

Aromatherapy



<http://www.sacredspiral.com>

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To ease stress, mix:

2 drops bergamot (bergaptene-free)
2 drops clary sage
3 drops lavender
1/2 ounce carrier oil
Massage: full body

Bath for tension

5 drops lavender
5 drops tangerine
3 drops geranium
3 drops chamomile

Dreamland bath blend for better sleep

2 drops roman chamomile
4 drops lavender
5 drops geranium
3 drops sandalwood

Add half this blend to a bath or the whole
blend with 2oz. Sweet almond oil.

Sleep well bath

4 drops chamomile
2 drops each of
lavender
marjoram
sandalwood

Soothing Bath oil

1 oz. Turkey red oil
4 drops lavender
6 drops tangerine 2 drops marjoram
Add half of blend to bath.

Ahhh Bath

1 drop lavender
2 drops each of
geranium
ylang ylang
patchouli

Relaxing Bath Oil

1 TB sweet almond carrier oil
2 drops german chamomile
3 drops lavender
2 drops patchouli

Mix oils then add to carrier oil before pouring into
running water. Stir water before getting in.

Relaxing bath

4 drops chamomile

3 drops lavender

3 drops ylang ylang

Relaxing bath

6 drops lavender

2 drops mandarin

1 drop marjoram

*This is also good as a calming massage oil... add to 1 oz. Base oil.

Relaxing blend

2 drops each of

clary sage

ylang ylang

Extremely relaxing (sleep inducing blend)

10 drops lavender

5 drops marjoram

2 drops ylang ylang

Before bed blend

4 drops ylang ylang

10 drops lavender

3 drops petit grain

For coughs and colds, mix:

2 drops eucalyptus
2 drops frankincense
2 drops roman chamomile
1/2 ounce carrier oil
Massage: chest and back

For PMS and menstrual cramps, mix:

2 drops clary sage
2 drops geranium
2 drops sage
1/2 ounce carrier oil
Massage: abdomen

Water retention bath

6 drops each of
geranium
juniper
cypress

***Remember to read EO CAUTIONS on these oils.

Slimming bath

3 drops petitgrain
2 drops grapefruit
2 drops lavender

Toning bath for muscles and skin

4 drops lemongrass
4 drops lavender
1 drop juniper

Toning:

10 drops orange

6 drops thyme

6 drops rosemary

Kidney/urinary tract bath

5 drops bergamot

5 drops lavender

Add to lukewarm water. Squat and splash onto urethra area. Then soak 15 minutes.

For muscle fatigue, mix:

3 drops rosemary

2 drops sweet marjoram

1/2 ounce carrier oil

Massage affected area.

For constipation, mix:

4 drops cardamom

1/2 ounce carrier oil

Massage: abdomen clockwise

Invigorating bath:

3 drops ginger

3 drops rosemary

2 drops juniper berry

1 cup whole milk

Draw a warm bath and climb in. Add the milk, followed by the oils, stir and enjoy. Note: this bath is recommended for the morning, not the evening.

Stimulating bath

4 drops peppermint

Add to bath and soak for 20 minutes.

Rejuvenating bath

4 drops lavender

3 drops peppermint

Rise and shine bath

2 drops bergamot

3 drops orange

3 drops lemon

1 drop peppermint

Mix well and add to bath.

Self confidence bath

4 drops ylang ylang

4 drops marjoram

3 drops jasmine

Optimism bath

2 drops neroli

8 drops grapefruit

*Can also use this in a diffuser.

Depression:

Blend:

12 drops geranium

3 drops lavender

7 drops bergamot

Dilute with 1 teaspoon vegetable oil or warm water.

Use as massage, in burner, or in bath.

Exotic bath

10 drops sandalwood

5 drops orange

Foot Soak:

For tired feet:

8 cups lukewarm water in foot bath

4 drops peppermint

1 cup whole milk

Compress For headaches:

1 drop sweet marjoram

1 drop peppermint

2 drops lavender

cold compress (wet washcloth or towel)

Keep eyes closed and put compress over forehead and eyes.

Headache:

Blend:

3 drops lavender

1 drop peppermint.

Dilute with 1 drop vegetable oil and massage
on temples and/or base of skull.

Mental confusion bath

6 drops each of

Melissa

lemon

4 drops bergamot

2 drops each of

lemongrass

lavender

Add to bath and soak 15 minutes.

Mental confusion 2

4 drops rosewood

4 drops patchouli

Add to bath and soak 15 minutes.

Creativity:

Blend:

3 drops rosemary

2 drops coriander

3 drops cypress

5 drops lemon

Dilute with 25 ml water and use in burner.

