



Mother and Baby

Due to the differing quality in oils, I stock and supply all ingredients from Penny Price Aromatherapy. I operate a monthly delivery and postal service of all ingredients and blends. Without using therapeutic products, the quality of the blends will be impaired.

<p style="text-align: center;">Baby Wipes</p> <p>Ingredients:</p> <ul style="list-style-type: none">• 500ml amber bottle with pump top• 500ml nettle or chamomile hydrolat or cooled nettle tea• 3 tbsp aloe vera• 20 drops chamomile essential oil• 10 drops Lavender essential oil <p>Instructions:</p> <ul style="list-style-type: none">• Pour in the essential oils first• Blend the aloe vera and liquid separately first to make a gel and use a funnel to decant into the bottle• Mix the solution by shaking <p>Either use each time as a pump spray or soak cloth wipes in this ready to use.</p> <p style="text-align: center;">Use within 3 months</p>	<p style="text-align: center;">Baby Bath Oil</p> <p>Ingredients:</p> <ul style="list-style-type: none">• 1 teaspoon organic cold pressed sunflower carrier oil• 3 drops Chamomile essential oil <p>Instructions:</p> <ul style="list-style-type: none">• Add to the bath as it is running to disperse• Make it up ready to use or pre-prepare• 100ml organic cold pressed sunflower carrier with 15 drops chamomile essential oil
<p style="text-align: center;">Cleansing Spray</p> <p>Spray on baby bottoms and hands to freshen up on the go, also soothing for sore breasts in cases of non-infectious mastitis</p> <p>Ingredients:</p> <ul style="list-style-type: none">• 50ml spray bottle• 50ml Chamomile hydrolat• 6 drops Chamomile Essential Oil• 6 drops Lavender essential oil <p>Instructions:</p> <ul style="list-style-type: none">• Blend hydrolat with oil in bottle• Use on baby bottoms, hands and also can be sprayed on bed linen to soothe and create a familiar smell	<p style="text-align: center;">Baby Massage Oil</p> <p>Ingredients:</p> <ul style="list-style-type: none">• 100ml spray bottle• 100ml organic cold pressed sunflower carrier oil (sunflower isn't as rich as almond so better for babies to avoid getting too slippery)• 5 drops Roman Chamomile essential oil• 5 drops Lavender essential oil <p>Instructions:</p> <ul style="list-style-type: none">• Apply to baby's body avoiding mouth, eyes and ears <p style="text-align: center;">Use within 3 months</p>

<p>Use within 3 months</p> <p>Mother's Postpartum "bits spritz" spray</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 100ml nettle hydrolat or nettle tea cooled • 1tbsp of organic aloe vera oil • 7 drops Cypress essential oil • 6 drops Lavender essential oil • 5 drops chamomile essential oil • 100ml spray top <p>Instructions:</p> <ul style="list-style-type: none"> • Pour in the essential oils first • Blend the aloe vera and liquid separately first to make a gel and use a funnel to decant into the bottle • Mix the solution by shaking <p style="text-align: center;">Use within 2 months</p>	<p>Scar tissue and Replenishing pre or post-natal Massage Oil</p> <p>This is for an abdominal and hip massage, also beneficial for sore breasts</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 100ml spray bottle • 70ml Almond Sweet carrier oil • 20 ml Arnica Carrier oil • 10ml Hypericum carrier oil (avoid if taking anti-depressants or St. John's Wort supplements) • 10 drops Frankincense essential oil • 6 drops Lavender essential oil • 5 drops Chamomile essential oil • 5 drops Cypress essential oil • 4 drops Mandarin essential oil <p>Instructions:</p> <ul style="list-style-type: none"> • Add the essential oils first • Top up with carrier oil • Mix the solution • Spray onto skin and use as a massage oil <p style="text-align: center;">Use within 2 months</p>
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Sources:

Emily Winter, Clinical Aromatherapist, Full member of the International Federation of Clinical Aromatherapists

Credits: Lawless, Julia The Encyclopedia of Essential Oils (2014)

Penny Price Aromatherapy

*This is not a resource to diagnose or 'treat' specific conditions but create a tried and tested symptomology response to low-level symptoms at home according to the principals of clinical aromatherapy in the United Kingdom