

Essential Oil



First Aid Recipes

From Elaine Sheff of Green Path Herb School

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Sun Burn Soother

20 drops Lavender (*Lavandula angustifolia*) essential oil

10 drops Helichrysum (*Helichrysum italicum*) essential oil

10 drops Chamomile (*Matricaria recutita*) essential oil

2 ounces Aloe Vera gel

2 ounces Witch hazel hydrosol or astringent

4 ounce glass spray bottle (dark blue or amber colored glass is best)

Mix all ingredients into your 4-ounce spray bottle.

Shake well and apply liberally, avoiding the eyes and mouth. Refrigerate for an extra cooling effect.

Keep away from children.

For external use only.

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First Aid Fighter

7 ml (1 teaspoon=5 mL) Tea tree (*Melaleuca alternifolia*) essential oil

7 ml lavender (*Lavandula angustifolia*) essential oil

½ ounce spray bottle (dark blue or amber colored glass is best)

Mix both essential oils into your spray bottle.

Before using, do a patch test on the inner elbow to make sure the spray isn't irritating to the person using it.

Spray First Aid Fighter on cuts, scrapes, bug bites, bruises, bumps and mild infections. It can also be sprayed on a bandage and applied over a wound. Wash area well before applying.

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HeadEase Roller

10 drops Rosemary (*Rosmarinus officinalis*) essential oil

10 drops Lavender (*Lavandula angustifolia*) essential oil

10 drops Marjoram (*Origanum marjorana*) essential oil

9 mL Olive, Jojoba or another fixed oil

10 mL glass roller ball bottle (I prefer the ones with stainless steel roller balls)

Add all ingredients into the roller ball bottle, insert the ball and shake well.

This formula is concentrated and should only be applied to small areas.

Roll over temples, forehead and the back of the neck, depending on where the headache is located.

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Injury Oil

10 drops Marjoram (*Origanum marjorana*) essential oil

6 drops Helichrysum (*Helichrysum italicum*) essential oil

4 drops Chamomile (*Matricaria recutita*) essential oil

4 drops Rosemary (*Rosmarinus officinalis*) essential oil

2 ounces Arnica* (*Arnica spp.*) infused herbal oil.

2 ounce dark colored glass jar with tight fitting, essential oil

Add all ingredients into a 2-ounce glass jar and shake well.

Massage Injury Oil into sore muscles, achy joints, bruises, contusions, hematomas, sprains and strains.

Caution: do not use arnica oil on open wounds. Keep away from children. For external use only.

* St. Johnswort (*Hypericum perforatum*) oil can be substituted or used as half of the herbal oil if desired.
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Cold & Flu Inhaler

- 1 mL (30 drops) Ravensara (*Ravensara aromatica*) essential oil
- 1 mL (30 drops) Eucalyptus (*Eucalyptus radiata*) essential oil
- 1 mL (30 drops) Rosemary (*Rosmarinus officinalis*) essential oil
- 1 mL (30 drops) Tea tree (*Melaleuca alternifolia*) essential oil
- 5 mL dark blue or amber colored glass bottle with reducer

Add all essential oils together in bottle and shake well. Cold and Flu Inhaler can be used in many ways. Here are some ideas:

- Use as a chest rub oil by mixing 12 drops (6 drops for children) of Cold and Flu Inhaler per 1 ounce of a fixed oil such as jojoba, almond or grape seed.
- Add 6 drops, mixed in a tablespoon of natural bath salts, milk or yogurt, to a soothing bath for a cold or flu.
- Add 3-6 drops to a tissue, cotton ball or personal inhaler to "clean the air" if you are exposed to someone who is sick.
- Use in an aromatherapy diffuser.
- Add 6 drops to a humidifier.
- Sprinkle several drops on your pillow when going to bed.
- To do a steam, fill a pan with hot (not boiling) water. Cover your head with a towel as you lean over the pan. Add 3 drops of the essential oil blend, close your eyes, and breathe deeply through your nose until you can no longer smell the essential oils. Repeat this process three times if desired.

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'Beat the Bugs' Spray

- 20 drops Lavender (*Lavandula angustifolia*) essential oil
- 20 drops Rosemary (*Rosmarinus officinalis*) essential oil
- 20 drops Tea tree (*Melaleuca alternifolia*) essential oil
- 20 drops Eucalyptus (*Eucalyptus radiata*) essential oil
- 4 ounces Alcohol (Ethyl alcohol such as Everclear works best although vodka can be used as well)
- 4 ounce glass spray bottle (dark blue or amber colored glass is best)

Mix all ingredients into your 4-ounce spray bottle.

Shake well and apply liberally, avoiding the eyes and mouth.

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