

HERB USAGE

- OIL PERFUMES

The simplest to make, oil perfumes last for a very long time. Look for a small dropper or roll-top bottle for easy application. To create oil perfumes, add a few drops of your favorite floral essential oil or essential-oil blend to a small amount of Jojoba oil. The later doesn't spoil, and has no scent of its own, making it a natural choice for perfumery.

- SUNNY DAY

This bright, cherry floral lifts spirits and promotes relaxation.

4 Drops Roman Chamomile Essential Oil

4 Drops Jasmine Absolute

4 Drops Bulgarian Lavender Essential Oil

10 Drops White Grapefruit Essential Oil

Combine oils in 1 ounce of Jojoba Oil; let scents marry for two weeks. Package in small bottle and label.

To Use: Apply a few drops to skin on pulse points.

- QUEEN OF THE FAERIES

This is a fabulous, exotic floral perfume with a hint of spice. It provides a very long-lasting scent.

8 Drops Patchouli Essential Oil

6 Drops Jasmine Absolute

4 Drops Ylang-Ylang Essential Oil

Combine oils in 1oz of Jojoba Oil; lets scents marry for two weeks. Package in small bottle and label.

To Use: Apply a few drops to skin on pulse points.

- SOLID PERFUMES

Wonderfully portable and long-lasting, solid perfumes usually comprise Beeswax Oil, and a fragrance.

Gently heat together Beeswax and Jojoba Oil, then remove from heat. Add your Essential Oil(s) and pour into containers to cool. Get creative and look around for fun small containers; Antique Pillboxes, Recycled Lipstick Tubes, Small Mint Tins, (etc.) to hold your solid blends.

- CITRUS GROVE

Neroli (Orange Blossom Flowers) and Sweet Orange Essential Oils combine to make a bright citrus aroma. Ylang-Ylang and Jasmine add more floral notes, while vetiver anchors the blend.

15 Drops Neroli Absolute

8 Drops Ylang-Ylang Essential Oil

7 Drops Vetiver Essential Oil

7 Drops Jasmine Essential Oil

10 Drops Sweet Orange Essential Oil

Combine scents in 4 ounces of Jojoba Oil, and let blend together for two weeks. Gently melt together the scented oil plus ½ oz Beeswax. Pour into small containers, cool, and label.

To Use: Place a small amount on temples or pulse points. You can also use a very small amount in your hair to add shine and scent. Just rub a small quantity onto your fingertips, then run your fingers through your hair.

- SPRAY PERFUMES

To create body perfumes, you need Everclear, Perfumer's Alcohol or the highest-proof vodka you can find to combine with your Essential-Oil blends. You can also add Floral Hydrosols. They have a lighter, fresher scent and work great for body splashes or Eau De Toilettes (which contain a smaller percentage of fragrance).

- ARTEMIS PERFUME

Not your typical sweet floral, this perfume provides an earthier, "Greener" scent thanks to Clary Sage Jasmine and Ylang-Ylang.

1 oz Everclear, Perfumers Alcohol or Vodka

6 Drops Clary Sage Essential Oil

3 Drops Jasmine Essential Oil

2 Drops Ylang-Ylang Essential Oil

Combine ingredients, shake well and label. Let blend sit for a few weeks and observe how the scent changes. Then use as a perfume or room spray.

- ROSE GARDEN – EAU DE TOILETTE

This light body splash makes the perfect scent for summertime. The classic combination of rose and orange blossom gets a spicy twist with the addition of basil and neroli essential oil.

4 oz Rosewater

10 Drops Neroli Absolute

3 drops Basil Essential Oil

Combine all ingredients in a glass bottle; label. Shake before use.

To Use: Spray or splash on as desired. Keep refrigerated for a refreshing cool body spray.

- EPSOM SALT BATH

People have used Epsom Salts for years to sooth sore muscles, but they also relieve dry, flaky skin, thanks to the salt's magnesium sulfate, which softens the skin and draws out toxins and impurities.

½ to 1 Cup Epsom Salt

As you fill your tub, pour the Epsom Salts under the running water and stir well to dissolve. Soak for 15 to 20 minutes in warm (not hot) water. Pat skin dry and moisturize well with a rich cream or natural oil to lock in moisture.

Yield: 4 to 8 ounces

- FENNEL & HONEY TONER

This old fashion folk remedy for wrinkles dates back to the pioneer days. Fennel seeds smooth out skin while honey, a natural humectant, attracts and holds moisture to the skin. Of course, nothing prevents wrinkles better than sun protection.

2 Tbls Witch Hazel

1 Tbls Fennel Seeds

1 ½ tsp Honey

2 Tbls Water

Combine all of the ingredients, cover, and let sit for three days. Filter the mixture into a clean container and discard the seeds.

To Use: Apply to your skin with clean cotton pads as you would any other facial toner.

