

# AROMATHERAPY RECIPES



**Ebers**

School of Aromatherapy

# Why do we need to create our own Aromatherapy Blend?

- Aromatherapy is an art, it is like music everyone can play the same piece but not everybody can compose unique musical pieces, there is a huge difference between a composer and a musician who just perform in theaters or events.
- For a music composer, to harmonize a melody, he/she needs to understand how harmony works and to understand how melody affects it.
- I always believe that every blend is unique, and every person is unique, that is why there is no point of replicating other aromatherapists blends, because simply it will not be unique. Of course, it will work but to what percentage?
- Every blend formulation starts with a story, you need to listen to the story of your client, then decide how you will select the oils and the method of application. Every oil tells a story, where the oils come from, the history of the country, the doctrine of signature and the aroma. There is unlimited possibilities and selections when it comes to Essential oils.
- Only then you will be able to create a unique blend.



# Stress Massage oil

- Roman Chamomile (*Chamaemelum nobile*) (4 drops)
- Red Mandarin (*Citrus nobilis*) (12 drops)
- Ylang Ylang (*Cananga odorata*) (4 drops)
- 1-oz ( 30 ml ) Fractionated Coconut oil .

## Instructions:

Blend the essential oils with 1-oz. of Fractionated Coconut oil . Massage a small amount around your body, avoid eyes, ears and mucus membranes .

- If irritation occurs, discontinue use.



# Face Serum

- ½ TS Apricot Kernel oil
- ½ TS Rose Hip oil
- 1½ TS Jojoba oil
- 1½ TS Almond oil
- Frankincense oil (*Boswellia sacra*) (4 drops)
- Lavender oil (*Lavandula angustifolia*) (4 drops)
- Geranium oil (*Pelargonium graveolens*) (2 drops)
- 0.5 oz ( 15 ml ) glass dropper bottle

Instructions: Add the carrier oils together in a glass bottles with dropper and mix them well by shaking. Then add your Essential oils

- If irritation occurs, discontinue use.



# Muscle Salve

- ¼ cup Cocoa butter or Mango Butter
- ¼ cup Coconut oil
- ¼ cup Shea butter
- 4 TS Jojoba oil
- Eucalyptus oil ( Eucalyptus citriodora) (6 drops)
- Clary Sage oil (Salvia sclarea) (4 drops)
- Peppermint (Mentha × piperita)(2 drops)
- Lavender oil (Lavandula angustifolia)(4 drops)
- 5 oz ( 150 ml ) glass jar



# Muscle Salve

In a double boiler add cocoa butter ,Shea butter and coconut oil stir until all melt Once they start melting add the Jojoba oil and stir then turn off the heat

- Pour the mixture into glass bowl let it sit for 10 minutes to cool
- Touch the bowl and when you feel it is warm transfer to the fridge and cover with parchment paper
- Let the bowl sit in the fridge for about two hours , when the mixture is solidified and has no goey center take it out of the fridge
- Whip the mixture with a hand mixer for 2 min
- Pause and use a spatula to scrape all the mixture from the sides of the bowl, whip for another
- 2 min until the mixture becomes fluffy and looks like frosting
- Add the essential oils to the mixture and mix using a spatula
- Pour the mixture into glass jars and don't refrigerate
- If irritation occurs, discontinue use.



# PMS Rollon

- Peppermint (*Mentha × piperita*) (2 drops)
- Lavender oil (*Lavandula angustifolia*) (2 drops)
- Geranium oil (*Pelargonium graveolens*) (2 drops)
- Clary Sage oil (*Salvia sclarea*) (2 drops)
- Lemon oil (*Citrus limon*) (2 drops)
- 50 ml Jojoba oil
- 1.5 oz - 50 ml Roll on Bottle
- Mix Essential oils with the Jojoba oil and transfer to the 50 ml roll on bottle .
- Use around belly button and on your temples and back neck to help with headaches
- If irritation occurs, discontinue use.



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# Sinus Inhaler

- Peppermint (*Mentha × piperita*) (2 drops)
- Cypress oil (***Cupressus macrocarpa*** (2 drops)
- (2 drops)
- Mix Essential together in a glass bowl add then to to the cotton wick. Slide the wick into the open bottom of the inhaler. Press the seal cap firmly into the
- Use it frequently to help with sinus congestion
- If irritation occurs, discontinue use.





# Bug Spray

- Geranium oil (*Pelargonium graveolens*) ( 3 drops)
  - Citronella oil – (*Cymbopogon winterianus*) (10 drops)
  - Lemon Grass oil- (*Cymbopogon flexuosus*) (2 drops)
  - Lavender oil (*Lavandula angustifolia*) (2 drops)
  - Cedar wood oil- (*Juniperus Mexicana*) (2 drops)
  - Eucalyptus oil ( *Eucalyptus citriodora*) (2 drops)
  - Neem oil Soybean oil or Castor oil
  - ½ TSB rubbing alcohol or witch hazel
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- Mix all the above in 4 oz ( 100 ml) spray bottle , spray your body avoid eyes, ears, mouth and mucus membranes
  - If irritation occurs, discontinue use.

