

Massage oil	2-2.5%
Massage creams	2-2.5%
Fomentations and compresses	10 drops to 100ml (3 1/3 fl oz) water
Ointments	3%
Lotions	1-1 1/2%
Baths	10 drops maximum
Footbaths	4-6 drops, depending on age
Room sprays	1 teaspoon to 300ml (10fl oz) water
Wound washes	5-10 drops, depending on age in 100ml (3 1/3 fl oz) water
Inhalations	2-5 drops, depending on age

### Blending Small Proportions

The following gives the amount of essential oils to add in order to achieve 1, 2 or 3% dilution.

2 drops	2 teaspoons (1/3 fl oz/10mls) = approx 1%
4 drops	2 teaspoons (1/3 fl oz/10mls) = approx 2%
6 drops	2 teaspoons (1/3 fl oz/10mls) = approx 3%

### Massage treatment.

3 drops of essential oil	10mls (two teaspoons) of carrier oil
6 drops of essential oil	20mls (four teaspoons) of carrier oil

### Basic Air spray

Dissolve the essential oil in the vodka or vinegar. Add the water and shake well to mix. Shake the bottle before each use.

Essential oil	40-80 drops
Vodka or apple cider vinegar	50ml (1 2/3 fl oz)
Purified water	250 ml

The following list is a general guide to amounts to use. Individual recipes may contain more or less essential oil.

Baths	4 to 10 drops maximum, depending on age
Compresses, facial	4 drops to 100ml (3 1/3 fl oz) water
Creams	10 to 15 drops in 50g (2 oz) cream
Footbaths	4 to 6 drops, depending on age
Lotions	8 to 10 drops in 100ml (3 1/3 fl oz) liquid
Masks	2 drops in quantity for one mask
Massage oils	30 to 49 drops in 100ml (3 1/3 fl oz) carrier oil
Massage creams	20 to 30 drops in 50g (1 2/3 oz) cream

Remedies	Essential Oils	Treatment
BLISTER	Lavender, Tea tree	Apply 2 drops of either of the above oils, neat. Massage in gently. Do not break the blister
BURNS, MINOR	Lavender	Hold the burn under cold water or use ice water compresses for 10 full minutes. Gently pat on neat lavender oil. Cover with a dry dressing
COLD SORES	Tea Tree, Lavender	Apply either oil neat to sore.
CHICKENPOX	Lavender	Add 10 drops of essential oil ( a drop at a time to prevent lumping) to 1 cup (180g/6oz) of bicarbonate of soda. Mix 1 or 2 teaspoons with enough cold water to make a milky lotion. Use cottonwool balls to dab the lotion onto the itchy spots. Repeat as often as needed. Add bicarbonate of soda and 4 drops of lavender oil to a warm bath to soothe the itching, and to calm the patient.
CUTS	Lavender, Tea tree	Compress to stop bleeding. Leave open to the air unless severe. If necessary, put 2 drops of either oil

		on a dressing to cover
EARACHE	Tea Tree	Mix 3 drops of tea tree oil in 1 teaspoon of olive oil which has been warmed to blood heat (no hotter). Drip a few drops in the ear. Plug the external opening of the ear with cottonwool. If earache is persistent or severe, seek professional help.
GERMAN MEASLES	Lavender	Add 10 drops of essential oil (a drop at a time to prevent lumping) to 1 cup (180g/6oz) of bicarbonate of soda. Mix 1 or 2 teaspoons with enough cold water to make a milky lotion. Use cottonwool balls to dab the lotion onto the itchy spots. Repeat as often as needed. Add bicarbonate of soda and 4 drops of lavender oil to a warm bath to soothe the itching, and to calm the patient.
JOCK ITCH	Tea Tree, Lavender	Add 5 drops of each essential oil to 1 tablespoon of olive oil. Massage into itchy area after carefully washing and drying the groin area.
MEASLES	Lavender, Eucalyptus	Use the lavender essential oil in the same way as for Chickenpox. Complete bed-rest is essential for patients with measles, as complications can occur. Use eucalyptus and lavender oils in an Air Spray through the whole house to help prevent the spread of the disease.
MOSQUITO, GNAT AND FLY BITES	Lavender	Apply neat oil until pain is relieved
MUMPS	Lavender, Tea Tree, Lemon	Bed rest. Gently massage sore, swollen glands and the whole neck area with a blend of 2 drops of lavender oil, 1 drop of tea tree oil and 2 drops of lemon oil in 1 tablespoon of olive oil.
SCALDS, MINOR	Lavender	Hold scalded area under cold water for up to 10 minutes. Smooth neat lavender oil directly onto scald
SNAKE BITES	Lavender	Try to identify the snake. Flood puncture wound with lavender oil. Bind limb firmly but not tightly with anything available. Keep patient calm and still. Seek medical help immediately.
SPIDER BITES	Lavender	Add 5 drops of oil to 1 teaspoon of vinegar: Dab on bite every four hours, or more often if needed. If you suspect that the spider was a poisonous variety, go straight to hospital, dabbing the wound constantly with neat lavender oil until hospital treatment begins.
SUNBURN	Lavender	Cool bath. Gently smooth Massage oil or cream onto the affected area
WASP STINGS	Lavender	Add 4 drops of oil to 1 teaspoon of vinegar. Dab on wound to counteract the alkaline poison of the sting and to reduce pain and swelling. Repeat hourly, or as often as needed.

