



Aromatic Gifts for the Holidays



Give the gift of natural health.

Pamper yourself and others this holiday season with wonderful handmade gifts.

www.apothecary-shoppe.com · (800) 487-8839 · apothecary@achhs.edu · www.achhs.edu



The Apothecary Shoppe

American College of Healthcare Sciences™

For the Bath

Basic Bath Salts Blend

Ingredients

Epsom salts	1c or 8oz
Sea or mineral salts	½c or 4oz
White clay	¼c or 1oz
Pure essential oils	

Directions

Mix all ingredients together in bowl and sift. Add 4T to one full bath; add after the bath has filled. Essential oils can be added as either single oils or as blends.

Essential Oil Bath Salt Blends

Calm Down

Essential oil of geranium	3 drops
Essential oil of lavender	3 drops
Essential oil of lemon	2 drops
Essential oil of sandalwood	2 drops

Wake Up

Essential oil of rosemary	5 drops
Essential oil of peppermint	4 drops
Essential oil of bay	3 drops
Essential oil of ginger	2 drops

Winter Blahs

Essential oil of grapefruit	6 drops
Essential oil of elemi	6 drops
Essential oil of ginger	4 drops
Essential oil of sandalwood	2 drops

Suggested Oils for Men's Blends

Essential oil of cinnamon
Essential oil of patchouli
Essential oil of sandalwood
Citrus oils

Herbal Bath Blends

Ingredients

Use 2-10 drops of essential oil per bath. (Note: Use care with peppermint, basil, citrus, cinnamon, and thyme). For a foot bath, use 10 drops of essential oil per ½ gallon of water.



Slow Down

Equal parts of all:

Lavender flowers
Rosemary leaves
Peppermint leaves
Chamomile flowers
Calendula flowers

Dream Time

Equal parts of all:

Rose petals and buds
Chamomile flowers
Lavender flowers

Rejuvenating and Stimulating

Equal parts of all:

Sage leaves
Rosemary leaves
Lavender flowers

Calming and Relaxing

Equal parts of all:

Spearmint leaves
Comfrey root
Chamomile flowers
Valerian root

Oily Skin

Equal parts of all:

Witch hazel bark
Peppermint leaves

Dry Skin

Equal parts of all:

Comfrey root
Chamomile flowers
Rose petals
Rosemary leaves

Directions

Rub the herbs together through a sieve. Weigh out 1 oz and package into herbal sachets for the bath. Hang from the faucet when drawing a bath so that the water will filter through the sachet when filling the tub. Then place the sachet in the water and let it soak in the water while bathing.

Fizzing Bath Bombs

Ingredients

Citric acid 2T
Cornstarch 2T
Baking soda ¼c
Light oil 3T

Directions

Mix all ingredients together and form into small balls. Let dry and harden for 24 to 48 hours. Drop into a warm bath and enjoy. Yield: 6 bombs.

For the Body

Recommended Herbs for the Skin

Calendula, lavender, chamomile, comfrey, elder flower, roses, nettle, burdock, rosemary, red clover, fennel, and dandelion

Recommended Essential Oils for the Skin

Lavender, geranium, jasmine, rose, neroli, and immortelle

Oily/Acne: Cypress, lemon, juniper, cedarwood, and citrus

Dry: Sandalwood, geranium, ylang ylang, and immortelle

Sensitive: Chamomile, rose, neroli, jasmine, and immortelle

Mature/Wrinkles: Neroli, rose, and clary



Body Powder Recipe

Ingredients

White clay 1c or 8oz

Corn starch 1c or 8oz

Directions

Mix powders through a sieve. Sprinkle essential oils over this. Let it sit for 5 minutes and then sift four times. Test the powder on your skin before placing in shakers.

And...for Your Pets

Prepare powder as outlined above and add the following oil blend:

Equal parts of all:

Essential oil of cedarwood

Essential oil of orange

Essential oil of eucalyptus

Basic Body Lotion Recipe

Ingredients

Sweet almond oil 1c

Lanolin anhydrous 3T

Jojoba oil 2T

Beeswax ½c



Ingredients Continued

Water or rosewater 2/3c
(*double water of lighter cream is required)
Essential oils

Chamomile, immortelle, jasmine, lavender, neroli, rose, sandalwood, and yarrow are all anti-inflammatory and soothing for the facial skin. For an antiseptic lotion, add New Zealand and Australian tea tree.

Directions

Melt the lanolin, jojoba, sweet almond oil, and beeswax in a bowl over simmering water. Do not place lanolin and oil directly on the heat as it can ignite. Pour into a jug and place in the freezer until a hardened edge appears around the surface. Test with your finger. A coating should cover your finger when it is ready. This takes about 15 minutes.

Heat the water or rose water to a tepid temperature. Have the tepid water or rose water in the blender. Add the essential oils; then while blending at high speed, slowly start to pour in the mixture from the freezer and watch for emulsifying. It turns white quickly and once this happens stop pouring. Do not turn blender back on but continue to stir with a spoon.

Basic Body Moisture Oil Recipe

Ingredients

Sweet almond oil 90ml
Jojoba oil 5ml

Directions

Add 20 drops of essential oil to a 2oz bottle of Body Moisture Oil. Test on your skin to be sure the aroma is strong enough.

Anti-Cellulite Oil

Essential oil of rosemary	5 drops
Essential oil of lemon	5 drops
Essential oil of fennel	4 drops
Essential oil of ginger	2 drops
Essential oil of cypress	2 drops
Essential oil of juniper	2 drops

Pain Free

Essential oil of lavender	10 drops
Essential oil of rosemary	8 drops
Essential oil of peppermint	4 drops
Essential oil of ginger	4 drops
Essential oil of black pepper	4 drops

Anti-Cellulite Oil

Essential oil of grapefruit	8 drops
Essential oil of ginger	4 drops
Essential oil of lemon	3 drops
Essential oil of cypress	3 drops
Essential oil of juniper	2 drops



Basic Facial Scrub Recipe

Ingredients

Oatmeal ½c
Cornmeal ⅛-¼c
Honey

Directions

Blend together until very fine, pour into a bowl, and add honey to the thick dough mixture. Place the mixture in a wide-mouth jar, add water in the palm of your hand, and use to gently scrub face; then rinse.

