

# Practical Potions

## An Aromatic E Course

### Unit 2G

### The Lamiaceae Family-

### Part Two



# Transformational Step

## Create A Fabulous Foot Bath

### Spearmint Tingle Foot Bath-

Fill a beautiful, large basin with warm water.

Add 4 drops spearmint essential oil. Stir well into the water.

Find a fluffy towel and put on some uplifting music.

Soak your feet for 5-15 minutes. This foot bath is stimulating, rather than relaxing, so best used to refresh your feet, during the day.

Do not use on children under 3, nor if you are pregnant or sensitive or allergic to spearmint.



## Exercise

### Make the foot bath.

What do you like about this recipe?

Is there any way you would modify it?



## Warm Up - Foot Powder Inspiration from Essential Wholesale Labs

### Cayenne Foot Powder

Here is a foot powder to warm your heart and feet. Always tests for allergies and sensitivities before using.

#### Equipment List

- Glass mixing bowl
- Measuring cup
- Wooden spoon

#### Ingredients

- 1/4 cup kaolin clay
- 1/4 cup arrowroot powder
- 1/2 TSP cayenne powder
- 8 drops peppermint essential oil
- 5 drops tea tree essential oil
- 8 drops rosemary essential oil

#### Instructions:

1. Add all ingredients to your glass bowl.
2. Mix with a wooden spoon.

#### Storage and Use

1. Package powder in a powder sifter or jar.

Use as needed to keep feet dry and freshen up shoes and boots.

**Transformational Tip-  
Add a Few Drops of Rosemary Essential Oil  
Into Your Current Shampoo or Conditioner**



Rosemary is wonderful for the hair  
and commonly used in formulas that aid hair growth.

**Exercise:**

Add 6 drops of Rosemary officinalis to your current shampoo or hair conditioner. Shake well. Wash your hair and see what you think.

Is this a scent you like?

Did you use the right amount?

How does your hair react today....and over time?

# Thinking Cap

## A blend to enhance focused thought



Use in a diffuser or in an aromatic necklace.

8 drops spearmint essential oil

10 drops lemon essential oil

1 drop rosemary

1 drop basil

# Mosquito Be-Gone

## A mosquito repellent for those over the age of 6.

6 drops catnip essential oil

10 drops eucalyptus citriodora (*Corymbia citriodora*)

10 drops geranium.

Mix 5% essential oil into 95% carrier oil. Shake well. Apply when needed.



## Exercise:

**Fill out for as many members of this family, as you are able.**

### SCENT IMPRESSIONS SHEET

Oil Name:

Latin Name:

First Impression:

Second Impression:

What is most memorable about this oil's properties?

How might I use it in my life? (Practical Application)

Scent Description:

Reminds me of:

Makes me feel:

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