#### BASIC MASSAGE OIL

The essential oils may be chosen according to the complaint being most frequently treated – see the following list for suggestions.

Grapeseed or canola oil	60 ml (2 fl oz)
Olive oil	1 teaspoon/5mls
Sweet almond oil	3 teaspoons/15mls
Avocado oil	2 teaspoons/10mls
Wheat germ oil (help to prevent rancidity)	1 teaspoon /5mls
Essential oil	40 drops/5mls

Mix all the oils in a 100ml (3 1/3 fl oz) bottle. Add your choice of one of the following essential oil blends, and shake very well to mix. Leave overnight before use, shaking a few times more to blend thoroughly.

#### Tips

Lavender + Rose (Toner 2/4, Massage 2/2, Soaps 4/4, sprains & Strains)  
Lavender + Lemon (moisturisers 6/2, Soaps 3/3 Bath, massage inhale, oil burner)  
Lavender + Peppermint (Shampoos 3/2, hot bath, massage, Nausea and Vomiting, Shock)  
Lavender + Tea Tree (Wound wash, massage, Blisters (Not break the blister), Cold Sore, Cuts, dog bite, jock itch, Mosquito, Gnat and fly Bites and stings, rashes, ringworm & scabies, Thrush)  
Lavender + lemon + Tea tree (Mumps)  
Lavender + Lemon + Rose (Chilblains)  
Lavender (Burns, German Measles, Scalds, scar Tissue, snake bites, spider bite, sunburn, Wash stings)  
Lavender + lemon (Hayfever, Inhalation, Bath, Oil burner)  
Lavender + Eucalyptus (Measles)  
Tea Tree (Earache, 3 drops oil in 1 teaspoon of olive oil, Wart & Verrucae)  
Tea Tree + Peppermint (Flu, hot bath, Massage)  
Tea Tree + lemon (Clandular Fever, 2 drops each in 2 teaspoons vegetable oil, bath, Massage)  
Tea Tree + Eucalyptus (Immune system Booster, Bath, Massag, Air spray, Oil Burner)  
Eucalyptus + lemon + Rose (Coughs & Could, bath, massage & inhalation)  
Eucalyptus + Lavender + Rose (Head Lice, 5 drops each with 1 tablespoon of olive oil)  
Rose + Lemon (shampoos 2/2, shower 4/3, Soaps 2/3)  
Rose + Lemon + Peppermint (Shower 2/2/3)  
Lemon + Peppermint (Massage)  
Rose + Peppermint (Soaps, 3/4))

#### Face Oils

Jojoba, Avocado, Calendula, Grapeseed

#### Massage oils

Macadamia Nut, Sweet Almond, Jojoba, Avocado, Calendula, Grapeseed

Tips Ref: Aromatherapy Secrets by Nerys Purchon and The Aromatherapy Kichen by Nicola Jenkins

## GLOSSARY OF TERMS

### Almond Oil, Sweet

A fine, emollient, non-drying oil expressed from the kernel of the sweet almond (*Prunus communis dulcis*). An excellent oil to use in creams, lotions and massage oils formulated for dry, normal and combination skins.

