

**The Scentual Home- A Visit Back
to Shore-
Unit 6D
Part 2
Holiday Gift Ideas**



Part Two-6D

Holiday Gift Ideas(6D)

Scents of Christmas

Frankincense influences the pineal gland, so it is good for spiritual development and meditation. Use it in a diffuser to change the mood in a room--to make it more reflective.

Myrrh: A mixture of 5 parts Frankincense and 1-part Myrrh is a good blend. If you add something "gold" you have the combination of the gifts the Wise Men gave the Christ Child-Frankincense, gold, and Myrrh. If you made this blend of oils as a Christmas gift, the gold could be a gold ribbon around the bottle, a gold ring, etc.

Fir Needle. Fir Absolute. White Spruce. and/or Pine Needle: Put on ceramic ornaments and hang on your Christmas tree. Do NOT put close to strong/hot lights. The oils are volatile so be careful.

Cooking Smells: Cinnamon Bark, Cinnamon Leaf (MUCH cheaper),
Vanilla, Nutmeg, Mandarin, and Ginger.
Do not use myrrh essential oil if pregnant.

Room Sprays

Make wonderful Christmas Gifts, for your own family and for others.



Use colored bottles (brown, blue, etc.) to protect the oils.

For room sprays, mix 2 oz. water with 10 drops essential oil and shake well before using.

3. Label- create an imaginative and descriptive name for your mixture, list ingredients, directions for use and cautions. Write down your formula, so you can revise or reuse it.

Bath Salts-

(Review the Bath Salts Video from Practical Potions Intro Course if you would like a memory jog).



Spicy Nights Christmas Blend

Mandarin or Tangerine e.o. 3 ml,
Nutmeg e.o. 5 drops,
Ginger e.o. 10 drops- Use the instructions and proportions below to determine the amount of epsom salts.

Put 1 kilo Epsom Salts (Magnesium Sulfate) in a large dish pan.

Add 200 grams baking soda if you wish to make it softer, but it dulls the color.

Epsom salts are drying to the skin (but very good for sore muscles).

Add essential oils and mix well. Sprinkle .5-1% essential oil to salt.

With a large spoon, stir until the oil is thoroughly mixed in. You may add dried plant material (mandarin peels, rose petals etc.). Scoop into glass containers with a tight-fitting lid.

Fruits of Joy



2 ml Bergamot or Tangerine e.o.,
1 ml Frankincense e.o.
10 drops Sandalwood

Put 1 kilo Epsom Salts (Magnesium Sulfate) in a large dish pan.

Add essential oils and mix well. Sprinkle .5-1% essential oil to salt.

With a large spoon, stir until the oil is thoroughly mixed in.

Pour into containers and cover tightly.

Do not use eucalyptus smithii with children under the age of 5.

Tree of Hope



1 ml fir e.o.

1 ml mandarin e.o.

5 drops lime e.o.

Put 1 kilo Epsom Salts (Magnesium Sulfate) in a large dish pan.

Add essential oils and mix well. Sprinkle .5-1% essential oil to salt.

With a large spoon, stir until the oil is thoroughly mixed in.

Pour into containers and cover tightly.

Do not use *Eucalyptus smithii* with children under the age of 5.

Cold and Flu Blend (for when you're as sick as a dog)



1/2 ml Ginger e.o.
3 drops Oregano e.o.
3 ml *Eucalyptus smithii* e.o.
6 drops Cinnamon

Put 1 kilo Epsom Salts (Magnesium Sulfate) in a large dish pan.

Add essential oils and mix well. Sprinkle .5-1% essential oil to salt.

With a large spoon, stir until the oil is thoroughly mixed in.

Pour into containers and cover tightly.

Do not use *Eucalyptus smithii* with children under the age of 5.

Add 1 tbsp. to hot bath water and stir in well.

Calming Blend



1 ml Lavender e.o.

1/2 ml Marjoram e.o.

1/2 ml Lemon Verbena or Lemon Grass e.o.

3 drops Roman Chamomile e.o.

Put 1 kilo Epsom Salts (Magnesium Sulfate) in a large dish pan.

Add essential oils and mix well. Sprinkle 0.5-1% essential oil to salt.

With a large spoon, stir until the oil is thoroughly mixed in.

Pour into containers and cover tightly.

Massage Oil or Body Rub for Self

The Christmas Unwind



120 ml carrier oil (hazelnut, almond, apricot, etc.) (1/2 cup)

4 mls essential oils (Lavender, Chamomile, Frankincense).
Shake well.

Create a label with a name, list ingredients, directions for use and cautions.