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Presents

Aromatherapy Recipes using Essential oils for Anti-Fungal, Anti-Bacterial & Other Infective agents

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by Penny Keay

Bacteria Buster for Bathrooms

Oregano - 5 drops
Sage - 10 drops
Thyme - 10 drops
Lemon - 20 drops
Emulsifier - 3 ml

Mix essential oils, then add emulsifier. Shake well. Mix in 2 1/2 cups of distilled water. Put in sprayer or use on cloth and use as final rinse on bathroom surfaces. (4)

Anti-infection Spray

1 cup warm water
Niaouli - 5ml



Shake well, Spray in any room.

ROOM DISINFECTING SPRAY

Distilled water - 4 oz
Bergamot - 60 drops
Oregano - 40 drops
Spearmint - 25 drops
Cedarwood - 15 drops
Cinnamon leaf - 10 drops
Emulsifier - 5 ml

Add essential oils and emulsifier into a clean bottle then pour distilled water into the bottle Shake well then spritz in the air. Shake well before each use.

COLD COMBATING BLEND

Orange - 20 drops
Eucalyptus - 10 drops
Juniper berry 10 drops
Pine Needle - 10 drops
Basil - 6 drops
Rosewood - 6 drops
Ginger - 4 drops

Blend all together and us in a diffuser or a few drops in a bath !! (5)

ATHLETES FOOT RELIEF OIL

carrier oil - 2 oz
Tea Tree - 10 drops
Eucalyptus - 8 drops
Myrrh - 6 drops
Thyme - 6 drops

Place in a clean container and blend together. Apply a few drops directly to affected area. once or twice a day.

This will not cure Athletes foot over night. You should get relief within a day or two.

Be consistent and with continued use your feet will feel better quickly. Fungal infections - which is what Athlete's foot is can take several weeks to be cured. Use this consistently for several weeks to eliminate the fungal infection.

ROOM DISINFECTANT

Tea Tree - 65 drops
Thyme - 50 drops
Eucalyptus - 35 drops
Emulsifier - 1 1/2 teaspoons (or 150 drops)
Pure distilled water - 4 fluid ounces

Mix oils with emulsifier until well blended then add the distilled water and use in a spray bottle. Shake well before each use. (Please note this blend may be cloudy. This is normal.)

ANTI-INFECTION MASSAGE BLEND

Peppermint -5 drops
Clove bud 5 drops
Thyme - 5 drops

Blend in 1 Tablespoon of a carrier oil, shake well and let sit for a day, then use as you would any massage blend.

The oils in this blend will also help with colds and flu. Rub on the bottom of your feet if you are feeling a little under the weather.

ANTISEPTIC WOUND WASH

Elemi - 20 drops
Rosemary- 10 drops
Lavender - 10 drops

Myrrh - 5 drops

Blend oils and add 20 drops to 2 cups of cooled, boiled water. Bathe cuts (wounds) 3 times daily with a sterile gauze.

IMMUNE BOOSTING MASSAGE OIL

Carrier oil - 4 oz

Geranium - 10 drops

Tea Tree - 10 drops

Lemon - 8 drops

Thyme - 8 drops

Myrrh - 6 drops

Elemi - 5 drops

Blend together in a dark bottle - massage over body once or twice a day. (5)

DETOXIFYING BATH

Geranium - 2 drops

Rosemary - 2 drops

Juniper Berry - 2 drops

Lavender - 2 drops

Mix together in an amber bottle. Then add 5-8 drops to bath. You might want to mix a larger quantity so you can use on a weekly basis.(6)

SPRINGTIME COLD RELIEF

Eucalyptus - 4 drops

Geranium - 4 drops

Peppermint - 4 drops

Rosemary - 4 drops

Blend all ingredients in an amber bottle. This blend can then be used in an Personal inhaler. Or add to a bath ? only about 4 drops. or add 8 drops to 1 ounce of carrier

oil and rub on chest, neck or any other area you desire.

FIRST AID SKIN WASH AND/OR CREAM

Roman Chamomile - 4 drops

Geranium - 6 drops

Lavender - 6 drops

Lemon - 4 drops

Tea Tree - 2 drops

Blend together ? store in a cool place. Add several drops to a basin of tepid water. Use this to cleanse the wound area.

Alternately, you can add this blend to 1 ounce of Sorbolene Cream , blend well and then you can apply a light coating of this several times a day if needed to the wound.

ALL PURPOSE REFRESHING - DISINFECTING BLEND

Lavender - 20 drops

Peppermint - 10 drops

Tea Tree - 10 drops

Mix all oils together in an amber bottle. Add 8 drops to 1 ml of Emulsifier . Shake well then add to 2 cups of distilled water. Put all in a spray bottle. You can use this spray to clean and disinfect the air. Simply use as a room spray as needed. It is a light refreshing scent.

This blend of essential oils can also be added to your laundry. Apply several drops to a small cloth and toss in your clothes dryer.

If you prefer you can add several drops to the final rinse of your clothes washer too.

ON THE BUG BITE BLEND

Roman Chamomile - 2 drops
Eucalyptus - 3 drops
Lavender - 3 drops
Peppermint - 1 drop

Blend well, then add to 1 ounce cider vinegar. Apply or dab on with a cotton ball to the insect bite area.

Can be used several times a day as needed.

ROOM Disinfectant

Tea Tree - 65 drops
Thyme - 50 drops
Eucalyptus, - 35 drops
distilled Water - 4 ounces.

Mix above ingredients in a Spray bottle Shake well and Spray.

ANTI-FUNGAL BATH

Lavender 4 drops
Geranium 1 drop
Tea Tree 1 drop

Fill your bath tub, then add the essential oils. Add 1 - 2 cups of sea salts, mix well. Soak for a minimum of 20 minutes. Be sure to dry your skin well, especially between your toes and other cracks, where moisture can be trapped. (If you have a prescribed medication, apply after you are completely dry.) 20

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- (1) - Recipe adapted from suggestions in "500 formulas for Aromatherapy" by Schiller and Schiller
 - (2)- Recipe adapted from suggestions in "The Encyclopedia of Aromatherapy" by Chrissie Wildwood
 - (3) - Recipe adapted from suggestions in "From the Little Giant Book of Aromatherapy" by Schiller & Schiller
 - (4)- Recipe adapted from suggestions in "Complete Book of Essential oils an Aromatherapy" by Valerie Worwood
 - (5) - Recipe adapted from suggestions in "Aromatherapy for Vibrant Health and Beauty" by Roberta Wilson
 - (6) - Recipe adapted from suggestions in "Recipe adapted from Aromatherapy Handbook for Beauty, Hair, and Skin Care" by Erich Keller
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