

# Recipes For Well Being and Enjoyment

Using essential oils everyday all around the house is a healthy practice. Rather than using commercial products which may contain synthetic fragrances and artificial colors, essential oils provide a natural and effective way to keep our bodies healthy.

**Essential oils are proving superior and safer than antibiotics and vaccines.** We know that microbes mutate and become immune to drugs, however, no disease-causing microbe has ever been known to mutate against essential oils. This is exciting news if you are raising children.

**Children and babies** react very well with use of therapeutic essential oils. Lavender, Roman Chamomile, Eucalyptus, Tea Tree and most citrus essential oils can be used on babies as young as 6 months. Always dilute essential oils for babies with a carrier (1T carrier lotion or oil to 1 drop essential oil).

## Hand Sanitizer

4 drops Lavender oil

4 drops Tea Tree oil

2 drops Lime oil

Add to 1oz Witch Hazel astringent or Miracle 2 Gel in a 1oz squeeze bottle.

Pour into one hand and rub both hands together

## Hand Sanitizer #2

5 -10drops Thieves essential oil to one oz Witch Hazel or Miracle 2 Gel

## Concentration/Alertness/Study

Back to school and all year long it is good practice to use essential oils daily to help focus, concentrate, study and remember. You can simply put a few drops in your hands and inhale or use in a mister. Mist on neck and face. Make a blend so it is always handy. A blend allows for synergistic effects of essential oils to be more effective.

Recipe:

1oz distilled water in 1oz spray bottle

7-10 drops **total** essential oils choose from: Peppermint, Rosemary, Eucalyptus, Cedarwood, Cypress, Lavender, Lemon, Orange.

## Soothing Spray

5 drops Tea Tree

5 drops Lavender

Add essential oils to 1oz bottle of distilled water and botanical skin moisturizer for an emulsifier. Apply to affected area, for scraps, bumps, bruises etc

## Sunburn

3 Drops LAVENDER (to prevent peeling and aid in healing)

1 Drops PEPPERMINT (to cool)

Mix with 1oz distilled water in a spray bottle and squirt on the body as often as needed

## Bug Bite Roll-On

In a small roll-on, mix with Aloe Vera and Witch Hazel: 1 drop each: Lavender, Roman Chamomile, Tea Tree and Eucalyptus. Use on insect bites to take away the itch.

## **Anxiety, nervous tension, trauma**

Children can experience anxiety trauma at any age and for any number of reasons. Be alert to what is happening and talk about it with your child. If they don't want to talk about it have them write about it. They need to express what is happening to them, and how they feel.

Empower them with confidence by taking time to explain that there is help with essential oils. They can do something about it. Essential oils may help to give them the confidence they need to raise their self esteem.

### **Be At Ease Cream**

2 drops Rosemary  
3 drops Orange  
2 drops Roman Chamomile  
2 drops Lavender  
1 drop Geranium

Mix with 1oz in organic cream. Relieve anxiety and nervous tension. Apply on bottom of feet, back of neck to help relax the body.

### **Muscle Massage (Growing Pains)**

3 drops Lavender  
3 drops Peppermint or Copaiba  
2 drops Eucalyptus  
2 drops Rosemary or Marjoram  
Mix with 1oz organic massage oil and let those muscles relax.

### **Pain Be Gone**

3 drops Peppermint  
2 drops each Ginger, Lavender, Marjoram, Rosemary  
Mix with 1 oz organic cream or oil.

### **Insect Away**

3 drops Lemongrass  
2 drops Rose Geranium  
2 drops Eucalyptus  
2 drops Lavender  
1 drops CedarWood

Mix with 1oz massage oil. Dilute ½ for infants and young children and the elderly. Naturally, do not get into eyes. Ingredients may also be used with distilled water in a spray bottle. Increase amounts proportionately for larger supply.

*Not intended to diagnose, treat, cure or prevent any illness or disease.*

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