

ESSENTIAL ESSENCE NEWS



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WHATS ON

- I will be demonstrating wool spinning with Marion from "Fancy Spinning a Yarn" in the Animal Pavilion from 9am to 5pm at the Royal Melbourne Show on Sunday 1st Oct 2017. If you are there please drop by and say hello
- On 14th & 15th October 2017 from 9am to 4pm I will be at the Gippsland Garden & Home Expo at Lardner Park (near Warragul). Entry is only \$10 for adults with children under 16 free. All proceeds will be donated by the Drouin Lions Club back to the community. I will be a guest speaker and will have aromatherapy oils available for purchase at heavily discounted prices on both days. EFTPOS facilities will be available for oil purchases
- A new range of floral waters, massage oils and reed diffusers will be available soon

HOW TO USE YOUR ESSENTIAL OILS

Below are some handy tips to help you work out how to use essential oils for different types of aromatherapy.

- For a full body bath use 5-10 drops of essential oil mixed with 1 tablespoon of milk, or 10 drops of natural dispersant to help the oil mix with the water. Add the mixture to a bath full of water
- For foot or hand baths add 2-3 drops of essential oil mixed in 1 teaspoon of milk or 6 drops of natural dispersant to a bowl full of warm water
- For a compress add 5 drops of essential oil dispersed in 1 teaspoon of milk or 10 drops of dispersant to 200mL of hot or cold water. Place a cloth in the water, then wring out and leave over the affected area for up to 10-15 minutes. Compresses are very useful for the temporary relief of skin problems, bruises and muscular aches.
- To diffuse essential oils add 2-3 drops of essential oil to the water reservoir of your diffuser. As there are so many different types of diffusers always refer to the instructions that come with it before using
- For massage add approximately 5 drops of essential oil to 10mL of carrier e.g. sweet almond, jojoba or grape seed oil. Massage onto the body as required. The oil may be warmed slightly to aid relaxation
- For direct inhalation add 3-5 drops of essential oil to a handkerchief. Hold near the nose and inhale the vapours as required.
- For steam inhalation add 5-10 drops of essential oil to a bowl of steaming water. Place a towel over your head and the bowl and inhale the vapours for a few minutes with eyes closed. This is a traditional technique to ease respiratory congestion caused by colds, coughs and sinusitis
- For an aroma mist mix 20 drops of essential oil with 40 drops of solubiliser then make up to 100mL of water. Add the mixture to a spray bottle and mist over your face and body as required. This blend can be stored in the refrigerator to provide a cooling effect when used.

FORMULATION OF THE MONTH

Headache blend: Mix 3 drops of lavender with 3 drops of peppermint and 10 mL of sweet almond or grape seed oil. Massage into the temples and back of the neck as required. The essential oils in this blend are well known for their analgesic effect, thus alleviating the symptoms of headaches.