

**The Scentual Home- A Visit Back
to Shore-
Unit 6D
Part 1
Holiday Gift Ideas**



Holiday Gift Ideas (6D)



Transformations:

- 1) Make creative, inexpensive gifts.
- 2) Never be stuck for something to give those you love, even at the last minute.
- 3) Tailor make gifts that are unique.
- 4) Keep records of all the gifts you make, design them for your friends tastes, even name the “personalized product” after your friend!
- 5) Involve your family in the creation of simple gifts to increase bonding and pass on skills.

Make some gifts:

- a) incense
- b) book marks or a scented mobile
- c) scented paper or drawer liners
- d) scented hangers, hot pads or oven mitts
- e) potpourris or sachets
- f) scented candles
- g) Soaps- see on line recipe.
- h) themed essential oil sets- such as: The Wise men for Christmas- frankincense and myrrh in gold wrapping.
- i) room sprays
- j) bath salts or bath bombs
- k) creams, lotions, serums from an earlier class
- l) lip balms
- m) toothpaste, mouth rinse or oil pull chews



A few simple, aromatic gift ideas.

Making Incense



The Basic Recipe

20 parts aromatic substance (twigs, flower, cones, etc.).

Put in blender until it becomes a fine powder.

4 parts base (bark or root) ground fine

1-part binding agent--dry resin. (e.g. Benzoin, Arabic Gum, Myrrh Gum)

Can buy as a powder.

Mix all ingredients together and stir well. Mix 1.25 tsp. of potassium nitrate (salt peter) to 8 tsp. water (May need more-or-less water, depending on size of batch). Add enough water to the powder to form a paste. Add desired essential oils as the paste is forming. Roll into cones and arrange in small gift boxes.

Incense from Evergreen Sap

In an article from Nature's Apothecary- They discuss using our local evergreen sap to make incense. Apothecarysgarden.com

Many local North America evergreen saps can be used as incense in the same way as

Frankincense and Myrrh,
Mastic and Copal.

- They provide high quality aromatic material for perfume, incense and medicine.

- As ready to use

incense materials, these fragrant saps are burned from fresh, or in their aged and crystalized form. They keep for years if stored properly.

- These tree saps can be used as incense in all the traditional ways-on a hot coal, an electric incense burner, or used as ingredients when making stick, powder and cone incense.

- They are used alone, or combined with other fragrant material.

- The sawdust from the trees can be used as a base for incense. A material to give the incense form without detracting too much from the fragrance of its smoke.

Make your own incense from Spruce, Pine or Fir sap

While all these materials can be burned on their own, they can also be combined as ingredients in different types of solid incense. These incense balls can be pressed into different shapes, such as pea sized balls,



sticks, discs, cubes or cones. They can be rolled out on powdered wood or resins, and cut into assorted shapes with cookie cutters or other dies. When dried, and if stored in tightly closed tins, they will keep for decades. With the addition of “Punk” wood, and/or Saltpeter to the recipe, they could be made to burn on their own, without needing an electric incense burner or charcoal, but for now I will share this simple and easy to make recipe for incense pearls.

INGREDIENTS



A glob of fresh, sticky Spruce, Fir or Pine sap, as fresh, liquid or pliable as you can find, and cleaned as best you can from bark, twigs and needles. Let's say 100 grams, as in the packages of fresh sap I sell in the store here.

Dry fragrant materials. One could use the same materials found in native North American smudge mixes such as, dried Prairie Sage, Tobacco, White Cedar leaves, Sweet grass, etc. This will smell and function, like a traditional native smudge.

To make a more “Oriental style of incense, one would forgo the above 4 dry materials, and incorporate materials such as the resins of different types of Frankincense, Myrrh, Copal, Dragon’s Blood and Mastic, shavings or powders of Sandalwood, Oud, (Aloes wood), any other traditional incense ingredient one desires. I am fond of Saffron for instance.

If you like you can keep it local and add some dried, finely chopped or powdered Lavender flowers, Rosemary or Thyme, or any other fragrant herb that inspires you. You can make an incense that smells quite different by simply using different ingredients. It is up to you.



