

Aromatherapy Recipes for You to Try

by Penny Keay

Recipes for Spring - February 2015

Spring is here! (or it will be soon according to the Calendar).
Open up the windows! Let the sun shine in! and Oh dear, Get to work!

Spring house cleaning is here and we hope to have a few recipes that will help freshen your home and brighten your spirits too.

Temptation Body Spray

[Rose Absolute](#) or [Rose Absolutes Blend](#) – 6 drops

[Neroli](#) – 6 drops

[Jasmine Absolute](#) – 6 drops

[Emulsifier](#) – 20 drops

2 ounces of [Body spray base](#)

To blend – add the essential oils/absolutes to an empty [PET plastic bottle](#) then add the Emulsifier, blend well. Then add 2 ounces of the body spray base. Shake well before each use.

We are asked very often for a recipe that includes these 3 beautiful oils. So here it is ladies. It is very floral and very wonderful.

You may want to blend it in your two ounce spray bottle but carry a small amount in your purse using one of our Mini mist fine mist sprayers!

The Tranquil Bath

[Sweet Marjoram](#) – 3 drops

[Lavender, French](#) – 2 drops

[Geranium and Rose blend](#) – 1 drop

1 – 2 teaspoons of [Jojoba](#)

Add all to your bath tub.

The wonderful relaxing and mind replenishing properties of these oils will be very welcome after a hectic day of work or playing with the kids!

The Jojoba will soften and enhance your natural beauty.

A Sensational Spring Skin Toner

[Lavender, French](#) – 5 drops

[Roman Chamomile](#) – 3 drops

[Clary Sage](#) – 3 drops

[Geranium](#) - 2 drops

Mix these oils in an 8 ounce [PET plastic bottle](#). Then add 1 tablespoon cider vinegar and 1 ½ ounces witch hazel. Shake well; then add 4 ounces of distilled water. Shake well again.

Use this to remove any residue after cleansing your face and prior to applying your moisturizer.

[Sorbolene Cream](#) can be mixed with a little bit of your Spring time toner (use about 1-2 teaspoons of the finished toner recipe) to make a beautiful light moisturizer!

Take along Travel Sanitizer

[Lavender](#) – 30 drops

[Clove bud](#) – 20 drops

[Peppermint](#) – 15 drops

[Patchouli](#) – 10 drops

[Emulsifier](#) – 1 teaspoon

[All Purpose Cleaner Base](#) - 2 ounces

Blend the essential oils with the [Emulsifier](#) in a 2 ounce [PET plastic bottle](#) then shake well. Add the 2 ounces of [All Purpose Cleaner Base](#). Shake well before spraying on any surface you wish to sanitize – such as toilet seats, bathtubs, sinks, door handles, telephones.

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Leave on for 5- 10 minutes then wipe off any residue (some essential oils when mixed with Emulsifier may leave a slight film on the surface.)

Joyful Spring time Diffuser Blend

[Orange](#) – 20 drops

[Bergamot](#) – 20 drops

[Basil](#) – 10 drops

Blend well in an amber bottle; then put several drops in any diffuser of your choice.

Simply – enjoy!

Energize Me Massage Oil

[Lavender](#) – 6 drops

[Rosemary](#) – 4 drops

[Geranium](#) – 3 drops

[Lemongrass](#) – 3 drops

[Coriander](#) – 2 drops

[Patchouli](#) – 2 drops

[Sunflower oil](#) – 2 ounces

Blend essential oils in a [PET plastic bottle](#) then add the [Sunflower oil](#). Mix well and massage into your skin as desired.

Garden Plant Spray for those Pesky Bugs

[Lemongrass](#) - 40 drops

[Lavender](#) – 40 drops

[Rosemary](#) – 10 drops

[Geranium](#) – 10 drops

[Emulsifier](#) – 3 teaspoons

Distilled water 4 ounces

Blend the essential oils and [Emulsifier](#) together in an 8 ounce [PET plastic bottle](#) with Spray top, next add the distilled water. Shake well. This spray is to be used to spray on outdoor or house plants that have been or might become infested by little bugs.

You do not need to soak the plant. Just a few mists should take care of them. Repeat every 2-3 days, or as needed.

Do not spray or use on the skin, as this is too concentrated for use on people or animals.

Jock itch Powder for Men

[Tea Tree](#) – 20 drops

[Lavender](#) – 15 drops

[Cypress](#) – 10 drops

[Myrrh](#) – 8 drops

[Talc Powder base](#) – 1 ounce

Blend the above essential oils in an [amber bottle](#). Then add the above mixture to a Scentball pad or Cotton Ball, then place in a one ounce bottle of unscented Talc Powder. Shake well and let sit for at least 24 hours before use.

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