Yield: 2 ounces

- ANTI-WRINKLE NIGHT CREAM

Of course, sooner or later, wrinkles will make an appearance. Help reduce the effects of aging and wrinkles with this night cream that contains rich natural oils to condition your skin as you sleep, helping to prevent lost moisture and keeping your skin soft and flexible.

2 Tbls Coconut Oil

1 Tbls Apricot Kernel Oil

1 Tbls Cocoa Butter, Grated

½ tsp Vitamin E Oil

Mix together all ingredients in a clean, ovenproof container. Heat the mixture in the microwave or on the stove, gently stirring until the Cocoa Butter and Coconut Oil begin to melt. Remove from heat and stir well again. Let mixture cool completely.

To Use: Massage a small amount into your face and neck in the evening before going to sleep.

Yield: 3 ounces

- SCOURING SCRUB

The French burned rosemary branches in hospitals for centuries to clean the air. Across Europe, people believed this practice helped ward off the plague. While preventing the “Black Death” might not be your concern, rosemary still does a wonderful job disinfecting surfaces. (And adding a few drops of the oil to a diffuser can help purify the air.)

1 Cup Baking Soda

2 Tbls Castile Soap

10 Drops Rosemary Essential Oil

Combine the ingredients in a small bowl and stir until you have a smooth consistency. Apply to surface with a scrub brush, toothbrush, or abrasive sponge.

- WOOD POLISH

Pine makes the whole house smell like Yule time. It blends well with cedar and clove. Use the oil with caution though, as it can irritate the skin. I also use pine oil on my hardwood floors.

1 Cup Mineral Oil

25 Drops Pine Essential Oil

Mix in a spray bottle. Shake well before each use.

- WINDOW CLEANER

Rose geranium has a very unique scent that’s especially beneficial to women. You can balance your hormones and clean your windows at the same time! It also deters mosquitoes and gnats.

1 Cup Vinegar

1 Cup Distilled Water

1 Cup Vodka

20 Drops Rose Geranium Essential Oil

Mix in a spray bottle and wipe away window grime with black and white newspaper.

- ALL-PURPOSE FLOOR CLEANER

Want to make the entire house smell clean? Just wash the floors. I like to mop mine on Friday, so the house feels fresh for the weekend. Experiment with a range of scents, including lavender and bergamot.

1 Gallon Distilled Water, Heated on Stovetop

½ Cup Castile Soap
1 Cup Vinegar
1 Tbls of Basil Essential Oil
1 Tbls of Thyme Essential Oil

Fill ingredients in a large bucket, stir, and use to mop linoleum tile, laminate, or other non-porous, non-wood surfaces.

- CARPET-STAIN REMOVER

A must for any home with pets or children! Test a small patch of hidden carpet for colorfastness first.

1 Cup Castile Soap
¼ Cup Glycerin
1 ½ Cups Distilled Water
20 Drops of Lemon Essential Oil

Mix all ingredients well and blot on carpet stain. Allow to sit for 10-30 minutes depending on the stain. Then wipe away with a clean wet cloth.

- CARPET FRESHENER

If you have pets like I do, carpet fresheners are essential. I use lemon for spring cleaning and peppermint in the winter.

1 Cup Baking Soda
20 Drops Lemon Essential Oil

Mix ingredients together in a clean, recycled parmesan cheese shaker (well enough so that the tiny oil bubbles burst to saturate the baking soda) Sprinkle on carpet; after a few minutes vacuum thoroughly.

- LEATHER CLEANER AND MOISTURIZER

Leather can become brittle and crack over time with extended use. Rub this salve on your favorite chair or sofa every three months. Wipe off excess with a clean cloth. You can also use it on shoes, coats, and hats.

½ Cup Olive Oil
1 oz Beeswax
½ Cup Vodka
20 Drops Cinnamon Essential Oil

Melt the oils and beeswax together over low heat. Stir in the vodka and store in a jar.

- COUNTER SPRAY

This all purpose spray is fun to try with different scent combinations. I like lemon-rosemary for the kitchen, basil-lime in the bath, and lavender-orange for the bedrooms.

1 Cup Water
1 Cup Vinegar
2 tsp Liquid Castile Soap
20 Drops Essential Oil Combination

Mix all ingredients in a clean spray bottle and shake well before each use.

- TOILET-BOWL CLEANER

Tea-tree oil provides a powerful aroma, along with anti-fungal and antiseptic properties, to get that important seat in the house clean. You can also use this recipe in the tub and shower to kill mold and mildew, or to clean garbage cans, the litter box, or any other spot that attracts bacteria.

1 Cup Baking Soda
½ Cup Borax
20 Drops Tea-Tree Oil

Mix all ingredients together in a bowl or spray bottle

- LAUNDRY BOOSTERS

I stopped using bleach a long time ago, but my whites certainly suffered for it. Then I discovered that vinegar and lemon juice work just as well. Pre-soak and hang in the sun for tough stains.