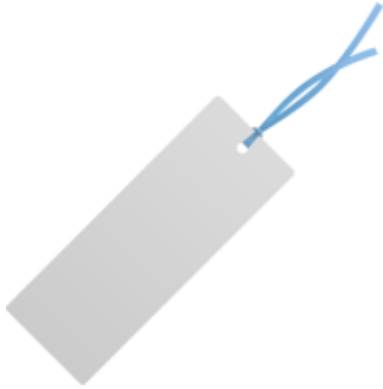
Powdered natural resin incense such as Frankincense, Myrrh, Copal, or Mastic, or any other material that can be powdered and will burn fragrant. They should be ground at least to the consistency of fine sand in a mortar and pestle. Or if first frozen, a coffee grinder could speed up the process a bit. If you roll your sticky incense ball in the powder of these resins, it will seal them, keep them from sticking to everything, and will help them harden and cure.

Essential oils of your choice. I find Benzoin a classic fragrance addition to any incense blend and helps hold all your ingredients together, especially if you have inadvertently added too many dry materials for the sap to keep it all together. Essential oils can add great depth and endless fragrance possibilities to your incense blend! You can easily make this same type of incense without the local saps if you like, and replace the Pine, Spruce or Fir saps in the recipe with thick, sticky Benzoin essential oil for a very different fragrance.

This article was taken from: Apothecarysgarden.com

Scented Book Marks and Mobiles –

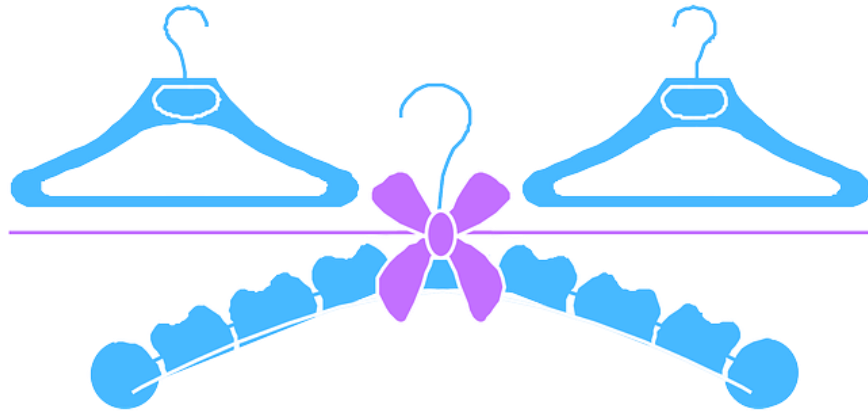
To make aromatic, just mist lightly with essential oil.



Scented Paper and Drawer Liner – 3 methods-

1. Mix .5% of desired essential oil in water. Clip the paper you want to scent onto a "clothes line" and mist with the mixture
2. Using a plug-in diffuser. Fit a cardboard box with "racks". Lay paper on the racks and put the plug-in ball, with desired scent, in the box. Add a few drops of oil every day for 1 week.
3. Inadvertently, I have scented books and paper by having essential oils and papers and books in the same enclosed bag. This passive system also works.

Scented Hangers



Use old or new padded clothes hangers and scent or re-scent them.

Open the cloth and sprinkle essential oil on the padding.

(Check second hand stores or look for hangers on sale.

They don't have to be expensive to be effective).

Hot Pads and Oven Mitts



To scent hot pads, oven mitts, etc. split open and put in aromatic product of your choice.

Put clove buds the in between 2 pads. Add oil and sew together. Ensure you use non-flammable materials.

Potpourri

Basic Recipe



1-quart dry plant mixture (rose, lavender, jasmine, orange blossom, straw flowers, etc.)

1 Tbsp. fixative (orris root powder) Mix well and add desired essential oils

Add 1 Tbsp. spices (e.g. Cinnamon, Ginger, Tangerine, etc.) Mix with dry plants and/or add with or as oils. Seal in an air tight container for 3 weeks. Then put in plastic bags and give as gift with a container that: 1) allows for scent to come out, 2) shows the beauty of the flowers.

