



**Essential Oils Shipped to you From  
Around the World  
Local Essential Oils-  
The Devas of Home Coming  
Unit 4E**



## Local Essential Oils-The Devas of Home Coming (4E)



### Transformations & Exercises

**Please do the following transformations, as the exercises in Unit 4D**

- 1) Learn about Alberta's local plants
- 2) Identify and study the local plants in your area used in aromatherapy.
- 3) Are any of the plants in this section local to you in your geographical area?

4) If not, what aromatic plants do you have where you live?

5) Do you have a special relationship to any of these plants?

6) Research some botanical and aromatic information about at least 3 plants local to you. (Preferably plants not covered in our course.)



7) Share your local plants with the Facebook Forum and any facts or insights about these plants.

8) How might you use plants local to your area in aromatherapy?



# Poplar Bud Oil Aromatic Balm Recipe

## Purpose:

This aromatic balm is designed to provide a soothing and moisturizing experience, harnessing the calming and restorative properties of poplar bud oil. It's perfect for use on dry skin areas, cuticles, and lips, offering a natural remedy that nourishes and protects.

## Ingredients:

Poplar Bud Oil - 10 ml

Beeswax - 20 grams

Shea Butter - 30 grams

Sweet Almond Oil - 40 ml

Vitamin E Oil - 5 ml

Monarda Essential Oil - 10 drops (optional for fragrance and additional therapeutic benefits)

## Equipment:

Double boiler

Stirring spoon or spatula

Measuring spoons and cups

Pipette or dropper

Small tins or jars for storage

Procedure:

**Preparation:** Start by sanitizing your equipment and workspace to ensure the product is clean and safe for use.

**Melting Base:** In a double boiler, gently melt the beeswax, shea butter, and sweet almond oil together. Stir continuously to ensure they blend well.

**Incorporating Poplar Bud Oil:** Once the base mixture is completely melted and combined, remove it from the heat. Allow it to cool slightly before adding the poplar bud oil and vitamin E oil. These ingredients are sensitive to heat and should be added at lower temperatures to retain their therapeutic properties.

**Adding Essential Oil:** If you choose to include monarda essential oil, add it at this stage. The oil will provide additional soothing effects and a pleasant aroma.

**Final Stir:** Ensure that all ingredients are thoroughly mixed. The consistency should be even and smooth.





**Pouring:** Carefully pour the mixture into your prepared tins or jars.

Be cautious, as the mixture will still be hot.

**Cooling:** Allow the balm to cool and solidify at room temperature.

This may take several hours. Avoid moving the containers to ensure a smooth surface on the balm.

**Labeling and Storage:** Once solidified, label your containers with the product name, ingredients, and date of manufacture. Store the balm in a cool, dry place to maintain its consistency and effectiveness.

**Use:** Apply a small amount to dry skin areas, cuticles, or lips as needed.

The balm provides a barrier that locks in moisture and the therapeutic properties of the oils.