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Aromatic Wisdom Podcast Episode #006 **Easy Last Minute Aromatherapy Gifts They Will Love!**

Today I'm going to share some really nice super fast gifts that you can make at the last minute with Essential Oils and other natural ingredients.

You're listening to the Aromatic Wisdom Podcast with your host, Liz Fulcher.

If you're interested in learning about Essential Oils, hearing interviews with industry experts, and discovering ways to grow your own Aromatherapy business, this is the podcast for you.

For more information and show notes, visit the website at www.AromaticWisdomInstitute.com. Now sit back. Relax. Take a deep breath and enjoy as Liz shares a dose of Aromatic Wisdom.

Hello Friends! It's Liz Fulcher here. I am your host on this podcast. Thank you so much for joining me.

I have a confession to make. I am a procrastinator! Not only am I a procrastinator but, I work really well under pressure. With all of that adrenaline running through my system, I become one big ball of focus and action and results. Does this phenomenon sound familiar to any of you? I'm guessing it resonates with a lot of you because a lot of people in the aromatherapy industry are very creative.

One of the hallmarks of a truly creative person is that they do wait until the last minute or wait until the eleventh hour and then they are incredibly energized and motivated and excited and end up doing a really good job. So, if you see yourself as a procrastinator maybe you want to think of yourself as an incubator; you're just waiting until the right time, and then you are going to do a bang up job.



So, here it is a week before Christmas and I'm sure there are those of you out there that have either procrastinated in buying or making holiday gifts. Or maybe you really and truly just didn't have enough time. It's also possible that you just don't like to shop. This is another category that I fit into. I personally do not like shopping and I really find retail to be a nightmare. I do not care to go to the mall. I will go and buy the thing I need and leave. I am not one to leisurely window shop.

This is part of the reason why I like to make my own gifts. I can make it personal. I can make it unique. I can save money and I can do it at the last minute. That's not true for every aromatherapy product that you make. Sometimes you will need to purchase your materials in advance, you may have to order on-line and wait a week or two. The last minute aromatherapy products that I am going to talk about today are things already in your house or you can find them quickly at your local store.

Now because all of these recipes include Essential Oils, I am going to assume that you have Essential Oils, you have a local place where you can buy them, or you have an on-line source where you can get them very quickly.

Let's get started with the products I suggest you can make quickly and easily and still be a gift that you'll be proud to give and that someone will love and appreciate when they receive it.

The first gift I'm going to recommend you make is one of the easiest and therapeutically effective, and always appreciated; and those are bath salts.

To make bath salts you only need Epsom salts, a little coarse Sea salt and Essential Oils. That is bath salts that you would sprinkle into the tub.

If the person you are giving the gift to doesn't like to take baths, they prefer showers then you can make a salt scrub which would be the same basic recipe only you would add a vegetable oil or a carrier oil.

If you go on to Pinterest there are a lot of resources for how to make do-it-yourself projects, really cute packaging and I actually might have a link to something and will post it in show notes as well. But if you go to Pinterest and search for "cute DIY packaging" you'll get a lot of ideas. But honestly, you can use for the recipe I'm about to give you, you can use any sort of a nice 4 oz. jar. I love thrift stores and Good Wills and second-hand shops and you can find some really interesting containers for body oils and salt scrubs.



Here are the ingredients for this first recipe which is simply called:

Lavender Bath Salts

Bath salts themselves are wonderful for sore muscles, for tired muscles; they can help reduce swelling and of course Lavender Essential Oil is classic. It relaxes the mind; it's very calming for the nervous system and healing for the skin:

So, in this recipe I'm going with 4 oz.

2 oz. of Epsom salt

2 oz. of course Sea salt

(If you have access to the Pink Himalayan salt that would be great as well, but that is optional)

Again I'm trying to keep these recipes real quick and simple that you use what you have.

1 Tbsp. of vegetable, Grapeseed oil, Olive jojoba or olive oil

You can also add a tablespoon of some kind of vegetable oil like Grapeseed oil, Avocado oil, Jojoba oil or any sort of a carrier. If you don't have that you can even use Olive oil.

Olive oil does have a bit of an olive aroma so you might have to go a little bit heavier with the Lavender Essential Oil to cover up the smell.

10-15 drops of Lavender Essential Oil

And that makes a really lovely bath salt gift. You could give a little spoon with it and have them scoop it into the tub or if you wanted to, you could go a little heavier with the carrier oil to rub on their skin like exfoliating. A very, very nice gift for all ages. If someone hates Lavender, but you like the idea of the bath salts, then you could replace it with Orange and Grapefruit. Those are great and really nice. The citrus are always welcome especially in the wintertime and let's just say if we're going with ten drops oil, then:

5 drops of Frankincense and 5 drops of Lavender

5 drops of Myrrh and 5 drops of Neroli if you want to go with expensive oils

5 drops of Orange and 5 drops of Grapefruit if you want to keep it affordable

Look at the person who will be receiving the gift. Would they want something floral, would they want something uplifting? Something for the morning or the evening?



Again, I will be putting these recipes in the show notes so you have reference to them later.