As an added touch to the container, beat egg whites and brush around the inside of the glass container. Add a few flowers and shake, then shake the excess flowers out of jar. Let dry--add potpourri mixture.

Sachets



Put herbal blends in small cotton bags with draw strings. Re-scent with 2 % essential oils. For every 100 ml of plant mixture, add 2 ml of essential oils. This is much like the dream pillow concept from earlier in the course, but with the sachets, you can have different purposes, not just sleep. Match the dried herbal ingredients to your essential oils. Remember to use very dry, non-moldy plant substance. Also ensure your material is not too porous, as you don't want plant matter, coming out.

Sachet Blend Ideas: (You do not need all of these ingredients in each sachet. Here are a few ideas to get started.

Cold and Flu Blend- use eucalyptus, ravensara, and ginger e.o. and herbs

Clear Head Blend- peppermint, spearmint, lemon, rosemary.

Floral Beauty- Rose, rose geranium, ylang, jasmine, neroli.

Recipe for Potpourri or Sachets



12 oz. rose and lavender flowers

2 oz. orris root powder

3/4 oz. finely ground cinnamon bark

1/2 oz. all spice

Add:

2 drops Clove e.o.

5 drops Rose Absolute,

30 drops Lavender e.o.

Using a "potpourri pot" add hot water to the top and add a few drops of oil to create the "feeling" you want in the room.
Create different smells for different rooms.

Use Tangerine to calm "active" children.

Use Lavender to relieve stress in a household

Scented Candles



Materials:

A non- precious, tall can,
paraffin, soy or bees wax,
candle wick, wax crayons, or
candle dye, molds (can get
"releasant" from Alberta Bees
wax, or your favorite candle
making shop -it makes it
easier to get the candle out of
the mold) or jars that close,
chop sticks and essential oils.

Finding molds and containers is a "hunt" that can take place well before this project begins. The container size, shape, color and type will allow you make a variety of product. You may also make dipped candles and that is when a tall can, becomes very precious. The height of the can will determine how tall your candle will be. Check out these instructions for tapered candles: <https://candletech.com/candle-making/how-to-make-hand-dipped-taper-candles/>

The instructions below are however, for candles in containers or molds. Line your table or cabinet top with newspaper before starting to prevent messy clean-up.

Slowly melt paraffin wax in the tall can submerged in a pot of water. Keep the temperature low-do not start a fire!

Add crayons or candle dye into the melting mixture for color. Scent the wax with 2 to 3% essential oil, just before you pour it into your mold or container.

Pour the liquid, colored wax into your desired container. Now, quickly tie the wick to a chop stick and hang enough of the wick into the dead center of your container, ensure that it hits the bottom of the candle. Hold onto the chopstick and do not submerge it. You may buy anchors for the wick to keep it at the bottom. The chopstick becomes the temporary top anchor, which lies on top of the container to hold the wick upright. Let sit overnight. Trim your wick about an inch above the wax. After 24 hours in a cool environment- you should be able to release your mold. If you have used a container the candle stays in, keep the lid closed when not lit, to ensure the scent lasts longer.



Sand Candles:

Put damp/wet sand into container, form into the shape you want. The following link provides good instructions.

<https://www.google.ca/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=making+sand+candles+instructions>



Soap

Some students enjoy making their own soap. There are many recipes on line. Processes range from starting from scratch, like pioneers to using pre-made molds and modern techniques.

Remember to use the hot ingredients carefully and always add essential oils at the last minute to minimize evaporation. Choose less expensive essential oils, which are still great for skin, (as the quantity used in soap making is high). Use the gentle essential oils for soaps you will use on your face, such as, palmarosa, lavender, or frankincense, (although the latter gets pricey.)

A soap made for the body might use more invigorating essential oils, such as fir, ginger, or mandarin.



**Slow cooker recipe to make soap.
Link Below**

<https://wellnessmama.com/23840/slow-cooker-soap-recipe/>

<http://www.soap-making-resource.com/easy-soap-recipe.html>