½ Cup Borax
1 Cup Vinegar
1 Cup Lemon Juice, Strained

5-10 drops Essential Oil sprinkled on a knotted nylon and tossed into the dryer: rose (lingerie, women's delicates), clove (men's clothes, kitchen towels) or lavender (bedding)

- DISH SOAP

This one's for the old fashioned, two-handed dishwasher. (Essential oils are not recommended for mechanical dishwashers)

¼ Cup Castile Soap
5 Drops of Lemon Oil
Baking Soda (for scouring pots and pans)

Mix together all ingredients; this should yield enough for an entire sink full of dishes.

- OVEN CLEANER

Store-bought oven cleaners contain a wealth of noxious chemicals-and one has to wonder how safe these sprays are for something used to cook food. Luckily, this healthy alternative works just as well.

2 Lemons

1 Cup Baking Soda

10 Drops Essential Orange Oil

Cut lemons in half and rub cut-side down all across the oven base. Sprinkle with baking soda and top with drops of oil. Let sit over night and scrub the grime away in the morning.

- COFFEE-POT SCRUB

I picked this trick up waiting tables. It works like a charm on mugs, too.

½ Cup Salt

1 Cup Ice

1 Lemon Cut In Half

For tough rings around the pot, sprinkle the glass with salt, fill with ice, then squeeze lemon slices to extract juice and toss the fruit inside. Circulate the contents rapidly. Rinse thoroughly when the stains lift. You may need to let the pot sit over night for tough stains.

HOLIDAY GIFTS

- HOMEMADE BATH BLEND

Treat yourself to a restorative soak, or assemble the ingredients for this natural blend to give to friends. Combine 2 cups Baking Soda, 1 cup Epsom Salts and 2 tablespoons Ground Ginger. Add to a tub of warm water and soak for 20 to 30 minutes. For gifts, put the ingredients in cellophane bags; tie with ribbon and add tags.

- BATH FIZZIES (Makes 1 Dozen – Use 2 per bath)

Citric Acid, a common food additive is available at wine-making supply stores, some spice shops and on-line. When Citric Acid is combined with Baking Soda and placed in water a chemical reaction creates bubbles.

½ Cup Citric Acid

1 Cup Baking Soda

¼ Cup Cornstarch

¼ Cup Organic Cane Sugar

About 6 Drops Food Coloring

10 to 15 Drops Essential Oil

Special Equipment: 2 Ounce travel size spray bottle, plastic pipette, silicone ice cube tray, storage jars.

1. Stir together Citric Acid, Baking Soda and Cornstarch in a glass measuring cup.
2. Pass mixture through a fine sieve or a flour sifter into a mixing bowl. Stir in sugar.
3. Fill spray bottle with water and add food coloring. Spritz mixture lightly (it should become damp but not fizzy) until you can pack mixture with hands.
4. Using pipette add oil, 1 drop at a time until strength of scent is to your liking. Using a metal spoon or your hands mix ingredients until color is even throughout (mixture will begin to dry out, when this happens spritz until packable again).
5. Spoon into ice cube tray pressing firmly. Let dry at room temperature overnight. Pop out of tray gently. Transfer to jars.

CLEANING MUST HAVES

BAKING SODA: It's not just for the back of the refrigerator. This inexpensive, mildly abrasive ingredient scrubs out caked on messes and doesn't stain or bleach. Plus, it absorbs nasty odors. Mix it with water to clean silver; sprinkle it inside the toilet bowl, garbage can, or cat box; or shake some directly on the carpet before cleaning.

WHITE VINEGAR: The perfect all purpose cleaner, vinegar will leave windows, chrome, and stainless appliances streak free. It also destroys odors in the sink drain, neutralizes urine stains, cleans grout, eliminates mildew, and removes coffee and tea stains when mixed with salt. (Never use white distilled vinegar on marble, however; the acid can damage the surface.)

BORAX: This wonder-powder once graced every cleaning cabinet in America. Not only will it wash your clothes, dishes, and outdoor furniture, it keeps bugs at bay and removes rust when mixed with lemon juice (one cup of Borax combined with 2 cups hot water and a tablespoon of juice should do the trick).

CASTILE SOAP: You can replace ANY liquid soap, dishwashing detergent, laundry detergent, hand soap, body wash, even baby shampoo—with old fashioned castile soap. It's an incredibly mild, yet effective cleanser.

DISTILLED WATER: When making your plant based cleaners, avoid plain tap water, which contains many minerals which can leave spots.

ESSENTIAL OILS: Fragrance aside, many essential oils offer cleaning power, as well: rosemary (disinfects), basil (deters flies), eucalyptus (kills germs), pine (great for wood), tea tree (anti-fungal), lemon, lime, orange (cuts grease).

OLIVE OIL/MINERAL OIL: Have these on hand to treat wood and leather