Other Aromatic Skin Care Suggestions

Facial Oil: 10-15 drops of essential oil mixed with 1oz of jojoba oil

Facial Steam: 5 drops of essential oil in hot water or herbal tea

Compress and Eye Pads: 5 drops of essential oil in water; for eyepads, use aromatic hydrosols

Face Mask: 1-2 drops of essential oil in a mask base

Compress or Mouthwash: 2 drops per ½c

Steam Inhalation: 6-12 drops in ½ gallon of water

Basic Body Scrub Recipe

Ingredients

White clay ⅛c
Ground oatmeal ¼c
Ground almonds ¼c
Kelp powder ¼c
Comfrey root powder ¼c
Powdered roses ¼c (* You can also substitute lavender or peppermint)
Essential oil (* Optional)

Directions

Mix together and then add water to make a paste. Rub paste into face and scrub body. Wash off. Add an additional base oil for an oil-rich scrub.

Dry Skin Brushing

Dry skin brushing is such a simple way to keep the skin soft, smooth, and healthy. It removes the layers of dead cells and stimulates the pores to eliminate toxic products. It tones the muscles, redistributes fatty deposits, breaks up areas of cellulite, and increases and stimulates circulation, especially of the small capillaries under the skin.

Use a natural-bristled brush, preferably a long-handled bath brush. Note that it must be of natural bristles, because nylon tears the skin and disturbs the electro-magnetic balance of the skin.

Take your brush and start in small circles brushing all over the body. Do not brush the face and any tender or inflamed areas, but do brush the soles of the feet. The brush may feel rough to begin with, so just use gentle pressure until you become used to the sensation. Dry skin brush at least once a day, followed by a hot and then cold shower. If this is too traumatic for you just finish off with a shower at usual temperature. The hot and cold temperature is to further stimulate circulation but it is not vital.

Weight Loss Herbal Tea

Ingredients

Powdered chamomile	1oz
Powdered lemon balm	½oz
Powdered red clover	¼oz
Powdered cleavers	¼oz
Powdered passionflower	¼oz (* You can substitute skullcap, catnip, or valerian)
Powdered yarrow	¼oz
Powdered juniper	¼oz

Directions

Place blend in a tea bag and enjoy!

Shampoo

Directions

Mix 2-3ml of essential oil into 16 oz of shampoo.

Dry Hair: Sandalwood, cedarwood

Oily Hair: Rosemary, citrus

Dandruff: Rosemary, clary sage

Hair Loss: Rosemary, lavender, basil

Normal Hair: Lavender, ylang ylang, chamomile

For the Home

Aromatic Room Spray

The first step is to prepare your aroma concentrate (essential oil blend). Then, add 10 drops of your blend to 10ml of alcohol, Everclear, or vodka. Blend together in a bottle and shake. Great for freshening potpourri, diffusing throughout your home, or using as a body spray.

To Make a 2 oz Room or Body Spray

Mix 60 drops of your aroma concentrate with 2oz of distilled water or witch hazel hydrosol. Shake well. Spray upward into the air and walk underneath. If the aroma is not strong enough, add more concentrate in 5-drop increments and test again.

Festive Spice Concentrate

Alcohol	10ml
Essential oil of orange	6 drops
Essential oil of cinnamon	1 drop
Essential oil of ylang ylang	2 drops
Essential oil of lemon	1 drop

Holiday Romance

Alcohol	10ml
Essential oil of rose	5 drops
Essential oil of ylang ylang	3 drops
Essential oil of patchouli	2 drops
Essential oil of bergamot	2 drops

Holiday Ambience

Alcohol	10ml
Essential oil of fir needle	15 drops
Essential oil of orange	7 drops
Essential oil of anise	5 drops
Essential oil of cinnamon	5 drops
Essential oil of black pepper	7 drops



Apothecary Shoppe Preferred Club

Create your personal customer account at the Apothecary Shoppe, and you'll receive special offers for preferred customers only!

The Apothecary Shoppe is your trusted source for organic wellness supplies.

www.apothecary-shoppe.com

(800) 487-8839

apothecary@achhs.edu

www.achhs.edu

About the American College of Healthcare Sciences

Founded in 1978, ACHS is recognized as an industry leader in holistic health education worldwide. Our flexible, online programs, highly qualified faculty, diverse student body, and commitment to exceptional online education make ACHS the perfect choice. Your education is accredited and recognized throughout the holistic health community.

ACHS Mission and Vision Statement

To provide leadership in holistic health education through comprehensive professional online and on-campus education and high-quality natural products with a commitment to sustainable practices and principles. Through our mission, ACHS fosters competence, professionalism, and cooperation in holistic healthcare, and works to preserve and share knowledge in natural medicine. We will achieve our objectives through a set of values that respect our students, customers, employees, suppliers, and community, and to operate with integrity that is deserving of their trust.

ACHS Objective

Through our mission, American College of Healthcare Sciences will foster competence, professionalism, and cooperation in holistic healthcare, and preserve and share knowledge in natural medicine.

Request a program catalog of American College of Healthcare Sciences programs today and start building a career in holistic health and living your passion.

American College of Healthcare Sciences

5940 SW Hood Ave., Portland OR 97239

www.achhs.edu

(800) 487-8839, achhs@achhs.edu