

Welcome to Birch Hill Happenings Aromatherapy Recipes!!

Visit on line at <http://birchhillhappenings.net>

Recipes for You to Try

Here is a wide selection of recipes for you to try. They range in those for Romance, Insect Repellent and "Keeping Away Monsters!"

Included are links to any essential oils or supplies you need to order so you can have some fun blending and of course, using them too!

A Massage Recipe

"Being in the Mood for Love"

[Ylang-Ylang](#) – 2 drops

[Jasmine](#) – 2 drops

[Sandalwood](#) or our

[S'WOODS](#) – 2 drops

[Lotion \(unscented\)](#) – 1 Tablespoon.

Blend essential oils together in a small bowl, then mix in the lotion.

Warm gently in your hand and give your partner a massage. You can use for a full body massage or massage just the arms, legs and back or chest.

Remember that any essential oil in small amounts can cause discomfort on mucous membranes so avoid massage near eyes, nose, mouth and other sensitive areas.

Bathroom Odors that need a Quick Fix!

Try this easy to make blend for those

This is a fairly strong blend but it is often times needed in the bathroom. Recipe makes 2 ounces of spray freshener.

[Lemongrass](#) – 40 drops

[Grapefruit](#) – 20 drops

[Patchouli](#) – 10 drops

[Clove bud](#) – 5 drops

[Emulsifier](#) – 80 drops

[Room spray base](#) – 2 ounces.

Blend the essential oils and the [Emulsifier](#) together until well blended. Then add to the [Room spray base](#).

Shake well. Spray as needed. Remember to always shake well before each use.

OUT DOOR Flying Insect Spray

This can be used by anyone doing outdoor activities when the bugs are around.

This blend will help to repel insects and an added benefit for many folks these same essential oils will help them feel more invigorated and enthused during their outdoor activity.

This is best used late in the day or early evening when the bugs come out!

[Lemongrass](#) – 15 drops

[Eucalyptus lemon](#) – 15 drops

[Lavender](#) – 15 drops

[Peppermint](#) – 12 drops

[Emulsifier](#) – 1 teaspoon

[Body spray base](#) – 2 oz.

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Blend the essential oils with the [Emulsifier](#) until mixed together well. Then add to the [Body spray base](#) in a [PET plastic bottle](#) with a spray top.

Shake well. This blend can be sprayed on shirt sleeves, pant legs, collars, your hair.

NOTE: Avoid spraying into eyes or other mucous membranes. Use sparingly on children.

A Flying Insect Patio Blend

Great for use in [Any Diffuser](#) – Preferably a soy wax tart warmer using electricity.

[Lemon](#) or [Lemongrass](#) – 15 drops

[Cedarwood](#) – 10 drops

[Peppermint](#) – 5 drops

[Geranium](#) – 5 drops

Mix the above essential oils together in a glass bottle.

Then place several drops in [Any Diffuser](#) although this blend works best in an tart warmers you can use it in a fan diffusers outdoors too but it won't last very long. Add more essential oils to the diffusers as needed.

Sun burn spray:

[Lavender](#) – 15 drops

[Roman Chamomile](#) – 5 drops

[Helichrysum Pure](#) – 3 drops

[Peppermint](#) – 1 drop

[Emulsifier](#) – 25 drops

[Body spray base](#) preferred (or distilled water) – 4 ounces

Mix the essential oils with the [Emulsifier](#) then add to the liquid in a [PET bottle](#).

Shake well and Spray on the skin as often as needed. Refrigerate between uses. Discard any unused spray after 1 month. If mixed with water, discard after 2 weeks.

You can also mix the above in 4 ounces of [Lotion \(unscented\)](#) and apply that once the initial burn is gone to help the skin heal quickly.

The Hunter and Fishermen's favorite Soap

[Liquid Hand Soap \(unscented\)](#) - 2 oz

[Anise](#) – 20 drops

[Lemongrass](#) - 20 drops

Blend all together in a 2 oz [PET bottle](#).

Use a small amount to wash your hand prior to going hunting and fishing. Rinse your hands well, then dry. Helps to eliminate human scents so the fish will bite better!!

A note of warning: We have several Bear hunters that swear by the Anise oil. Apparently it will help to attract Bears. Since we are not hunters we can not tell you if this is so. We assume that it is more because the bear cannot smell human scent more than anything else.

Ghost Busters Bedtime Spray

Great to take Camping with small children –or adults a that have a hard time falling asleep in the 'wild' to Spray on Pillows and bedding to help everyone fall asleep more easily.

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[Roman Chamomile](#) 12 drops

[Lavender](#) 12 drops

[Mandarin](#) 8 drops

[Emulsifier](#) 30 drops

Distilled water or [Linen spray](#)

Mix the Essential oils with the [Emulsifier](#) then add the water or [Linen spray Trigger Sprayer bottle](#).

Shake well before spraying. Spray on bedding and pillows.

If you take this blend to go camping - DO NOT SPRAY the TENT just the bedding and pillows Be sure to mark the spray bottle that it is the Anti-Ghost and Monster Spray!!

Psst - Can also be used at home for those Monsters that are always lurking in the closet or under the beds! In which case – Name it another fun Kid name!

Discard unused spray after 1 month if mixed in Linen Spray or 2 weeks if you use water.

A Simple Tranquil Splash for an Evening out!

[Lavender](#) – 3 drops

[Frankincense](#)– 3 drops

[Neroli](#) – 3 drops

[Emulsifier](#) – 20 drops

[Body spray base](#)– 8 ounces

Mix these essential oils with the [Emulsifier](#) and add to 8 ounces of the [Body spray base](#)

Shake well and splash on after your shower or bath! Any Water based Splash should to be used within one month of mixing.

A Lovely Evening with your Date Splash

[Sandalwood](#) or our

[S'WOODS](#) – 3 drops

[Ylang-Ylang](#) - 3 drops

[Jasmine](#) – 2 drops

[Black Pepper](#) – 2 drops

[Emulsifier](#) – 20 drops

[Body spray base](#) – 8 ounces

Mix these essential oils with of [Emulsifier](#)and add to 8 ounces of [Body spray base](#), Shake well and splash on after your shower or bath! Any Water based Splash needs to be used within one week of mixing.

Both of the above blends can be mixed with the 2 oz of [Body spray base](#) for a light perfume for hair and skin.

You can double the amount of essential oils to make your 'new perfume'.

**These are just a couple suggestions. Try a new recipe every few days.
Last but not least some quick and easy blends to diffuse for some fun**

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Spring & Summer Time Scent-sations!

Just pick a recipe from below and add to any diffuser of your choice. Sit back and Enjoy!

Very Floral

[Ylang-Ylang](#) – 6 drops

[Geranium](#) – 4 drops

[Neroli](#) – 2 drops

Warm Woodsy Floral

[Cedarwood](#) – 6 drops

[Lavender](#) – 4 drops

[Mandarin](#) – 3 drops

Sweet Floral

[Ylang-Ylang](#) – 6 drops

[Grapefruit](#) – 3 drops

[Mandarin](#) – 3 drops

Spring Rain Forest

[Pine needle](#) – 4 drops

[Hyssop](#) – 3 drops

[Eucalyptus globulus](#) – 3 drops

[Cypress](#) – 2 drops

[Juniper berry](#) – 1 drop

To Celebrate the Spring

[Mandarin](#) – 10 drops

[Frankincense](#) – 6 drops

[Patchouli](#) – 2 drops

Any of these blends can be added to 2 ounces of [Room spray base](#) and used to spray the air instead of diffusing.