For the students, Memory:

Blend:

- 4 drops basil
 - 12 drops lavender
 - 7 drops geranium
 - 2 drops rosemary
- Purifying bath
- 2 drops lemon
 - 3 drops peppermint
 - 5 drops juniper

*Can add to sea salt if you wish. 1/2 c. Salt and 1/4 c. Borax

Purifying bath:

- 10 drops lemon
- 7 drops cypress
- 6 drops juniper
- 4 drops oregano

Steam Inhalation

For coughs and colds:

- 4 cups boiling water
- 2 drops ravensara
- 1 drop frankincense

Add oils to boiling water in a bowl. Drape a towel over your head, close your eyes, and lower your face toward the bowl. The towel shouldn't touch the water but should touch the edges of the bowl, trapping the steam so that you get the full benefit of the fumes rising from the boiling water.

Breathe the essential oil-laced fumes for about ten minutes.

Repeat the procedure later in the day.

Allergy/cold/flu bath

5 drops eucalyptus

5 drops peppermint

4 drops lavender

*If chest is congested add 7 drops thyme

Use in bath, diffuser or humidifier.

Antibacterial bath

3 drops tea tree

2 drops eucalyptus

2 drops thyme

1 drop lemon

2 drops manuka

Antiviral bath

3 drops each

tea tree

eucalyptus

lavender

1 drop thyme

Bath for sunburn

8-10 drops of lavender
* cup apple cider vinegar
1/4 cup castor oil

Bath for Normal Skin:

5 drops neroli
10 drops lavender
5 drops geranium
3 drops frankincense
5 drops jasmine

Alternative oils: rose, sandalwood, ylang ylang

Bath for Dry Skin:

10 drops rose
5 drops German chamomile
10 drops lavender
5 drops patchouli

Alternative oils: petit grain, geranium

Dry Skin bath

4 drops chamomile

4 drops geranium

2 drops patchouli

Bath for Oily Skin:

10 drops lemongrass

8 drops cypress

8 drops jasmine

5 drops neroli

Alternative oils: clary sage, orange, bergamot

Deoderising bath

4 drops lavender

2 drops each

eucalyptus

tea tree

peppermint

Magickal Oils

Astral Travel Oil

3 Drops Sandalwood oil
1 Drop Ylang Ylang
1 Drop Cinnamon

Anoint stomach, wrists, base of neck and forehead,
(pulse points, energy meridians), lie down and commence visualizations.

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Healing Oil

In 1/2 oz of base oil(jojoba, almond, grapeseed,etc.)

5 drops Lavender oil
5 drops Camphor oil
5 drops Eucalyptus oil
5 drops Orange oil
3 drops Rosemary oil
2 drops Pine oil
4 drops Sandalwood oil

Love Oil

15 parts dilute Rose Otto (3 percent rose otto absolute in a jojoba oil base)

15 parts dilute Jasmine (3 percent jasmine absolute in a jojoba oil base)

2 parts Lavender Oil

Add a 1-inch piece of vanilla bean and a little sprig of Yarrow to the bottle.

Love Oil

Add to 1/4 of base oil

7 drops Rose oil

4 Drops Jasmine oil

4 Drops Patchouli oil

7 Drops Dragon's Blood resin oil

3 Rose quartz chips or a small rose quartz

1 Pink rose bud

Happiness oil

7 drops basil oil

5 drops orange oil

1 drop patchouli oil

3 drops rose oil

1 drop rosemary oil

A Citrine stone

Heart healing oil

Jasmine oil

Ylang Ylang oil

Dragon's blood resin oil

1 rose quartz chip

1 Malachite chip

Passion Oil

9 Drops Patchouli oil
5 Drops Ylang-Ylang Oil
1 Garnet Chip
1 red rose bud

General Anointing Oil

5 parts Frankincense
5 parts Cedarwood
4 parts Sandalwood
2 parts Myrrh

Add a tiny Amethyst crystal to the bottle

Consecration Oil

1/2 dram frankincense oil
1/2 dram Myrrh oil
3 drops Cinnamon oil
A bay leaf

Goddess oil

Lemon oil
Jasmine oil
Camphor oil
A small moonstone
Sea salt

Isis Oil

5 drops Camphor Oil
7 Drops Hyacinth Oil
7 Drops Rose Oil
9 Drops Myrrh Oil
1 Myrrh nugget

Dana Oil

In a 1 dram of Sweet almond base oil
1/2 Dram Dragon's Blood Oil
1/2 Dram Vervain oil
3 rose petals
1 small quartz

