

A **SAMPLE** of several pages from:

**AROMATHERAPY RECIPES**  
using Pure Essential oils  
Volume 1

By  
Penny Keay  
2008, 2012



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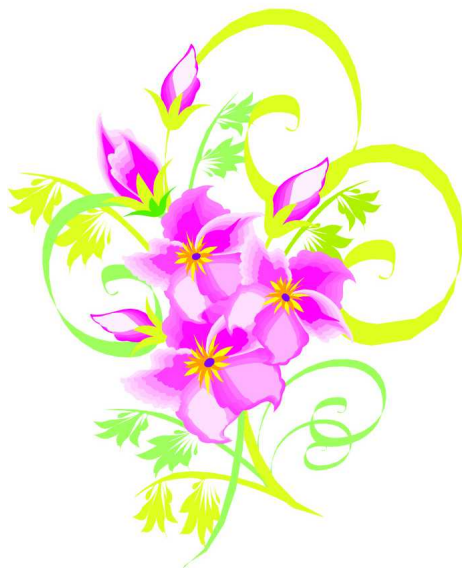
## Acknowledgement and Thanks

A Thank you to everyone interested in Aromatherapy. As I helped you, many of these recipes were a result of helping those that asked for recipes and blends for specific health concerns.

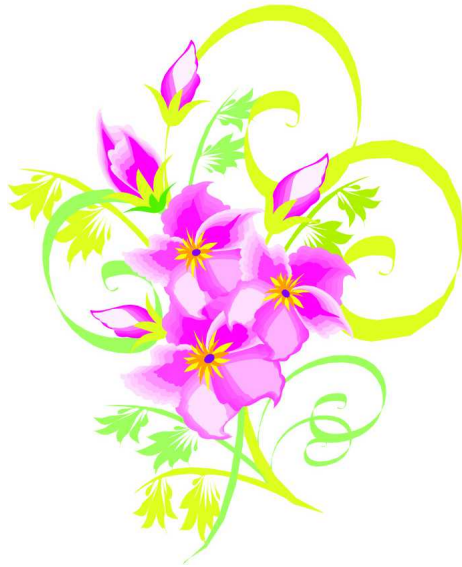
A Special Thank you to my husband, Alan, for sparking an interest in Aromatherapy and the study of essential oils in both of us.

An Extra Special Thank you to Jaylene, who without the many hours of typing, design and layout this book would not have been possible.

Thank you Everyone,  
Penny



**AROMATHERAPY RECIPES**  
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**DISCLAIMER:**

The information and recipes in this book when used in conjunction with a known health concern are not to be used without the diagnosis and knowledge of your Health Care Practitioner.

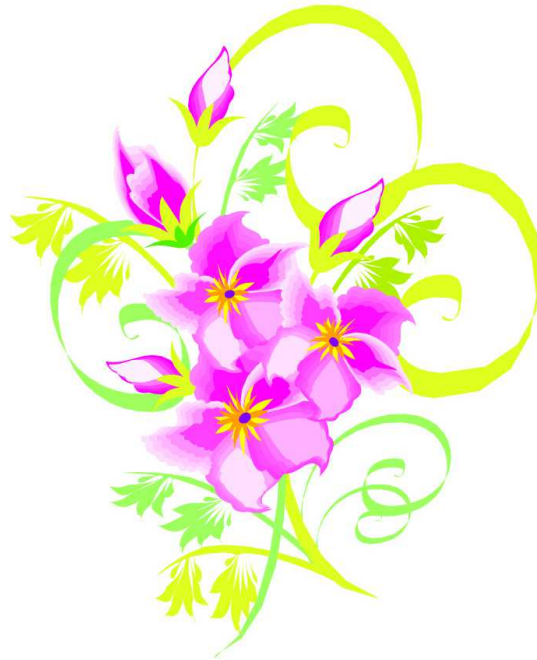
All recommendations, suggestions and recipes within are believed to be effective. Because everyone is an individual and will respond differently to the use of essential oils, there is no guarantee as to the effectiveness or effects they will have on their use. No liability is taken for the implementation of the use of essential oils for any given person or persons.