Simple Body Oil

The next fun and really quick gift you can put together for someone is a simple body oil. And body oils can be used in a lot of different ways. This time of year being winter in the Northern Hemisphere anyway, people are pretty dry and they would love to have something to put on their skin after the shower. Again in terms of packaging you can find some really pretty bottles at second hand shops or you could also go to a Dollar Store with some pretty bottles with corks; you could get some raffia. Inside the bottle you could include Grapeseed oil, Jojoba oil, Almond oil and Essential Oils, and it's all you'd need is an Essential Oil and a carrier oil. Put them in real pretty packaging and add a cute label.

Remember to be mindful of your dilutions: 5-6 drops of Essential Oil to one ounce of carrier oil is one percent. I would go with a two percent dilution.

In terms of which oils to use, that depends again on the person receiving the gift. The floral oils are always nice: Chamomile, Lavender, Neroli, Jasmine. The citruses are awesome: Orange, Lemon, Grapefruit, Mandarin—beautiful in a body oil. If you want to go earthier, Cedarwood is nice. One of my very personal favorite body oil blends is a combination of Ylang Ylang, Cedarwood and Sweet Orange. And I actually have a specific recipe for that which I will put in the show notes. For years I used that combination in massage oil for my massage clients and it was always very popular. Body oils can be used for hydration, for moisturizing the skin and again also for a nice relaxing massage.

The last gift recommendation I'm going to make, and one of my favorites is:

Sugar Scrubs

Sugar scrubs are very popular. They are very easy to make and people love receiving them. If you are going to make a sugar scrub you could use a white cane sugar or brown sugar. In either case I would use organic and I would use the smaller grain sugar particles.

Sugar makes a really superb topical exfoliant, which again is why it is so popular in body scrubs today. It helps to exfoliate the dead surface skin cells and afterward your skin is really, really soft. Sugar is also a natural humectant, basically it draws moisture from the environment to the skin, so when you apply products that have sugar in them, it actually helps to hydrate your skin and help keep moisture in. Again, in terms of the container for



your sugar scrubs you can get very creative and find some lovely round jars with pretty lids and put ribbons around them and make just a lovely homemade gift with product inside that will be nourishing and beneficial to the skin of the person you are giving them to.

So, I've got a couple of sugar scrub recipes. There is one actually from my website when I did a blog post on salt and sugar scrubs awhile back. The recipe that I have on there, and I'll put the link to that in the show notes is called: **Rejuvenate and Glow Facial Scrub**, and here is the recipe:

4 oz. of organic brown sugar

1 oz. of Jojoba oil

If you do not have Jojoba Oil you can replace it with any other vegetable oil

3 oz. of Virgin Coconut oil **or**

4 oz. of Virgin Coconut oil if it is easier for you to obtain

10 drops of Carrot Seed Essential Oil

10 drops of Frankincense Essential Oil

5 drops of Rosewood Essential Oil

Which is actually hard to find. Rosewood is becoming difficult to source so I would recommend perhaps **5 drops of Lavender** would be a nice one for the skin.

So, here's another recipe and this one has honey in it, which is really cool. I would use again the same:

4 oz. organic brown sugar

3 oz. of Virgin Coconut oil

2 Tbsp. of raw honey

15 drops of Lemon Essential Oil

15 drops of Mandarin **or** Sweet Orange Essential Oil

Good luck not nibbling that one from the jar!

So, there you have three gift ideas. You can do those all in a day or in a weekend. You can make several varieties; those are three sort of foundational products, but you can make a ton of variations on them. You can make them floral, you can make them earthy, you can make them uplifting, or you can make them relaxing. That is where your creativity comes in. You can spend a morning at a thrift store buy five or six bottles and five or six jars and go home and put on some pretty Christmas music or any kind of soft music, light some candles, put out your jars and your bottles and your carriers and Essential Oils, your salts



and sugars and have a ball! It will really be a win-win situation: you'll enjoy the process, you'll have the gifts; you'll be able to cross those people off the list so you don't have to panic about not having gifts. Honestly, you'll feel so proud of what you make and the gifts will be really well received because people tremendously appreciate the kind of work and love and energy that goes into homemade products like that.

So~Enjoy it! Let me know what you make! Write to me: Liz@aromaticwisdom.com and let me know what you make; I'm very interested to hear.

And now we reach that part of the Podcast: Smell My Life!

In the "Smell My Life" segment, I always like to share an authentic aromatic moment from my life in the past week. So, I have a son who is studying journalism in London and came home for Christmas a couple of days ago. I was with him actually just yesterday and I noticed that he was really congested, not sick, just really heavily congested. It might have been from allergies or travel, blowing his nose and I took out the diffuser and placed it right by him and I put in the Lemon and Ravintsara and Tea Tree. And within probably an hour, he's blowing his nose less and less, and he said, "I really feel a lot better Mom. I'm so glad you put out the diffuser." Something very simple and yet so effective. We just have these tools there to use whenever we want but sometimes we just forget. I don't. But I know plenty of people who will say to me "Oh, I forgot. I could have used that diffuser." Or "Gheez. I had that cut. I could have used Tea Tree."

The tools are always there for us to use, we just have to remember to get them out and use them.

And that wraps it up for this week's podcast episode #6, and I hope that it has been helpful and you feel inspired and energized and that your creativity has been lit and that you will procrastinate no more! You'll go forth and make fun and wonderful gifts! Have an absolutely spectacular holiday and I will return in two weeks, which will be January 1 with the episode dedicated specifically to goal setting for your aromatherapy business in 2015.

Until then, be well, and be happy! Take care. Bye-bye.

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