Cerridwen Oil

In a base of Hazelnut oil
1/2 Elder Oil
1/8 dram pine oil
1 snowflake Obsidian Chip
1 hazelnut
Elder flowers

Full Moon Oil

6 parts dilute Jasmine (3 percent jasmine absolute in a jojoba oil base)
3 parts dilute Rose Otto (3 percent rose otto absolute in a jojoba oil base)
3 parts Sandalwood
3 parts Lemon
Add a moonstone to the bottle

Prosperity oil

7 Drops Cinnamon oil
3 Drops Wintergreen oil
Cinnamon stick
Malachite Chip
Fool's Gold or Gold glitter

Money Oil

7 parts Patchouli
5 parts Cedarwood
1 part Basil
1 part Clove
Add a length of cinnamon stick, and a tiger's eye, or a bloodstone or green aventurine, to the bottle.

Spring and Summer Oil

The inspiration for this oil came to me one very warm spring day. Anoint yourself and candles with it during Ostara, Beltane or Midsummer rituals - it's beautiful and connects you to your natural surroundings if you use blossoms from your own area. Make the oil at the beginning of spring. Go for a walk somewhere where there are flowering fruit trees. Collect blossoms from as many kinds of fruit tree as possible, preferably scented ones (apple, cherry, peach and apricot, etc). Fill a small bottle with the blossoms and cover with a light carrier oil such as almond. Leave in the sun until the oil has become impregnated with blossom scent, strain, but add one fresh spring blossom to the bottle.

Protection oil

5 Drops Clove oil
4 Drops Patchouli oil
5 drops Frankincense oil
A bit of Hyssop
1 star anise

Personal Power Oil

1 Dram Dragon's blood oil
1/2 Dram Frankincense oil
1 small quartz crystal
3 Frankincense tears
A bit of Ginger root
Some vervain
7 red carnation petals

Peace Oil

3 Drops of each in 1/2 oz. of base oil

Lavender oil

Rose oil

Orange oil

Basil oil

Positive Energy Oil

1/8 dram Dragon's Blood oil

1/8 dram Sandalwood oil

7 drops frankincense oil

A bit of Saffron

Vision Oil

4 Drops Lemongrass

2 Drops Bay

1 Drop Nutmeg

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Psychic oil

3 Drops Lemongrass

1 Drop Yarrow

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Protection from Psychic Attack Oil

Bergamot Oil

Dragon's blood oil

Rue oil

Frankincense oil

Piece of High John root

Household Oils

Air Freshener

Blend: 8 drops lime

4 drops geranium

2 drops sandalwood

Dilute 6-8 drops of blend with water and use in potpourri burner.

Alternative oils: lavender, lemon

Bathroom

Blend: 5 drops bergamot

10 drops lavender

5 drops thyme

10 drops lemon

Dilute with 2 cups water and use as a spray for surfaces.

Or dilute 6-8 drops with water and use in burner.

Alternative oils: citronella, sage, oregano

Bedroom

Blend: 4 drops rose

1 drop ylang ylang

2 drops clary sage

Dilute with water and use in burner.

Alternative oils: Roman chamomile, nutmeg

Carpet Cleaner

Blend: 3 drops lemon

1 drop clary sage

5 drops geranium

1 drop bergamot

Dilute with 6 T. borax and sprinkle of floor before vacuuming.

Alternative oils: lavender, grapefruit, lime

Dishwasher

Blend: 3 drops bergamot

2 drops lavender

2 drops orange

5 drops grapefruit

Add to one bottle of dishwashing liquid.

Disinfectant

Blend: 7 drops eucalyptus

10 drops lavender

4 drops lime

Dilute with 4 cups water and use as a spray or wipe.

Alternative oils: thyme, tea tree, rose

Kitchen

Blend: 3 drops lemon
2 drops bergamot
3 drops orange

Dilute with 2 cups water and use as a spray or wipe.

Alternative oils: rosemary, lime, eucalyptus

Living Room

Blend: 2 drops lavender
2 drops lemon
1 drop basil
6 drops grapefruit

Dilute with 3 cups water and use as a spray, or dilute with water and use in burner.

Alternative oils: lime, bergamot, clary sage

Shoe Fresh

Blend: 1 drop lemon
2 drops lavender
1 drop eucalyptus

Put on blotting paper or cotton balls and leave in shoes overnight.

Alternative oils: lemongrass, tea tree

When using the computer:

Blend:

5 drops cypress
4 drops bergamot
2 drops petit grain

Dilute with 25 ml water and use in potpourri burner.