

## PERSONAL CARE PRODUCTS!

- > Easily personalized for the specific person based on ingredients or scents
- > Healthier and holistic
- > Many of the recipes take only minutes to make
- > Cost less than store-bought items of similar quality (if you could find them)
- > Can be as rustic or sophisticated as you desire!

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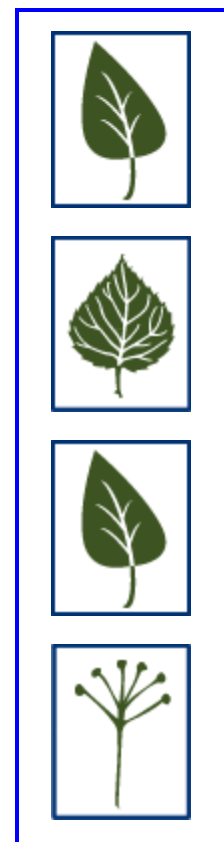
## NEW YEAR'S RESOLUTIONS!

Every talk show, radio station and morning news program this past week are filled with New Year's Resolutions ideas and advice. Most years, I don't even bother!

I do like the idea, though—of re-creating myself, of starting over. Most religions espouse some aspect of starting over: either through reincarnation, redemption, resurrection, etc. With the unseasonably warm weather we're having, I can see life beginning anew! I know I've started my life over many times—sometimes even in the same year!

When considering a New Year's Resolution, most 'experts' agree that it is better to make small, incremental changes rather than large, wholesale ones. So, with that advice in mind, we begin our New Year by looking at some small, relatively easy things we can do to make our lives more holistic and healthier.

- Karen Reilly, RA, NCMT  
owner, OmnEssence LLC



## PERSONAL CARE PRODUCTS—A BEGINNING

Starting with personal care products that we use everyday seems as good a place to begin as any. For the most part, these recipes are easy to make and most cost only pennies!

They also tend to use ingredients that are readily avail-

able in most households, so there isn't the need to shop specially for ingredients!

I also think that by integrating some of these recipes into our lives, we can make significant changes to our health and wellbeing.

These are products we tend to use EVERY day, so by replacing them with healthy, holistic products, we can feel the difference pretty soon.

Enjoy!

### Use prepared blends!

If making your own essential oil blend is too much, then use your favorite prepared blend in your recipe. Some suggestions:

- **Menopause Daily Blend**
- **Stress Relief Blend**
- **PMS Daily Blend**
- **Compassionate Heart**
- **Wisdom of the Heart**
- **Chakra Blends**
- **Five-Element Blends**
- **Deep Healing Blend**
- **Irritated Skin Blend**
- **Uplifting/Clarifying**
- **Tangerine Teddy Bear**



Clove oil has been used for hundreds of years for oral health.

### Oils for Deodorants:

I like to use wood oils when making my family's deodorants. Wood oils, such as **sandalwood, rosewood, cedar or even cabreuva**, help move our lymphatic fluid!

#### Deodorant Powder:

Use 1-2 teaspoons arrowroot or baking soda, blended with 2-4 drops of essential oils for a deodorizing powder that can be used under your arms or for your feet!

**Can also be used for stinky feet!**

### ESSENTIAL OIL BLEND IDEAS

Here are some quick suggestions for blending:

#### For Women:

##### **Stress-Buster Blend for Women:**

Geranium (either the Rose or Bourbon) 5 drops  
S. Marjoram 5 drops  
Ylang ylang 3 drops

This blend will help balance and calm any 'raging' hormones! Feel free to add a bit of bergamot or Clementine to lighten the

blend.

#### For Men:

##### **Lime Refresher Blend:**

Lime 20 drops  
Peppermint 10 drops  
White Fir 10 drops

Or, try this blend:

##### **Sandalwood/B. Pepper Blend:**

Sandalwood 15 drops  
B. Pepper 5 drops  
Tangerine 5 drops  
Sage 3 drops

Rosemary v. 5 drops

#### For Children:

##### **Tangerine Teddy Bear Blend:**

Tangerine 9 drops  
Sandalwood 2 drops  
Ylang ylang 1 drop  
Clementine 1 drop  
Lemon 3 drops

### TOOTH POWDER

Making your own tooth powder is simple and easy!

#### Ingredients:

**Sea Salt**—fine ground 1 ounce

**Baking soda**—1 ounce

**Glass Jar** (jelly jars are great or check the Resources section for other

ideas)

**Essential oil blend** 10 drops

**Place ingredients in glass jar, blend well and label.**

#### Tips:

A blend of peppermint, rosemary and tea tree provides an anti-septic blend of essential oils. For

gum or tooth issues, I use clove, ginger, fennel or coriander essential oils.

#### *Did You Know?*

A drop of clove oil was traditionally used by dentists to numb the gum before injecting novacaine?

### DEODORANT SPRAY

Making your own deodorant spray is as easy as making a cup of tea!

