

Practical Potions An Aromatic E Course

Unit 4B The Geraniaceae Family Devas of Beauty



Transformational Step

Oils in this family are cellular regenerators, making them ideal for healing skin.

Exercise



Do you grow geraniums?

Name 3 types that grow in your area?

List 3 properties of geranium essential.

How might you use this oil?

Exercise

You choose what you create. You have learned to create bath milk, room sprays and pillow mists. What would you like to create with rose geranium? Choose what you would like to do, find the instructions and create.

What have you made?

Why did you make that choice?

Write up the recipe.

Give your recipe a name.

What do you like about it?

What might you do differently next time?



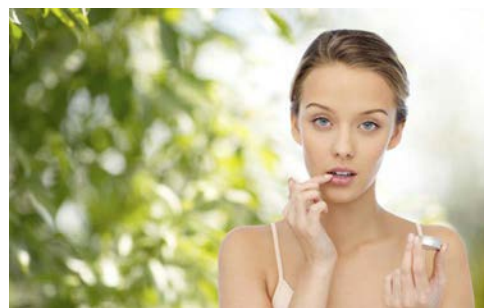
Transformational Step

Bridgid's Balm for Lips:

Adapted from Scents of Wonder- Aromatic Solutions for Health, Beauty and Pleasure.

We live in a dry climate and I find my lips become intolerably parched, as soon as the cold weather sets in. For me this makes lip balm a necessity. It is important to make the balm with edible ingredients, as it gets licked off. Celtic goddess Bridgid brings healing and poetry - both restorative balms for parched lips.

Bridgid is a triple goddess and she can show up in 3 forms, maiden, mother and crone. You have met her in your Practical Potions E-Course videos in her croning stage.



¼ cup, Cocoa Butter (2 oz. or 60 ml)

½ cup calendula oil (1 oz. or 30 ml) ⅛ cup Shea Butter (1 oz.- or 30ml)

1.5-2 oz. Beeswax or soya wax- or an amount that creates a hardening effect. This can depend on your room temperature and your preference. Drop your mix onto wax paper to test. Let it cool and decide if this is the consistency you want. Adjust accordingly.

20-30 drops essential oils- try rose geranium (1-1.5 mls)

Melt oils and beeswax on low heat.

Remove from heat, add essential oil and mix well.

Pour into sterile containers. Leave containers open until they are fairly hard. They are more likely to become granular if they have not set fully.

Fruit flavored essential oils, such as, tangerine, bergamot, orange, lemon or lime are tasty. You can mix these with geranium, or use them on their own. The fruit oils are fairly mild and you can use about 30 drops of them in this blend.

If you are making a lip balm for a special reason, such as cold sores; melissa and rose otto are helpful. For a less expensive version, lemon verbena, tea tree and niaouli may offer some anti-viral benefit.

*Note: Shea butter tends to get gritty, heating it for a bit longer- up to twenty minutes at 175 degrees Fahrenheit can help. Apply the lids only after the balm has fully cooled.

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](#)



Use this page to add your own notes.

