

The Practical Potions, Advanced, Journal





Practical Potions Advanced, Accompanying Journal

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Northern Star College

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We are excited to have you rejoin us on the Northern Star, Practical Potions 2, E-Course, Apprentice Ship Adventure!

So, you have heard the call of the spirit guide whisper about aromatic training. Following the Light of the Northern Star, you have come back to deepen your knowledge of aromatherapy.

On the Practical Potions 2, Apprentice Ship Adventure, you will have the opportunity to learn how to create more product for your home, make gifts and possibly even forge a part-time career.

You will renew your journey with the plant devas and learn about more essential oil families. You will learn how to increase your knowledge about cleaning, basic home healing and creating beauty products. You will also delve further into aromatic perfumery concepts. By going through the lessons and journal and doing all the assignments your knowledge level will increase, along with your sense of competency.

Train in the sacred and scientific art of aromatherapy and nurture both your intellect and intuition.

Welcome Back!

Laurie and Robert



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Practical Potions Accompanying Journal is your notebook, exercise book and journal. It is a place to solidify your knowledge and put your ideas into action.

If you take notes while watching videos you may wish to add them into the appropriate section in this journal. Always save after each use and to be extra safe you might consider creating a back-up copy.

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Practical Potions 2- An Aromatic E-Course

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Glossary of Terms

CAUTIONS: (1C)

Do not take essential oils internally. Oils such as eucalyptus and birch can be lethal if swallowed, even in small quantities. Do not let babies, children or pets near the oils, to prevent accidental ingestion. Do not use essential oils on babies. Tisserand and Young suggest peppermint, ravensara, and eucalyptus are not to be used with children under 10.

A good tip, is to instead use hydrosols, (steam distilled plant waters, on the very young or fragile, but never internally).

*Note the word infant, baby and children are all used as synonyms, in this course, rather than repeating them in each paragraph.



Store essential oils in a safe place. Ensure they are locked away from children, or those with limited mental capacity. Using essential oils with drip inserts, prevents essential oil from coming out quickly and makes it harder for accidents to happen. Pregnant women, especially in their first trimester should avoid essential oils. Do not use essential oils while breastfeeding. There are many potential toxins in the environment that effect pregnant women. Oils are one of many possible irritants.



Keep essential oils out of your eyes. If they do get in, apply a vegetable oil to the edge of a clean cloth and place this on the corner of your eye. This will attract the essential oil; and works better than washing the eye with water.



Do not apply essential oils directly onto skin without dilution. Patch test for sensitivity on the thin-skinned areas of your skin before doing a full body application. (Thin skin areas include: your wrists, inside of elbows behind the knees and under the ears, the same places you would apply fragrance).

If you suffer epileptic episodes avoid any of the stimulating oils such as sage, hyssop or rosemary. This is especially true for internal use- epileptics should never ingest the stimulating oils. Some oils may affect asthmatics. Determine which ones they are and avoid them.

If you have allergies to plants be cautious about using any of the essential oils from the same plant or plant family, as your known allergen.

Sometimes the allergy is only to the pollen and will not apply to the essential oil- but approach slowly.

On the other hand, many people with allergies to petrochemical perfumes may find essential oils surprisingly refreshing. I can use essential oils but I am negatively impacted by chemical-based perfumes. Many of our students are charmed by the scent of essential oils, and are repulsed by petrochemical-based scents. Reactions, of course, are highly personal and subjective.



If you are on any medications do not ingest essential oils, as they could interfere. This is especially true of diabetic medications. Aromatherapy is an evolving field, and not everything is understood about how oils react with medicines and individual chemistry. Always be cautious and monitor your own reactions.

Do not use essential oils before any major surgery to eliminate any chance of reactions. Please read the cautions written in this course, associated with each of the essential oils, before using them.

Always treat essential oils with respect. They are potent healers and life-enhancing compounds, when used appropriately.

People forget to protect their pets from possible toxic reactions from essential oils. Pets do not react in the same way, as people do, but they should not take the oils internally (and if they lick their coats and oils are applied, this involves internal use).

Use essential oils like any powerful substance, sensibly and respectfully.

Caveat-

Essential oils, used responsibly, are generally safe. Please read and understand the cautions. Everyone is different and may have unique sensitivities and reactions.

Throughout this course the medical and personal healing properties of essential oils are discussed. We suggest essential oils as an adjunct therapy. Try the usages sensibly. If you get good results, wonderful. If they do not seem to be working, try something different. Always get help from a medical doctor for serious problems, in a timely fashion. Do not die on the sword of your principles. Or as a bumper sticker says, "don't let your dogma run over your karma".

We at Northern Star College of Mystical Studies and Self Heal Distributing and Scents of Wonder, do not accept liability personally, nor do we accept liability as a company for any accidents or reactions to the essential oils or blends. Please use the essential oils and carrier oils responsibly.

Measurement Tables-(1C)



Dry Measures:

1 oz. = 28.35 grams

1 pound = 453.59 grams

1 gram = .035 oz.

1 kilo = 2.2 pounds

Liquid Measurements:



Grams and mls convert to the same number i.e. 10 grams=10 mls, but mls are liquid.

3 tsp. = 1 tbsp.

1 tbsp. = 1/2 fluid oz.

1 cup = 8 fluid oz.

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

1 oz. = 29.58 ml

1 tbsp. = 14.79 ml

1 cup = 236.6 ml

1 quart = 946.4 ml

1 gallon = 3.77 liters

1 liter = 1.06 quarts

Approximate Conversions-

1 ml = about 20 drops

5 ml = about 100 drops

5 ml = 1 tsp.

10 ml = 2 tsp

15 ml = 3 tsp. 1 tbsp.

20 ml = 4 tsp

25 ml = 5 tsp.

30 ml = 6 tsp or 2 tbsp.

35 ml = 7 tsp.

40 ml = 8 tsp.

45 ml = 3 T.

50 ml = 10 tsp.

1/2 fl. oz. = 15 ml.

29 or 30 ml = 1 oz.

16.9 oz. = 500 ml

454 gm = 1 pound

237 ml = 1 cup

237 ml = 8 oz.

474 ml = 16 oz. or 2 cups

948 ml = 1 quart



