



Recipe Card: Your First Aid Kit*

Cuts and grazes

Ingredients:

- 100ml spray bottle
- 10 drops Lavender essential oil
- 10 drops Tea Tree essential oil
- 5 drops Chamomile Roman essential oil
- 1 table spoon aloe vera
- fill up with witch hazel

Instructions:

- Blend the aloe vera and witch hazel separately first to make a gel and use a funnel to decant into the bottle
- Put the essential oils in to the bottle first
- Mix the solution by shaking

Spray on cut knees, grazes, improves healing and is antiseptic, calming for nettle stings

Use within 2 months

Bruises

Ingredients:

- 100ml spray bottle
- 10 drops Geranium essential oil
- 10 drops Lavender essential oil
- 10 drops Marjoram Sweet essential oil

Instructions:

- Add the essential oils first
- Carrier (Sweet almond, sunflower)
- Mix the solution

Apply to bruises, especially before bed

Use within 2 months

Thrush/ candida

To be applied to the affected area by spray to prevent re-infection

Ingredients:

50ml spray bottle

- 1 tablespoon aloe vera
- Blended to fill with witch hazel hydrolat
- 5 drops Tea Tree essential oil
- 10 drops Bergamot essential oil
- 5 drops geranium essential oil

Instructions:

- Blend the aloe vera and witch hazel separately first to make a gel and use a funnel to decant into the bottle
- Put the essential oils in to the bottle first
- Mix the solution by shaking

Use within 2 months

Cystitis

Ingredients:

- 100ml spray bottle
- 100ml almond sweet carrier oil or sunflower
- 20 drops Lemongrass essential oil
- 10 drops Geranium essential oil
- 10 drops Tea Tree essential oil

Instructions:

- Apply to lower abdomen and kidney area

Use within 2 months

Athletes Foot

To be applied using a 10ml roller ball

Ingredients:

- 10ml roller ball bottle
- 10ml carrier oil: Almond Sweet or Sunflower
- 10 drops Tea Tree essential oil
- 8 drops Lavender essential oil
- 5 drops Marjoram Sweet

Instructions:

- Add the essential oils first
- Top up with the carrier oil
- Mix the solution

Use within 2 months

Muscle Pain

To be massaged into the area of pain. This is particularly effective before bedtime.

Ingredients:

50ml spray bottle

- 50ml Almond Sweet carrier
- 10 drops Lemongrass essential oil
- 10 drops Marjoram Sweet essential oil
- 10 drops Ravensara essential oil

Instructions:

- Add the essential oils first
- Top up with carrier oil
- Mix the solution

Use within 2 months

Ear Infections	Hay Fever
<p data-bbox="108 219 284 253">Ingredients:</p> <ul data-bbox="156 304 659 495" style="list-style-type: none"> • 10ml rollerball • 10 drops Tea Tree essential oil • 10 drops Lavender essential oil • 5 drops Ravensara essential oil • 10ml Almond Sweet carrier oil <p data-bbox="108 539 288 573">Instructions:</p> <ul data-bbox="156 622 576 730" style="list-style-type: none"> • Add the essential oils first • Top up with carrier • Mix the solution <p data-bbox="108 813 786 887">Apply by circling round the ear with a roller ball. Do not apply essential oils into the ear cavity</p> <p data-bbox="309 931 608 965">Use within 2 months</p>	<p data-bbox="831 181 1002 215">Ingredients:</p> <ul data-bbox="879 237 1417 456" style="list-style-type: none"> • 10ml rollerball • 10 drops Tea Tree essential oil • 10 drops Lavender essential oil • 5 drops Frankincense essential oil • 10ml Almond Sweet carrier oil <p data-bbox="831 501 1011 535">Instructions:</p> <ul data-bbox="879 546 1297 654" style="list-style-type: none"> • Add the essential oils first • Top up with carrier • Mix the solution <p data-bbox="831 698 1505 772">Apply by circling round eye area and ear with a roller ball.</p> <p data-bbox="831 813 1433 846">Also apply under the nose and to temples.</p> <p data-bbox="831 891 1469 925">Do not apply essential oils into the ear cavity</p> <p data-bbox="1034 1010 1326 1043">Use within 2 months</p>

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