

SAMPLE BLENDS AND USEFUL BLENDING TIPS

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CARRIER BLEND: 5 mL

Sweet Almond Oil: > 4 mL

Jojoba: 1 mL (preservative)

IF YOU HAVE A NUT ALLERGY, USE ALL JOJOBA.

Properties of this Carrier Blend:

Almond Oil is tri-doshic. It is one of the most useful, practical, and commonly used carrier oils. Great for all skin types, known for its ability to soften, soothe, and re-condition the skin. Exceptionally rich in fatty acids. *Info from: Ananda Apothecary: www.anandaapothecary.com*

Contraindications: Nut allergies (sweet almond). Can use all jojoba if nut allergy present.

Jojoba: Extremely stable so very useful for blending to prevent rancidity. Helps dissolve sebum from scalp and skin, so great for hair and complexion blends.

Blending Info / Tips:

Measurements: 20-30 drops=1 mL. 30 mL=1 oz. 5 mL=1 tsp.

General Rule for Blends: 2-5 drops total e.o.'s per 1 tsp. carrier oil.

T/M/B Note Ratios: 30/50/20 top/middle/base, or, 2-3 drops, 3-4 drops, 1-2 drops for a total of 6-9 drops per 5 mL carrier.

Note: The above is general. You must know the sensitizing properties of the essential oil you are using. For example, suggested dilution for clove oil is 1 drop per 20 mL carrier!

ANTI-COLDS "4 THIEVES" BLEND

>5 mL carrier

1 drop clove

2 drops lemon

1 drop cinnamon

2 drops rosemary

2 drops eucalyptus

Best applied to soles of feet. Although this is a low dilution for this "recipe", with most versions being 2-4 times as strong, still, DO NOT CHOOSE TO MAKE THIS BLEND IF YOU HAVE SENSITIVE SKIN, since we do not have the opportunity to do a skin patch test this evening.

MUSCLE RELIEF BLEND:

> 5mL carrier

2-3 drops ginger

1-2 drops lavender

2-3 drops clary sage

Apply to the aching areas, massage deeply into skin of the affected areas.

ANTI-STRESS & or SWEET SLEEP BLEND:

> 5 mL carrier

2-3 drops mandarin

1-2 drops cape or roman chamomile

1-2 drops lavender

For sleep, before bed, apply to temples, under nostrils, or on pillow. For daytime, apply to temples, nose, neck, and wrists, and feet if desired, for a full body relaxation treatment.