

Practical Potions An Aromatic E Course

Unit 3A

Massage, Bath and Shower Recipes



Transformational Step

Massage Blend- Healing Touch



Instructions- mix 1-5% essential oils with 95-99% vegetable oil. Use very dilute amounts of essential oil 0.05-1.0% on the face, or delicate skin.

Use more subtle amounts for children, (over 3 years of age) and with fragile people.

In most circumstances, do not use essential oils on children under 3.

Hydrosols, or floral waters, are a better choice for infants, or delicate individuals.

Always test for sensitivity or allergic reaction before application. If the mixture tests well, massage onto the skin. The body will absorb some of the oil, while the scent will drift up to the nose and affect the brain, via the olfactory bulb.

Exercise

Create massage blends for the following two cases, using the proportions and directions provided. Choose essential oils from the Lamiaceae family:

1. A 100 lb., frail, 84-year-old woman would like a blend to help her calm down and sleep better.

Essential oil(s)-

Carrier oil-

Proportions.



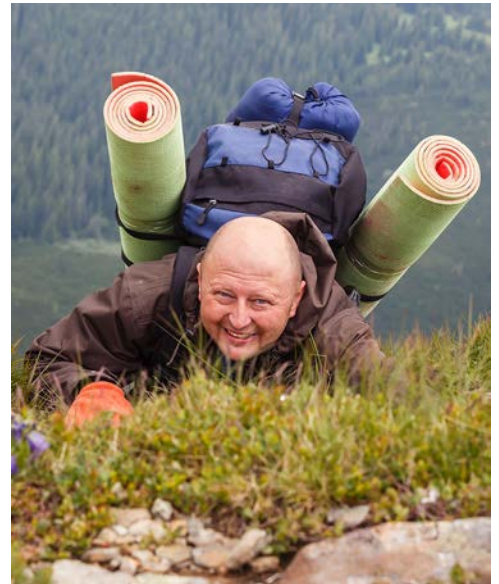
Justify why you chose the essential oils, carrier oil and proportions for your blend.

2. A 200 pound, 45-year-old male with no identified skin sensitivities or health issues would like a blend to help relieve his strained muscles. He over did it on a hiking expedition.

Essential oil(s)-

Carrier oil-

Proportions.



Justify why you chose the essential oils, carrier oil and proportions for your blend.

Baths—the Healing Waters



Baths are cleansing and relaxing. They also become therapeutic and spa-like with the addition of essential oils.

With essential oils, and a little cream, milk or vegetable oil, you can ditch your commercial bubble bath, and fragrances and can create your own home-spa.

Mix 1-5 drops of essential oil into milk, cream, Epsom salts, or vegetable oil and drop into the bath, after running the water. Stir vigorously to further distribute the oils.

If you use straight essential oils, in a bath you may risk burning yourself, as you merge into the tub.

The fruit and spice oils are particularly aggressive on delicate tissue, so use less rather than more, as you experiment with various concoctions.

Deep Sleep

4 drops Roman Chamomile essential oil

1 drop lemongrass essential oil

1 drop marjoram essential oil

Follow the instructions in the write up above for making your bath mixtures.



Pure Pleasure



4 drops ylang ylang essential oil

3 drops tangerine essential oil

1 drop patchouli essential oil

1 drop jasmine essential oil

Use the directions and cautions appropriate for baths.

For the Love of Roses

4 drops rose geranium essential oil

1 drop rose otto or rose absolute

Use the directions and cautions appropriate for baths.



Exercise

Create an aromatic bath with milk or cream and on another night make a bath with epsom salts.



Write down your recipes.

Write down the recipes from the Bath Video.

What did you like about the milk or cream bath?

What did you like about the Epsom salts bath?

What might you do differently next time?

What directions and cautions are necessary to create a safe bath blend?

Transformational Step

Liquid Luxury Soap for the Shower

Stimulating oils, such as rosemary and grapefruit help wake up energy, and are good for cooler, morning showers. Calming oils such as lavender and roman chamomile are useful for when you are winding down for sleep. Add about 12 drops of essential oil to 250 mls

of shower gel or liquid soap- (I like Dr. Bronner's) and shake. It is preferable to use a glass container to prevent the oils from leaching plastic. But, glass is always precarious in the shower, so choose non-shattering glass, in smaller, easy to grip containers, and hold on carefully.



Exercise

Make a soap for your shower with a medium of liquid soap. Add your essential oil.

Which essential oil have you chosen? What proportions have you used? Why?

Do you like what you have created?

What might you do differently?

Use this page to add your own notes.