#### Ingredients:

**Distilled water**

**Alcohol**—I use inexpensive vodka. Optional!

**Essential oil blend** of your choice

**Glass Spray Bottle** (either 4 or 8 oz) See Resources.

Recipe:

1. **Blend essential oils.** I like to use about 40 drops of essential oils to 4 oz of liquid .
2. **Add essential oils to alcohol** a glass spray bottle.
3. **Add equal amount of distilled water** the the alcohol/essential oil blend.

4. **Test to see if the scent is strong** enough. If needed, add more essential oil blend.
5. **Label your Deodorant..** (See our previous newsletter for more information on creating your own labels)

## MOUTHWASH AND RINSE

Another very easy and simple recipe!

### Ingredients:

**Distilled Water—4 oz**  
**Alcohol—4oz or 2oz with 2oz vegetable glycerin**

**Grapefruit Seed Extract—1 teaspoon**

**Essential oils—20-30 drops** for flavor

**Glass bottle—8 oz** (See Resources)

1. Pour alcohol and es-

sential oil blend into glass bottle and blend.

2. Add distilled water and blend.
3. Add grapefruit seed extract.
4. Add more oils, depending on taste.

### Hints:

- Vegetable glycerin is an emulsifier. It is available at most health food stores.

- Grapefruit seed extract is a preservative as well as being strongly antiseptic. It is available at most health food stores.
- For gum or tooth issues, you can dilute a drop or two of grapefruit seed extract in distilled water and apply to area.
- Mint and citrus oils make great mouth wash blends.

## FOOT SOAKS

Foot soaks can be used for more than just athlete's foot! I use them to revitalize myself after a busy day as well as to ward off a cold or flu!

You can use either vinegar or sea salt, but the proportions change. See below:

### Ingredients:

**Apple Cider Vinegar—2 tablespoons**

**20 drops essential oils**

Or

**Sea Salt—5 tablespoons**  
**30 drops essential oils**

Blend together in a container or tub large enough to hold your feet. Add warm water to cover your feet and soak! Enjoy!

Since vinegar or salt are drying, I use a balm afterwards to nourish the skin

on my feet. (See last newsletter).

### TIPS:

For Athlete's Foot or a nail fungus, I use thuja (Eastern White Cedar), cajeput or Naiouli essential oils in the soak.

To ward off a cold or flu, I use anti-viral oils like spike lavender, eucalyptus, tea tree, ginger or oregano.

## Glass vs. Plastic

In all the recipes, I recommend using glass containers rather than plastic. I do this for a number of reasons:

- Glass is much more stable than plastic. This means that it does not degrade or leech into the contents. Many manufactures of baby bottles are eliminating their plastic bottles in favor of glass.
- Glass is better for the environment!
- **Please use your best judgment!** When making items for young children, I will often select plastic over glass for safety reasons.

## TANGERINE TEDDY BEAR FIZZY BATH BLEND

Fun for kids of all ages. The combination of the baking soda and citric acid makes the blend fizz when added to the water. You can add orange food coloring if you want to make it visually appealing as well!!

### Ingredients:

**4 oz cornstarch**

**4 oz citric acid** (see Resources)

**8 oz baking soda**

**2 1/2 ml Tangerine Teddy Bear Blend** (see p. 2)

1. Blend ingredients in a bowl and mix well.
2. Store in glass jar (jelly jars work well)
3. Use 1/4 cup or more

in bath.

Tangerine Teddy Bear blend is a calming and relaxing blend, particularly for young children. This can help settle down an over-tired child!



## Why Alcohol?

Some of the recipes in this newsletter recommend using alcohol. Alcohol can play many roles in these recipes: drying agent (deodorant), emulsifier (helps to blend water and oil) and preservative.

When I do use alcohol, I use an inexpensive vodka. Vodka has little or no scent, thereby not interfering with my essential oil blend..

If you choose to omit the alcohol in the deodorant or mouthwash recipes, you will have to shake the liquid prior to use.

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**Resources:**

Most are for larger quantities, so if you'd like to have smaller amounts, call me!  
Below are some the resources we've found on the web:

**Bottles, jars:**

[www.sks-bottle.com](http://www.sks-bottle.com)

[www.acmevial.com](http://www.acmevial.com)

**Citric Acid:** [www.thesage.com](http://www.thesage.com)—not everything is organic, so choose carefully!

**Coming in our Next Issue –Holistic Facial Care Ideas!**


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**Visit us on the Web:**  
[www.omn essence.com](http://www.omn essence.com)

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Holistic Solutions to  
Everyday Living!

**NEW OIL—ARMOISE MUGWORT (*ARTEMISIA VULGARIS*)**

Wild-crafted in Morocco.

Commonly known as mugwort, this is an aromatic herb that grows in almost every climate. Legend tells us the herb grows wherever the Earth has been violated. Tradition says the mugwort was worn by St. John the Baptist to ward off demons and evil. In Chinese Medicine, The herb is dried and burned as moxa over acupuncture points.

As an essential oil, mugwort's chief chemical constituent is thujone, a ketone considered neurotoxic. Therefore, mugwort should be used with caution, never taken internally and always diluted.

When used appropriately, mugwort is a powerful antispasmodic, diuretic, digestive remedy. It has a strong affinity to the liver. Mugwort is also wonderful to control fevers.

5ml \$7.00      10ml \$12.40