The author has no control of the use of essential oils by others.

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**Part ONE**  
**Introduction**  
**To**  
**Aromatherapy**



# Introduction to Aromatherapy

## What is Aromatherapy?

**Aromatherapy** means the study and use of scents as used in a **therapeutic** manner.

The more detailed definition is the skilled and controlled use of **essential oils** for emotional and physical health and well-being.

The practice of aromatherapy goes beyond smell, though. It involves "pure" essential oils and treatments many believe have a chemical effect on the body.

They can be applied with massage, in the bath or diffused into the air. They can be used in massage oils, lotions, hair care and many other applications.

Aromatherapy is a system of enabling the body to help heal itself by providing basic chemical constituents of the plants that the body may be missing or possibly out of balance.



## What are essential oils?

Essential oils are the aromatic, subtle, volatile liquids that are distilled and extracted from plants and their parts: Flowers, Leaves, Berries, Seeds, Nuts, Roots, Bark, Twigs, Gums, Resins and Peels

An ancient process, essential oil distillation is a delicate and precise art that had almost been forgotten. Some oils are extracted by cold pressing such as the citrus oils. Others are extracted using carbon dioxide or other solvents.

Science is just now re-discovering the incredible healing power of essential oils, which some say are the life blood of the plant kingdom. Science and medicine are now beginning to acknowledge their value in physical and mental health care.

Most Essential oils have: Immune stimulating, Anti-viral, Anti-infectious, Anti-bacterial, Anti-microbial, Anti-septic, Anti-tumoral, Anti-fungal, and Anti-parasitic properties.

They can be Stimulating, Uplifting, Relaxing, Calming. They can help with Memory, Focusing, Mental alertness.

## Alternative or Complimentary?

Although listed as an Alternative Health modality, most aromatherapists prefer to call it Complimentary Health care.

Aromatherapy should not be used to replace your regular health care, but as an addition to compliment your health care program and support your well being.

Please be sure to keep your Health Care Provider informed when you choose to use Essential oils and Aromatherapy as part of your health care regimen.

## The Different Types of Aromatherapy

There are several ways to implement aromatherapy.

The kind this booklet is directed to is the practice of Holistic Therapeutic Aromatherapy. Holistic Aromatherapy involves looking at the body as a whole.

This means choosing the right essential oils to bring about the intended results for the physical and emotional well being of the persons seeking help.

Other types of Aromatherapy are practiced by Nursing Staff and Medical doctors, Esthetics, Psychological, Spirituality (essential oils are used throughout the world in religious and other ritual ceremonies) and for use with Animals.

But no matter what category of aromatherapy is practiced - they all use essential oils. And many of these types are interlinked with one another.

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### FUN FACTS

Did you know that it takes almost 2000 lbs – yep 1 ton of rose petals to make 1 pound (just about 2 cups) of Rose Otto – the essential oil of Rosa damascena? That's one big field of flowers!! In contrast, it only takes a few 100 pounds of Eucalyptus leaves to make several pounds of eucalyptus oil. (In production – essential oils are sold by the kilogram or pound).

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### ESSENTIAL OIL SAFETY

This is a very important aspect of aromatherapy. Essential oils are very potent and highly concentrated chemicals extracted from plants by distillation.

One needs to remember that only a drop or two of essential oils are needed in most applications.



Some essential oils are more mild (Lavender) while others are extremely strong (Peppermint, Thyme and Oregano) when applied to the skin and also when inhaled. But just because an essential oil may have a light smell doesn't mean it won't have strong properties for emotional and health reasons.

Any essential oil can be a potential poison and so caution needs to be used around children, pets and the elderly. When using recipes for children and the elderly, cut the essential oil amounts in half but always use the normal amount of carrier oils in massage, lotion or other applications. And then when applied, use only small amounts on children and the elderly.

Please keep all essential oils out of the reach of children! And we don't mean just toddlers. Unless your teenager has been properly instructed, they too, should be using essential oils with adult supervision.

