

Practical Potions

An Aromatic E Course

Unit 3B

The Lauraceae Family

Devas of Healing



Transformational Step

Ravintsara Chest Rub



95 mls coconut oil, (gently melted, until liquid)

5 mls Ravintsara (*Cinnamomum camphora*).

(If you would like to make a rub that is less vulnerable to becoming liquid, as coconut oil has a low melt point, you may use this for the base recipe instead).

To make a salve, combine one cup of carrier oil (almond, apricot, calendula) oil with one ounce of beeswax, in a small pot. Heat gently on a stovetop. Add essential oils, as the mix cools, but before it hardens. Pour into glass ointment jars. Let cool completely before putting on the lid.

Instead of using a commercial decongestant rub- give this one a try.

Scoop a little off with a sterile spoon. Apply to the chest, shoulders and back, when constricted with a cold or flu. Only wear flannel or absorbent, washable fabric, as it may stain. Relax and breathe deeply.

Cautions: Do not use on children under 6 or anyone with sensitivities to these oils. Always try a little first to ensure the reaction is not unpleasant. Do not use when pregnant.

Exercise

Create the body rub.

What do you like about it?

Is there anything you would like to change?

Exercise

Fill out Scent Impression Sheets for as many members of this family as you are able. Use the Scent Impressions Sheet that you downloaded from within the Unit 2E Guide.

For ease, you can also download another copy by [Clicking Here](#)

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