# Stress release diffuser blend



- Red Mandarin oil (*Citrus nobilis*) (5 drops)
- Sweet Basil oil (*Ocimum basilicum*) (3 drops)
- Pink grapefruit oil (*Citrus x paradisi*) (3 drops)
- Marjoram oil (*Origanum majorana*) (3 drops)
- Fractionated coconut oil

Use few drops on a diffuser twice a day for 30 min and ventilate for 30 min, don't diffuse beside kids or pets

- If irritation occurs, discontinue use.

# Manage Appetite Inhaler



- Pink grapefruit oil (*Citrus x paradisi*) (3 drops)
- Lemon oil (*Citrus x limon*) (5 drops)
- Geranium oil (*Pelargonium graveolens*) (2 drops)
- Peppermint oil (*Mentha x piperita*) (4 drops)

Mix Essential together in a glass bowl add then to to the cotton wick. Slide the wick into the open bottom of the inhaler. Press the seal cap firmly into the

- If irritation occurs, discontinue use.

# Hormonal Balance Inhaler



- Jasmine absolute (*Jasminum grandiflorum*)(1 drop)
- Pink grapefruit oil (*Citrus x paradisi* )(3 drops)
- Cedar wood oil-(*Juniperus Mexicana*) (2 drops)
- Geranium oil (*Pelargonium graveolens*)( 3 drops)

Mix Essential together in a glass bowl add then to to the cotton wick. Slide the wick into the open bottom of the inhaler. Press the seal cap firmly into the

- If irritation occurs, discontinue use.



# Herbal Shampoo

- ½ cup castile vegetable-based liquid soap
  - 1 teaspoon glycerin
  - 1 Teaspoon Camellia oil
  - Rosemary oil (*Rosmarinus officinalis*) (2drop)
  - Cedar wood oil-(*Juniperus Mexicana*) (2 drops)
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- Mix all the above in a bowl, then transfer to a squeeze bottle, use as a shampoo and rinse with water
  - If irritation occurs, discontinue use.



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# Hand Sanitizer



- 100 ml 70 % rubbing alcohol
- 2 Teaspoon Aloe Vera gel
- Eucalyptus oil ( Eucalyptus citriodora) (2 drops)
- Lavender oil (Lavandula angustifolia)(2 drops)
- Lemon oil (Citrus x limon)(3drops)
- Peppermint (Mentha x piperita)(2 drops)

Mix all in and use as a hand sanitizer



- If irritation occurs, discontinue use.



# Jet Lag Inhaler

- Marjoram oil (*Origanum majorana*) (2 drops)
- Lavender oil (*Lavandula angustifolia*) (4 drops)
- Vetiver oil (*Vetiveria zizanoides*) (1 drop)
- Red Mandarin oil (*Citrus nobilis*) (3 drops)

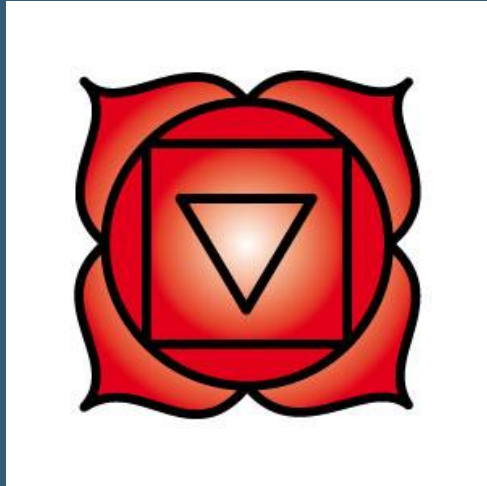
Mix Essential together in a glass bowl add then to the cotton wick. Slide the wick into the open bottom of the inhaler. Press the seal cap firmly into the



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- If irritation occurs, discontinue use.



# Root Chakra Sahasrara Rollon

- Vetiver oil ( *Vetiveria zizanoides* ) (1 drop)
- Red Mandarin oil ( *Citrus nobilis* ) (5 drops)
- Myrrh oil ( *Commiphora myrrha* ) (2 drops)
- Jojoba oil 10 ml

Mix all the above in 0.5 oz ( 10 ml) Roll on bottle

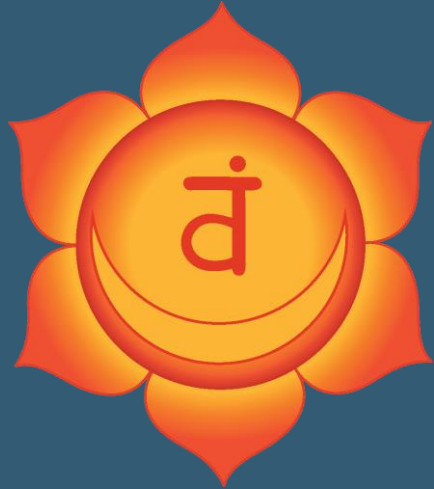
Use small amount around your body, avoid eyes, ears and mucus membranes

- If irritation occurs, discontinue use.