Some other major concerns are sensitization and skin irritations. A simple way to check to see if you have sensitive skin to any oil, you can test a small amount of essential oil (a drop diluted with carrier oil) on the inner arm (near the elbow). Observe for 24 hours, if no reaction, then you can proceed using on a routine basis. Of course, if at any time while using essential oils you see or feel an unpleasant reaction, discontinue use.

Any cold pressed or expressed citrus oil can cause a photo sensitivity reaction to occur. If applied to the skin and then exposed to sunlight or UV light such as in tanning salons, discoloration and burn can occur. Avoid using citrus essential oils or blends for several hours prior to exposure to either of these.

Or use essential oils that have been steam distilled. In the case of Bergamot, use Bergamot FCF (Furo-coumarin Free) as this extraction of Bergamot is safe to use on skin should it be exposed to sunlight or UV rays.

What about using essential oils during pregnancy? Since most essential oils are found in everyday products like toothpaste, foods,

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## **BLENDING AND MEASURING**

When blending your essential oils remember to measure carefully. Most of the time you will be measuring drops of essential oils.

Almost all recipes are given by numbers of drops that are added. Many recipes are proportional - meaning that if a recipe calls for 5

drops of this oil, 3 drops of that oil, you can always mix 5 ml of this oil and 3 ml of that oil.

If you are trying to mix your essential oils with a water based product or in water. You may need to first mix it with an Emulsifier.

An emulsifier is anything that will allow you to mix oil and water. Common products are coconut emulsifier, perfumers alcohol, Polysorbate 20, 60 or 80, turkey red castor oil to name a few. This will help the essential oils to blend with your water based products.

When mixing essential oils with carrier oils for use in massage you should never make a stronger blend than 2-3%.

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### MEASURING AND CONVERTING TO COMMON AMOUNTS

Blending essential oils and creating new scents can be fun. Writing down your measurements and quantities so you can use the same formulation again can be confusing.

So here are some common measurements to help guide you.

1 mL (milliliter) is equivalent to 20 –25 drops,

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### SUPPLIES FOR BLENDING

A good selection of the following items will make your blending experience more enjoyable. Buying equipment and supplies you use just for your aromatherapy blending and storing them together makes it much easier for you to have fun and be creative.

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### HELPFUL LIST of INGREDIENTS for use with this BOOK

(Essential oils will be listed on another page)

Now that you have read a little about aromatherapy you will want to experiment making some blends. Or maybe you have a health ailment you would like to help with a little massage.

Here is a list of ingredients used in this book. Always feel free to experiment with different carrier oils, lotions, creams, shampoos etc. Your imagination and creativity are limited only by your own self.

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## **CLEANING YOUR GLASSWARE**

After a busy day of blending or if you wish to reuse your essential oil bottles you will need to clean them thoroughly.

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## **Essential Oil and Their Recipes have more than one use. Yes, Really They Do!**

Mother Nature is so versatile and the plants and animals she provides us with have so many uses.

Just think about a tree for example. It can be used to build a home or furniture or eating utensils. It can be used for fuel to heat homes and businesses. And if left in it's natural state can provide shade in the summer and not to mention how lovely it looks in your yard or the forest. Not to mention the flowers, leaves, twigs, bark and roots might be used to make those wonderful essential oils!

Essential oils are no different. They have many different properties or uses. All are germicidal to varying degrees whether it be for viruses, bacteria or fungi.

Then they each possess a large variety of physical, emotional and spiritual properties. This helps them to be used in so many different applications.

So when you are looking for a recipe for a problem whether it be a illness or ailment, Be sure to use a good reference book that lists the various properties of essential oils too.

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Have fun, enjoy and most of all be creative!

## PART TWO

### The Recipes Using Pure Essential oils & Absolutes



## Diffusion Blends and Sprays

### Happiness Blend

Orange 19 drops  
Geranium 5 drops  
Clove 1 drop  
Cinnamon 1 drop  
Rose Otto 1 drop  
Blend all and diffuse. Or if you chose, place 5 drops into the bath.