### Avocado Oil

A beautiful thick, green oil. The oil contains the vitamins A,D,E and K, is rich, nourishing and invaluable in moisture creams and lotions, particularly for sensitive and sunburnt skins. The vitamin E content helps to preserve other oils in blends. Because of its thick consistency, it's best to use no more than 5-10% in massage and face oils.

### Canola Oil

Canola seed is modified rape seed. Rape seed oil has been under a cloud dur to the presence of eructic acid which, when eaten in large quantities shows a fat accumulation in the heart muscle of animals. Canola was bred to be genetically low in eructic acid. This process was carried out in Canada hence the first three letters of the name.

Canola is a non-drying oil which is excellent in massage oils and in creams and lotions for dry and normal skins. It is also good for cooking as it is light and has little flavour of its own. If you like the taste of butter but don't want to eat so much saturated fat you could beat some canola

oil into softened butter. This gives a spreadable consistency, less saturated fat and the benefits of monounsaturated fat. Unfortunately it still has the same number of kilojoules (calories).

### **Glycerine**

Glycerine is a natural substance present in animal and vegetable fats. It is usually obtained as a by-product of soap making. It is syrupy in consistency, colourless, odourless, sticky and sweet. If used in small proportions in lotions, creams and toners it acts as an antibacterial, softener, lubricant and humectant (holding moisture to the skin). If more than twenty per cent is used in any recipe it will have the opposite effect and draw water from the skin. Adding a little glycerine to colognes gives a soft feeling to an after-shower splash.

Glycerine acts as a preservative but in order to be effective it needs to be present as twenty per cent of the total content, which would be far too much for most recipes; however, even a small amount will help preserve to some degree, particularly if combined with four per cent tincture of benzoin.

### **Grapeseed Oil**

As the name suggests, this oil is pressed from grape seeds. It's a fine, semi-drying, polyunsaturated oil which makes it suitable for most skins except the very oily. It is a very good basic carrier oil as it is light, clear and has no smell. Add five to ten per cent white germ oil to help prevent rancidity.

### **Olive Oil**

A rich non-drying oil expressed from ripe olives. It is one of my favourites and I use cold-pressed Extra Virgin (how on earth can you have "extra" virgin-you either are or you aren't) which is from the first pressing and is very green and aromatic. Some people don't like the smell so maybe they could try one of the lighter olive oils from later pressings.

Olive oil is too rich for oily skins but is excellent for massage oils, creams, soaps and lotions for dry and normal skins. A lovely oil to use on the skin of babies.

### **Vinegar**

The word 'vinegar' is derived from the French vin aigre which means sour wine. Cider vinegar is made from apples, and wine vinegars from grapes; these are the two most suitable for cosmetic use. Malt and other vinegars are too harsh for use on skin.

### **Wheat Germ Oil**

This a richly nourishing find, healing oil. The vitamin E content makes it useful for most skins, especially dry, prematurely aged skin or for skin troubles such as eczema or psoriasis. Good in 'anti-stretch mark' blends. Helps to preserve other oils. Ten percent is valuable addition to creams and lotions, massage oils and soaps.

### **Water**

Water is a good medium for the growth of bacteria and, as water is used frequently in the treatments in this book, it is necessary to use purified or distilled water where specified to ensure that the remedy is as pure as possible.

### **Oil Burners**

Oil burners are a lovely way in which to fill the air with a pleasant aroma. The perfume is gentle yet pervasive. Usually two ceramic dishes are arranged one on top of the other. The bottom container has air holes and a candle is placed inside it. The top part holds water into which a few drops of essential oil are sprinkled. Suitable candles are those which are used in food warmers or night lights; they burn for about five hours and are smokeless. The deeper the top container is, the better, as it is not good to let the water evaporate completely.

### **Wound Wash**

Wound washes are used to cleanse wounds which are contaminated with dirt.

They are made by adding 5 to 10 drops (depending on the age of the patient) of essential oil(s) to 100ml (3 1/3 fl oz) of warm or cold boiled water. The water should be agitated before being used to avoid the possibility of 'hot spots' of oil.