

# Practical Potions

## An Aromatic E Course

### Unit 3E

### The Myrtaceae Family

### Devas of Breath!



# Tea Tree Hand Cleaner

Many of the commercial hand cleaners and sanitizers are toxic to individuals and the environment.

Create your own with tea tree oil.

45 mls white vinegar

5 mls tea tree essential oil

Put into a 50 ml glass, spray bottle. Mist onto your hands and wipe off when in need of a hand cleaner. You may also substitute apple cider vinegar for white vinegar, but white vinegar is more stable.



## Exercise

### Create the Hand Cleaner

You may also create it in smaller bottles- to have in your purse, car and various locations. Some people have a tea tree sensitivity. So ensure you test before using.





## **Niaouli Heavy Duty Hand Sanitizer**

190 proof alcohol (Ethanol)

96 mls ethanol alcohol

1 ml vegetable glycerin

3 mls (about 30 drops) niaouli cineole

Pour alcohol into a 100 ml glass bottle, with a spray top. Add glycerin and essential oils and stir well.

Label with ingredients and a warning label-do not take internally.

Shake well before use to ensure essential oil is integrated.

Spray onto hands when wishing to disinfect.

### **Warnings-**

No Internal Use!

This is a strong sanitizer and may dry out your hands.

Use sparingly when heavy disinfecting is called for.

Ensure you re-moisturize your hands soon after use.

Keep away from children and pets.

Substitutions- you may substitute tea tree, lavender or rosemary for the niaouli cineole. If you are cleaning space exclusively you may use oregano or thyme oil instead and omit the glycerin.

Niaouli is said to balance the aura and cleans psychic space, as well as physical for a little bonus quality.

## **Myrtle's Magical Foaming Soap**

72 mls distilled water  
25 mls Dr. Bronners Castile Liquid Soap  
1.5 ml glycerin  
1.5 ml (15 drops) myrtle or tea tree essential oil.

Shake well.  
Place into a glass, foam pump bottle.



# Professional, Moisturizing Antibacterial Hand Sanitizer

You may choose to come back to this more complex formula after taking Practical Potions, Advanced.

**I double this formula to make 200 grams**

## PHASE A

1. Distilled Water – 10% (16.5g) – Diluent
2. Glycerin 99.7 USP – 5% (5g) – H
3. Hydrogen Peroxide 3% – 5% (5g) – Antibacterial Agent 1
4. Isopropyl Alcohol 70% (Rubbing Alcohol) – 70% (70g) – Antibacterial Agent 2
5. Aloe Vera Juice 7 grams- moisturizer, skin healer
5. Isoamyl Laurate – 2% (2g) – Moisturizer
6. Essential Oil Of Choice – 0.5 -1 gram

## PHASE B

1. Clear Xanthan Gum USP – 1% (1g) – Natural Thickener Available

## FORMULATION INSTRUCTIONS

3

Add the (Xanthan Gum), a little at a time. Ensure this is incorporated.

This is where it can be grainy if you don't take your time.

4. Pour into squeezable or pumpable bottles.

I like to put some in 25 or 50 ml plastic squeezables, so they fit easily in my purse.

1. Combine Phase A ingredients 1 to 6 and mix well under medium stirring for 3 minutes
2. Using your stick blender, blend until smooth.
3. 3. Pour into a squeeze or pump bottle.
4. Label with clear instructions- No Internal Use.

## Aphrodite's Soothing Vaginal Cream

This mixture is soothing for minor itchiness that can occur after the menstrual cycle, when ph is disturbed, or after intimacy and garden variety vaginal itchiness.

3 drops roman chamomile essential oil

4 drops tea tree essential oil

2 drops manuka essential oil

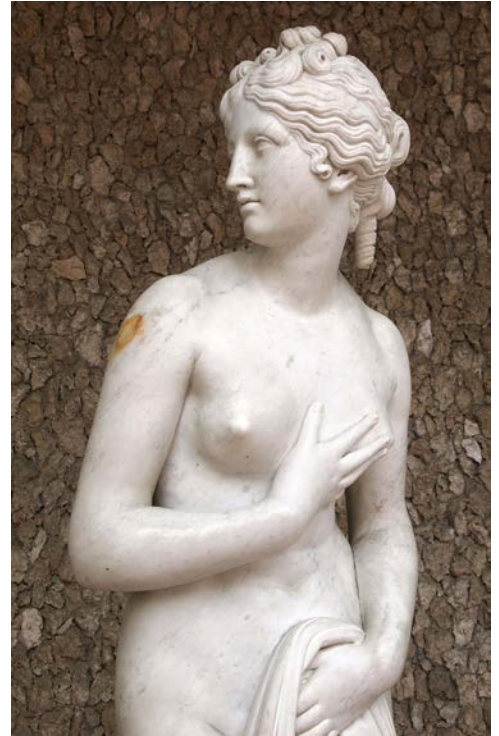
10 drops vitamin E-(squeeze from a capsule)

1 tbsp melted coconut oil

Put into an ointment jar. Scoop out with a sterile medium, like a spoon.

Apply gently. Check for reaction.

You can adjust this formula if it tingles too much, you may want to decrease the amount of essential oil.



### Exercise

Fill out Scent Impression Sheets for as many members of this family as you are able. Use the Scent Impressions Sheet that you downloaded from within the Unit 2E Guide.

For ease, you can also download another copy by [Clicking Here](#)

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