### Anxiety Diffuser Blend

Clary Sage 15 drops  
Bergamot 10 drops  
Geranium 10 drops  
Chamomile 8 drops  
Marjoram 8 drops  
Ylang-ylang 5 drops

Blend the above essential oils in a glass bottle. Add some to a diffuser or smell from a drop applied to a cotton ball.

### Penny's Favorite Blend

Grapefruit 10-15 drops  
Spearmint 5-10 drops

This blend will often times smell like one of the Wrigley's chewing gums and is a very pleasant scent to use in any home or office. It is wonderful to stimulate and give you the pick me up you will need in the afternoon or any time of the day.

### Enlivening Blend

Sweet Almond Oil 60 ml  
Rosemary 10 drops  
Peppermint 6 drops  
Geranium 4 drops  
Lemon 3 drops  
Mix the essential oils, then add the carrier oil and mix well. Apply after or during a bath. This is an excellent blend for those experiencing Jet Lag.  
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### Serenity Blend

Sandalwood 20 drops  
Jasmine 10 drops  
Lavender 10 drops  
Rosewood 10 drops  
Roman Chamomile 5 drops  
Neroli 5 drops

Blend all in an glass bottle. Then diffuse in any personal or room diffuser.

### Energize Me

Lavender 8 drops  
Lemon 2 drops  
Orange 6 drops  
Rosemary 4 drops



Blend these well in an glass bottle. Then diffuse in the air as needed, or use in a personal inhaler.

### Fatigue Help

Spruce Needle 5 drops  
Cedarwood 2 drops  
Peppermint 1 drop

Mix the above together and use in a personal inhaler.

### Concentration Blend

Lemon 20 drops  
Basil 6 drops  
Rosemary 2 drops

Mix oils, then diffuse into the air.

### Concentration Blend #2

Orange 20 drops  
Basil 10 drops  
Rosemary 5 drops

Mix in an glass bottle. Then diffuse in any diffuser or smell directly from a personal inhaler

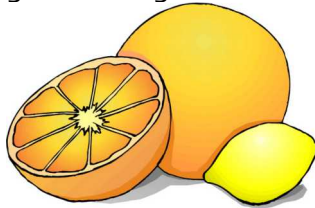
## Diffusion Blends and Sprays

### Entertaining Diffuser Blend

Bergamot 3 drops  
Geranium 2 drops  
Lavender 3 drops

Use the above essential oils blend in a Scentball diffuser, tea light diffuser or a fan diffuser while entertaining.

This blend gives a wonderful atmosphere when friends are gathered together.



### Citrus Scent For Any room

Lemon 10 drops  
Lime 5 drops  
Tangerine 4 drops  
Mandarin 3 drops  
Patchouli 3 drops

Blend all in an glass bottle, then use in any room diffuser of your choice. Tea light or electric warmers are ideal for this room scent.

### Citrus Air Freshener

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.

### Citrus Room Freshener

Orange 50 drops  
Lemon 35 drops  
Grapefruit 20 drops  
Spearmint 20 drops  
Sandalwood 15 drops  
Emulsifier 1/2 teaspoon  
Distilled Water 8 ounces  
8oz PET plastic bottle with spray

Blend essential oils well in PET plastic bottle then add 1/2 teaspoon emulsifier. Mix thoroughly. Then add the distilled water and shake well. Spray around the room.

Keep unused spray in the refrigerator for future use! This room freshener can be used for any time. Light refreshing and a little sweet.

### Citrus-Mint Body Spray

Orange 10 drops  
Mandarin 10 drops  
Lemon 6 drops  
Grapefruit 6 drops  
Peppermint 5 drops

Blend essential oils together in an glass bottle. Next in an 8 ounce PET bottle put 2mls of emulsifier then add the essential oils. Shake very well.

Then add 2 ounces of white vinegar and shake well. Fill the rest of the bottle with distilled water. Shake well before use.

Splash this on after your shower. It is very invigorating and should help energize you throughout your day.

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## Massage Blends

### Tense Neck Muscles

Lavender 8 drops  
Lemon 4 drops  
Peppermint 3 drops  
Carrier oil of your choice 1 ounce

Sweet Almond and Sunflower are wonderful for this blend.

