rather quickly.

Simply make up a spray bottle with [Eucalyptus globulus](#), [Lavender](#) and [Thyme essential oils](#) in distilled water

.Use 20 drops of each of the above oils in 4 ounces of water.

This is strong, but so is that nasty norovirus. Shake well and spray any surfaces that contaminated hands may have touched.

Remember too, if your family doesn't make it to the bathroom and has an accident on the way, you should clean those areas too with this spray. Leave the spray on the surface for 2-3 minutes then wipe off. Throw the paper towels away too.

Another option is to use our [Four Robbers blend](#) in our unscented [Dish soap](#) or Liquid hand soap. Or use the [Four Robbers APC Spray Cleaner](#).

Simply put 5 ml in a 16 ounce bottle of the soap and shake well. Then use this soap and essential oil mixture to do your house cleaning. Mix enough in a bucket of water to produce a few suds on top. This blend smells awesome. Or at least I think it does!

Be sure to spray or wash down all door knobs, hand rails (if you have more than one level to your home), edges of doors and doorways, and all counter surfaces. And don't forget to clean all the bathroom surfaces too. We do suggest you wear rubber gloves or some other type of disposable hand covering and toss away once you are done cleaning.

Hope this helps squelch those nasty viruses that seem to want to attack anyone!

Citrus Air Freshener

Freshen the stale air in your house with this refreshing Diffuser blend

[Orange](#) - 10 drops
[Lemon](#) - 10 drops
[Grapefruit](#) - 10 drops
[Cedarwood](#) - 5 drops
[Cinnamon](#) - 3 drops

Blend this in an [glass bottle](#) and apply a few drops to your favorite [diffuser](#). Enjoy.

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