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# Sacral Chakra Svadhishthana Roll on

- Lavender oil (*Lavandula angustifolia*) (2 drops)
- Bergamot oil (*Citrus bergamia*) (2 drop)
- Jasmine absolute (*Jasminum grandiflorum*) (1 drop)
- Cardamom oil (*Elettaria cardamomum*) (1 drop)
- Jojoba oil 10 ml

Mix all the above in 0.5 oz (10 ml) Roll on bottle

Use small amount around your body, avoid eyes, ears and mucus membranes

- If irritation occurs, discontinue use.



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# Solar Plexus Chakra Manipuraka Roll on



- Ginger oil (Zingiber officinale)(1 drop)
- Helichrysum oil(Helichrysum italicum)(1 drop)
- Lemon oil (Citrus x limon)(3drops)
- Peppermint (Mentha x piperita)(2 drops)
- Roman Chamomile oil (Chamaemelum nobile)(2drops)
- Jojoba oil 10 ml

Mix all the above in 0.5 oz ( 10 ml) Roll on bottle a small amount around your body, avoid eyes, ears and mucus membranes

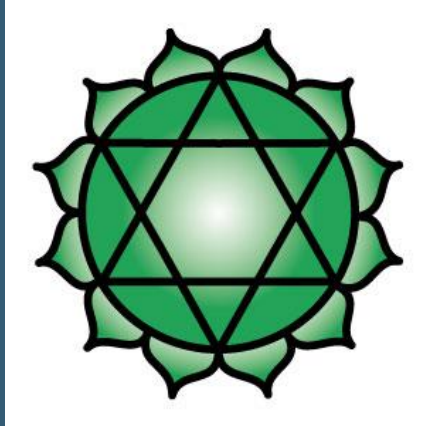
- If irritation occurs, discontinue use.



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# Heart Chakra Anahata Roll on



- Sweet Basil oil (*Ocimum basilicum*) (1 drops)
- Lavender oil (*Lavandula angustifolia*) (2 drops)
- Lemon Grass oil- (*Cymbopogon flexuosus*) (2 drops)
- Jasmine absolute (*Jasminum grandiflorum*) (1 drop)
- Jojoba oil 10 ml

Mix all the above in 0.5 oz ( 10 ml) Roll on bottle

Use small amount around your body, avoid eyes, ears and mucus membranes

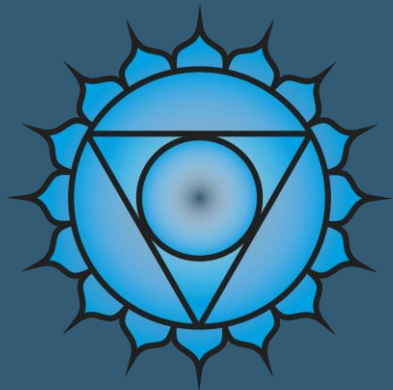
- If irritation occurs, discontinue use.



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# Throat Chakra Visuddhi Rollon



- Sweet Basil oil (*Ocimum basilicum*) (3 drops) Neroli
  - Lavender oil (*Lavandula angustifolia*) (3 drops)
  - Lemon grass (*Cymbopogon flexuosus*) (2 drops)
  - Jasmine absolute (*Jasminum grandiflorum*) (1 drop)
  - Jojoba oil 10 ml
  - Mix all the above in 0.5 oz ( 10 ml) Roll on bottle
- Use small amount around your body, avoid eyes, ears and mucus membranes
- If irritation occurs, discontinue use.



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# Third Eye Chakra Ajna Roll on



- Clary Sage oil (*Salvia sclarea*) (4 drops)
- Laurel leaf oil (*Laurus nobilis*) (2 drops)
- Pinion pine oil (*Pinus edulis* Engelm) (2 drops)
- Myrtle oil (*Myrtus communis*) (3 drops)
- Cedar wood oil- (*Juniperus Mexicana*) (2 drops)
- Jojoba oil 50 ml

Mix all the above in 2 oz ( 60 ml) Roll on bottle , use it on your hands or body while doing yoga or meditation



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- If irritation occurs, discontinue use.

# Crown Chakra Sahasrara Rollon



- Frankincense Oil (*Boswellia sacra*) (1 drop)
- Orange oil (*Citrus sinensis*) (3drops)
- Black pepper oil (*Piper nigrum*) (2 drops)
- Sage oil (*Salvia officinalis* ) (2 drops)
- Jojoba oil 10 ml

Mix all the above in 0.5 oz ( 10 ml) Roll on bottle

Use small amount around your body, avoid eyes, ears and mucus membranes

- If irritation occurs, discontinue use.



# Supplies



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# Safety

- Please read all oils profiles and safety precautions before using any oil
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