Mix together in a plastic PET bottle. Massage as needed on the sore and tense neck muscles.

### Aches And Pains Rub

Sweet Almond oil 1 tablespoon  
Oregano 3 drops  
Peppermint 4 drops  
Cedarwood 2 drops  
Lavender 2 drops

Add essential oils to 1 tablespoon almond oil. Stir or shake well.

Massage into and rub out the aches and pains.

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### Your Next Relaxing Massage

Orange 4 drops  
Anise 3 drops  
Cedarwood 3 drops  
Neroli 3 drops  
Roman Chamomile 2 drops  
Sunflower oil 1 tablespoon

Blend essential oils together and add to sunflower oil, use for a relaxing massage.

## Massage Blends

### After a Hectic and Crazy Day Massage

Anise 6 drops  
Nutmeg 6 drops  
Rose Otto 1 drop  
Carrier oil 60 mls

Massage into upper chest, back of neck, across shoulders and mid back. Use it to relieve stress and is calming.

### No Time For A Soak Massage Lotion?

Try the following blend mixed in lotion or a light carrier oil such as Sunflower.

Lavender 12 drops  
Cypress 5 drops  
Lemongrass 4 drops  
Grapefruit 4 drops

Mix in 2 tablespoons lotion or oil. Apply a small amount to you legs and massage with strokes going towards your heart.

This will encourage proper blood drainage and will help to decrease swelling.

You can use this daily. Lotions will absorb more readily and make dressing easier after applying.

### Muscle Relaxer Massage

Niaouli 20 drops  
Lavender 15 drops  
Black Pepper 12 drops  
Pine 12 drops  
Sunflower oil 2 ounces

Mix essential oils in a PET bottle then add carrier oil. Warm slightly and use for massage.

### Penetrating Pain Relieving Massage Oil

Peppermint 5 drops  
Allspice 5 drops  
Marjoram 5 drops  
Apricot oil 1 tablespoon

Blend all in a PET bottle , shake well. Massage into those painful spots.

### Quick Relief Massage

Ginger 5 drops  
Bay Laurel 5 drops  
Marjoram 5 drops  
Sunflower oil 1 tablespoon

Blend all together and use for massaging that back ache.

### Relief For Tired Muscles

Spearmint 10 drops  
Pine needle 6 drops  
Ginger 4 drops  
Black Pepper 4 drops  
Sweet Almond 1 ounce

Blend well in a PET bottle. Shake well before using. Massage just a few drops into sore, tired muscles.

This may be a very warming massage blend.



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## Room Disinfection and Sanitizers Blends

### Forest Scented Room Disinfecting Freshener

Pine Needle 50 drops  
Cinnamon 25 drops  
Juniper berry 20 drops  
Clove Bud 10 drops  
Distilled water 4 ounces

Add the essential oils to the bottle of distilled water. Shake well, spray around room as necessary.

### Mop Bucket Blend

Lemongrass 20 drops  
Spruce 10 drops  
Pine needle 10 drops  
Cedarwood 5 drops  
Patchouli 5 drops

Blend these together then add to your mop bucket. This blend is great for getting rid of foul odors. When finished mopping, don't forget to let this run into your floor drain.

### Eliminate Odors In A Musty Basement Spray/Diffuser Blend

Spruce needle 50 drops  
Eucalyptus 50 drops  
Bay Rum 20 drops  
Tea Tree 20 drops  
Lime 10 drops  
Lavender 10 drops  
Cedarwood 10 drops  
Emulsifier 10ml

Blend the above in an glass bottle, Pour into your spray bottle and add 4 ounces of water.

Shake well and spray onto any surface in your basement that appears to be growing the unwanted smell.

Spray some around the room too.

As an alternative you can use just the essential oils (omit the emulsifier and water) this blend in any fan type diffuser.

Diffuse constantly for several days. Remember to keep adding more essential oils as they will be used up quickly in very smelly basements.

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## Romance Blends

### For A Romantic Dinner

Black Pepper 2 drops  
Grapefruit 2 drops  
Jasmine 2 drops

Use the above blend in your tea light diffuser, it will set the evenings atmosphere for what lies ahead!

