

Aromatherapy Spritzer Winter Health Remedies



Vanessa Cooper
Northwest Indian College
Cooperative Extension
Lummi Traditional Plants Educator
2522 Kwina Road
Bellingham, WA 98226
360-392-4343
vcooper@nwic.edu

Lora Boome-Heaton
Northwest Indian College
Center for Health
Women's Wellness Project Coordinator
2522 Kwina Road
Bellingham, WA 98226
360-594-4092
lboome@nwic.edu

Sponsored by:
US Department of Health and Human Services Office
on Women's Health & NWIC Center for Health,
NWIC Cooperative Extension and National Network
of Libraries of Medicine.



Northwest Indian College
2522 Kwina Road
Bellingham, WA 98226
www.nwic.edu

Essential Oils

Essential oils are stored in plants in microscopic cellular containers. Some plants will give their oils up easily, while others are very difficult or impos-



sible to obtain. This is why the cost varies so much. Like with fine wine, the growing habits of the plant affect its oil content and quality. Soil, weather conditions and harvesting techniques are all a part of the quality of the essential oil along with how it is produced. Though there are thousands of plants that could be used for aromatherapy, there are about 70 that are commonly used. I recommend getting to know less than 10 oils initially so you will become familiar with their usefulness in a variety of circumstances. These are some general families of essential oils that share common characteristics:

Citrus family – lemon, orange, tangerine, lime, grapefruit, bergamot.

Evergreen Trees – cedar, cypress, fir, spruce, pine.

Fragrant flowers – jasmine, rose, ylang ylang, chamomile, geranium, lavender.

Herbs – basil, mint, rosemary, tarragon.

Wood, root and resin family – sandalwood, frankincense, myrrh, vetiver, cedarwood.

Grapefruit: It has an uplifting effect on the mood and helps with stress and depression. It helps with muscle fatigue. Has a high vitamin C content as is good for the immune system. It helps protect against colds and flu.

Lavender: Is the safest and one of the most balancing of all oils in the skin. Lavender helps when you are stressed, the smell is calming and relaxing. It is soothing, anti-inflammatory, and anti-infectious and promotes skin healing. It is also an analgesic, anti-rheumatic, antidepressant, deodorant, diuretic, insecticide and sedative.

Rosemary: Is an anti-oxidant, anti-microbial, anti-rheumatic, aphrodisiac, diuretic, fungicidal, and restorative. It helps to stimulate circulation and to thin mucus. It also helps to enhance memory. *“Should not be used by pregnant women.”*

Sweet Orange: Is an anti-depressant and anti-inflammatory. It helps revive the mind and brings warmth and happiness. It also helps children relax and sleep at night. It's good for the immune system as well as for colds and flu. It helps eliminate toxins from the body.

Peppermint: Is an anti-inflammatory, anti-microbial, anti-pruritic, antiseptic, antiviral, and an astringent. Feels cool when applied to the skin and can help with heated inflammatory states, pain and itching. A dilution of the essential oil or tea can help soothe hives and chicken pox. *“Should not be used by pregnant women.”*

Aromatherapy Spritzers Instructions

Spritzers can be used for scenting a room or as a personal aromatherapy spray. Some people have several different scented spritzers on hand for moments when they need something uplifting, calming, etc. You can buy spritzer bottles at many herb stores or online. They often come in one half ounce to four ounce sizes. Fill the bottle with 90% pure filtered water and 10% rubbing alcohol, brandy or vodka. The alcohol will help emulsify the essential oil and will act as a preservative. Use about 10-25 drops of essential oil per ounce. Shake the bottle before spritzing. You can also add flower essences to spritzers at 3-5 drops per bottle.



Body care Resources

Living Earth Herbs. www.livingearthherbs.com
Majestic Mountain Sage. www.thesage.com
Essential Wholesale. www.essentialwholesale.com
Bramble Berry. www.brambleberry.com
Zenith Supply. www.zenithsupplies.com