### Loving Massage For A Romantic Evening For Two

Cedarwood 5 drops  
Jasmine 3 drops  
Orange 3 drops  
Ylang-Ylang 1 drop  
Rose 1 drop  
Sunflower oil 2 ounces

Blend together and enjoy as you give each other a loving massage.

### Romantic Encounters For You

Ylang-ylang 8 drops  
Jasmine 8 drops  
Bergamot FCF 8 drops  
Massage Lotion 2 ounces

Blend essential oils in an glass bottle. Then blend in the 2 ounces of massage lotion.

Simply enjoy as you give each other a massage.



### Sensuality Bath/Massage Blend

Rose 2 drops  
Ylang-ylang 2 drops  
Jasmine 1 drop  
Neroli 1 drop  
Clary Sage 2 drops  
Sandalwood 2 drops

Fill the tub with warm water. Swirl water add the essential oils. Close the door for 5 minute and let the oils permeate the room.

Light a few candles, play some soft music. Enjoy a wonderful bath together.

You can mix the above essential oils in 1 ounce of carrier oil for a sensual massage.

### The Sensual Bath

Sandalwood 3 drops  
Rosewood 2 drops  
Ylang-ylang 2 drops  
Patchouli 1 drop  
Neroli 1 drop

Fill the tub with warm water Swirl water and add the essential oils. Close the door for 5 minutes and let the oils permeate the room.

Light a few candles, play some soft music. Enjoy a wonderful bath together.

### Sensuous Massage

Jasmine 5 drops  
Mandarin 5 drops  
Frankincense 5 drops  
Sandalwood 5 drops  
Apricot oil 2 ounces

Blend well and enjoy with a friend.

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## Respiratory Blends

### Inhalation For Chest Colds And Coughs

Cinnamon 6 drops  
Rosemary 6 drops  
Pine 6 drops  
Thyme 3 drops

Blend these oils together then use 4-5 drops in bowl of hot water. Inhale.

### Breathing Rub Useful For Asthma And Bronchitis

Joboba 1 ounce  
Eucalyptus 3 drops  
Pine Needle 3 drops  
Tea Tree 3 drop  
Frankincense 2 drops  
Myrrh 2 drops  
Thyme 2 drops

Blend all oils in a 2 ounce PET plastic bottle. Rub on chest and mid-back as needed.

You can also mix just the essential oils (eliminate the joboba) and inhale this blend from a personal inhaler or use in a diffuser.

### For The Flu, Sinusitis, Bronchitis

Eucalyptus 30 drops  
Lavender 15 drops  
Pine 12 drops  
Marjoram 6 drops  
Thyme 3 drops

Mix all oils in an glass bottle. Then place 6 drops in a bowl of hot water and breath in the steam for 5-10 minutes.



### Massage For Sinus Congestion

Eucalyptus 3 drops  
Peppermint 3 drops  
Rosemary 3 drops  
Sunflower 1 teaspoon

Blend essential oils well and add to the sunflower oil. Massage into your face around your eyes and onto your cheek bones.

Be very careful not to get too near your eyes as this will sting if it gets into the eyes.

Massaging your eyebrows and forehead will help to relieve the pressure associated with sinus congestion too.

### Bronchitis Chest Rub

Eucalyptus 12 drops  
Peppermint 5 drops  
Thyme 5 drops  
Sunflower oil 1 ounce

Mix well and gently rub on your chest and throat several times a day.

### Another Bronchitis Blend

Thyme linalool 10 drops  
Eucalyptus radiata 10 drops  
Niaouli 10 drops  
Myrtle 25 drops

Blend well and use in one of the following ways: Put about 5-10 drops in a bowl of steaming hot water and let the steam fill the air or place several drops on a tissue or use in a personal inhaler, or put 3-5 drops in a carrier oil and massage over the chest and back.

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## Holiday Blends

### Season's Greetings Blend

Pine 8 drops  
Lavender 3 drops  
Sandalwood 3 drops  
Frankincense 2 drops  
Nutmeg 1 drop  
Mandarin 1 drop

Blend all oils in an glass bottle and use in diffuser or place 5-6 drops on a cotton ball or add to your potpourri.

### Holiday Carpet Scent

Pine 15 drops  
Spruce 10 drops  
Spearmint 5 drops  
Peppermint 2 drops

Blend all the above essential oils, then add all to a Scentball pad. Take this pad and add to a jar with 1/2 cup baking soda in it. Shake well and let sit for a few hours. Then sprinkle on the carpet. Let sit for 1/2 hour if possible. Then vacuum.

This is a clean refreshing scent and you may want to just put it in a diffuser to enjoy it that way too.

### Sweet Holiday Dreams

Cedarwood 10 drops  
Roman Chamomile 5 drops  
Geranium 5 drops  
Mandarin 5 drops

Mix well and add a drop to each pillow about 30 minutes prior to retiring for the night.



### Holiday Mist Sprays

Clove Bud 40 drops  
Cinnamon 30 drops  
Ginger 30 drops  
Orange 20 drops  
Emulsifier 2 teaspoons

Blend essential oils with emulsifier. Mix with 4 ounces of pure distilled water, shake well and mist.

### Holiday Candy Scent

Peppermint 5 drops  
Grapefruit 5 drops  
Cinnamon 2 drops  
Anise 1 drop



Blend this mix then diffuse. It's great!

### Festive Blend

Spruce Needle 25 drops  
Peppermint 20 drops  
Anise 6 drops

Mix all oils together in a glass bottle. Use 3-4 drops in any diffuser as desired.

### Festive Blend 2

Peppermint 35 drops  
Frankincense 10 drops  
Rosemary 5 drops

Mix all oils together in an glass bottle. Use 3-4 drops in any diffuser as desired

### Simple Holiday Potpourri

Orange 10 drops  
Clove bud 2 drops  
Cinnamon 2 drops

Blend well and add a few drops to a diffuser or simmering pot.

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## Meditation and Relaxation Blends

### Meditation Blend #1

Frankincense 10 drops  
Sandalwood 6 drops  
Clary Sage 6 drops  
Myrrh 4 drops  
Clove Bud 2 drops  
Cistus 2 drops  
Rose Otto 2 drops

Blend oils in an glass bottle, shake well. Add 2-6 drops to your diffuser for use while meditating.

The oils in this blend are very soothing and relaxing.

If you have a large room, you may need to use more oils in the diffuser.

### Meditation Blend #2

Neroli 10 drops  
Lemon 10 drops  
Sandalwood 5 drops  
Ylang-ylang 3 drops  
Frankincense 3 drops  
Myrrh 1 drop

Blend all together in an glass bottle. Then diffuse 5 drops in the room you are sitting in.

Add more oils if needed depending on the size of your room. Breath deeply, relax and enjoy while you meditate or just sit and relax.



### Meditation Blend #3

Lemon 15 drops  
Lavender 5 drops  
Juniper 5 drops  
Geranium 5 drops  
Frankincense 3 drops

Blend together, diffuse using any diffuser. It best to start with only 5-6 drops, more can always be added to your diffuser.

### Relaxation Blend #1

Lemon 4 drops  
Clary Sage 2 drops  
Vetiver 1 drop

Simply add these drops to your diffuser and enjoy for the evening (or whenever you want to relax.)

### Relaxation Blend #2

Mandarin 8 drops  
Neroli 3 drops  
Ylang-ylang 3 drops

Blend well and diffuse.

### Relaxation Blend #3

Bergamot 10 drops  
Rose Otto 2 drops  
Roman Chamomile 3 drops

Blend well and diffuse

The above three recipes can be added to 2 ounces of distilled water, shake well and use in a spray bottle for a room freshener.

Or add to a warm tub of water for a nice relaxing bath.

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## First Aid Blends and Diaper Rash

### Simple First Aid Wash

Simply put several drops of Lavender essential oil in a small basin of tepid water.

If the body part that needs cleaning is easy to submerge, simply swish around in the water for a few minutes.

If the body part cannot be submerged, then use a wash cloth and gently wipe over the area.

The natural antiseptic properties of Lavender will help fight any infection and its analgesic property will help with any pain or discomfort.

Use this wash for scrapes, bug bites, and any other bump or bruise.

### Bacterial Skin Irritations

Geranium 5 drops  
Lavender 4 drops  
Bergamot FCF 3 drops  
Almond or Sunflower oil 1 ounce

Clean and dry the affected areas well, apply a blend of the above mixture.

Apply morning and night until healed. If no improvement after a day or two, you may need to seek medical attention



### Diaper Rash Powder

Lavender 5 drops  
Cornstarch 2 tablespoons

Place the Lavender on a small piece of cloth or cotton ball and place in a small jar of cornstarch. Shake well and let blend for 24 hours.

Use this as needed at each diaper change. Do not shake this on. Use a small cloth or tissue to lightly rub on the diaper area.

### Diaper Rash Oil

Lavender 10 drops  
Roman Chamomile 1 drop  
Sweet Almond 2 ounces

Blend well and apply a light amount on the babies' bottom.



### Diaper Rash Cream

Lavender 9 drops  
Roman Chamomile 6 drops  
Tea Tree 2 drops  
Rose Otto 1 drop  
Sorbolene Cream 4 ounces  
Apricot oil 1 1/2 ounces

Blend the above ingredients together well and use a small amount between each diaper change or after bath time.

**AND MUCH MORE in the full Book**

## Athletes Foot Blends

### Athlete's Foot Bath

Tea Tree 5 drops  
Patchouli 4 drops  
Myrrh 2 drops

Soak your feet in a small tub, where you have added the above oils. Let your feet soak for about 15 minutes. Dry your feet well.

### Foot Deodorizing Powder

Sage 2 drops  
Coriander 2 drops  
Spearmint 2 drops  
Talc Powder 2 ounces  
Baking soda 1 tablespoon

Open the bottle of Talc Powder and add the baking soda. Shake well.

Then add the drops of essential oils to a cotton ball and drop inside the talc/baking soda bottle.

Shake well and let sit for a couple days before using. Apply to your feet and inside your shoes.

### Athlete's Foot Powder

Talc Powder 1 ounce  
Lavender 15 drops  
Peppermint 5 drops

Add drops to a cotton pad and drop into the talc powder bottle. Shake well, several times over the next 24 hours.

The powder will be ready to use. Sprinkle on feet and between toes after bathing.

Dry between the toes well. before applying powder.

### Simple Foot Powder

Rosemary 5 drops  
Tagetes 2 drops  
Thyme 2 drops  
Talc 5 ounces (by weight)

Shake well, let sit for 24 hours, shake again then use daily on your feet.

Dust on feet after showering, don't forget to spread your toes

### Just So You Know!

Fungal Infections– which is what Athletes foot is, can take several weeks to be controlled.

Using any essential oils blends consistently for several weeks to eliminate the fungal infection.

### Alternate Blend For Fungus

Palmarosa 20 drops  
Eucalyptus globulus 20 drops  
Thyme 20 drops  
Tea Tree 20 drops  
Carrier oil 4 ounce

Blend well and apply 2-4 times a day for 10-14 days.

Discontinue after that if no improvement



**AND MUCH, MUCH, MUCH MORE in the full Book**

# PART THREE

## The Index

The complete list is in the full Book



Aromatherapy Recipes using Pure Essential oils will provide the beginner to those advanced in the art of blending essential oils many new recipe blends to try.

A wide arrangement and variety of recipes ranging from just two to three oils being blended to several oils. Recipes for use in room sprays, diffusers, baths, massage oils and body lotions.

Recipes for your whole family.  
Adults, children and babies, even a few for your dog!

Cleaning your house, uses in the garden, for the aches and pains, bumps and bruises, coughs and sneezes. There are a few for a night of romance. The list of recipes that can be used on many occasions when you are entertaining or have company.

So enjoy using these wonderful gifts from nature.

Use essential oils safely and confidently when you follow these simple to blend aromatherapy recipes.

Have fun and enjoy! Penny

