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Aromatic Wisdom Podcast Episode #011 Essential Oils For A Good Night's Sleep

This is the Aromatic Wisdom Podcast, Episode #10.

In today's show I'm going to continue from last week's podcast #9, and I'm going to give you five more easy and practical ideas for using Essential Oils at home.

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 everyone and welcome back to the Aromatic Wisdom Podcast. My name is Liz Fulcher, and I am your humble host for this podcast where we talk about everything aromatic like Essential Oils and hydrosols and all of the carriers that go with aromatherapy; and the bottles and the jars and methods of application and safety and contraindications and controversy. All kinds of good stuff that we talk about here on the Aromatic Wisdom Podcast.

Today, however, we're going to continue from last week when I shared with you five ways to use Essential Oils at home. More specifically I shared using Essential Oils with a diffuser, steam inhalation, room spray, the bath, and I gave you some very specific applications for accidents. If you missed any of those tips and you'd like to go back and listen, you can easily check those out at this URL: www.aromaticwisdominstitute.com/009. You can listen to that and find out exactly what I had to say about all that.



I have gotten some really great feedback after last week's episode. Thank you so much for those of you who shared how helpful it was and so I'm really happy to be back here and share more! Again, I want to thank you for your time and giving me your ears and allowing me to share my knowledge with you in the way that I do.

Okay, let's get started with five new ideas for using Essential Oils at home:

Let's talk about topical application of Essential Oils. Using Essential Oils topically is just a great way to maintain your physical and emotional health. The two body systems that have the greatest affinity with Essential Oils are your respiratory system and your skin. And that's primarily because there is a direct interface: Essential Oils against your skin and against tissue. Even when you breathe them in the Essential Oils are interfacing with the mucous membranes. So using Essential Oils topically is a great way to address a whole lot of things that you experience when you are home. For example, you could add Essential Oils to lotions or crèmes to address things like diaper rashes, wound healing, itchy skin, bug bites, or having a headache—everyone wants to be home when they aren't feeling well, whether it's a headache or cold and flu, or an upset stomach. You can apply Essential Oils topically providing you first put them in a carrier. You can address a whole lot of things; you can also address, simply itchy skin or applying lotions and oils to your skin after a bath or a shower for lubrication and just to keep your skin supple and moist. You can apply Essential Oils in a crème for stress reduction or for anxiety relief or pain and joint problems. So, you get the idea--you can soothe all sorts of things from physical to emotional like stress/anxiety, depression or insomnia.

Once you start blending lotions and crèmes at home, really your imagination and confidence is going to take over and you will find a lot of ways to use oils topically. Just please remember to use Essential Oils in a carrier. **Do not use them neat**, especially if you are using them on a regular basis because you could develop sensitivity and that is a problem that is becoming more prevalent in the industry because a lot of people are using them straight from the bottle on to the skin. This is a very unsafe practice.

So, I'm going to give you three or four ideas for using Essential Oils topically at home. Because I've talked about topical applications and dilution ratios in both blog posts and in previous podcasts, I'll go ahead and put a link to those in the show notes.



I recommend at home that you have pre-made a couple of blends that you can just grab and use. One is a general relaxation blend and I have one that I personally love. I've used it on myself and on my massage clients and they love it. In this blend I use:

- 1 oz. of carrier (crème or oil)
- 2 drops Cedarwood
- 1 drop Ylang Ylang
- 3 drops Sweet Orange

Which carrier you use will depend on your preferences. Some people don't like to feel greasy, some people feel that the crème isn't greasy enough and prefer an oil. So that is a personal preference. But this blend is great for feeling relaxed and grounded. I like to use this after my shower and I use it on my legs and my shoulders where I can smell it before I go to bed. It's really good for when I'm wound up and I just can't relax; can't settle my mind. This is a great generic relaxation blend. If you don't like those oils, change them out for other relaxing oils, but you get the idea.

If you have restless leg syndrome, that blend is super if you add three drops of Petitgrain. I will put that recipe in the show notes.

Another blend that I always kept at home, at the ready, when my kids were small is called *Peaceful Child*. Now that I have a grandson, I'm using it again with him. And it's real simple:

- 1 oz. of carrier (crème or lotion)
- 2 drops Roman Chamomile
- 2 drops of Lavender
- 1 drop of Mandarin or Sweet Orange

I currently use this to massage my grandson as part of our nighttime routine. I lay down with him and massage his feet or his legs and sometimes I'll use it to massage his back. You can use it to massage your children to soothe them when they are upset. If someone has an upset tummy this is really helpful because the Roman Chamomile is an anti-spasmodic. This is a great blend for children overall.

If the child is old enough to communicate with you, please ask permission before giving the child a massage. Not all kids like it and we can't assume because we like it that they want it or that they will like it. Some of the times, just like us, kids don't want to be



touched or they just aren't in the mood or don't want to be handled. So don't start massaging their back or their little feet, their hands or giving a scalp massage until you get permission from them because they have rights and we want to respect their boundaries as well.

Another good home blend is something for muscles and joints. In the 90s I designed a blend called *Muscle Joint Comfort* for my kids when they were in athletics. It has been very popular and of course I have used it for years in my massage practice and have used it on myself—my hands and wrists after a massage. My husband, was, for years in construction and he would often get really sore and so I would rub this into his shoulders and back. This is another great blend to keep at home because somebody at some point is going to hurt. You could even use this for a headache if you put a little bit on the temples. The oils that I use are Birch, Black Pepper, Ginger, Rosemary, Juniper, Bay, and Laurel Leaf—just a very light massage oil. I'm going to put that recipe in the show notes because I don't have it at my fingertips. I have the bottle here with me, but I'm going to have to look up the recipe. I will put that in the show notes.

So, we've talked about using Essential Oils topically to relax, reduce stress, for kids, for pain, and I'm going to talk about one more way. This was tough reigning myself in on this topic. I could do an entire podcast episode just on using Essential Oils topically. This is just one of the other things I'd like to talk about today, so I had to keep it. I've had to keep it to the point—very hard for me!

Finally, let's just talk about using Essential Oils topically to "uplift". If you are feeling down in the dumps or blue using Essential Oils in a crème or an oil to lift your spirits, to lift your mood, is a really terrific way to use Essential Oils at home. It would be a great way to start your day: you can make up a nice crème, rub it in to your feet, your legs and arms before you get dressed. It can be something that really pleases you aromatically--the citrus are really fabulous. Just remember that some oils can be phototoxic so watch that you don't put them on your arms and go directly out in the sun.

The floral Essential Oils for women in particular are great to put in a crème to apply to your skin before you get dressed because they act like a perfume. They are uplifting, anti-depressant, lift your spirits and you smell terrific. So you see, there are a lot of ways you can use Essential Oils at home topically. It's just the tip of the iceberg, but the purpose of my sharing that in this podcast was to start to stimulate your imagination and get you thinking about lots of different ways you can use Essential Oils at home topically.



The next way that I'm going to suggest using Essential Oils at home is pest control. I've personally found Essential Oils to be really effective against ants and mice. Now we've got other things that attack us at home, depending on where you live: cockroaches, mosquitoes. Let's go specifically to mosquitoes and flies and those critters that ruin your home bar-b-que.

Citronella Essential Oil is classic against mosquitoes. You can have a nice diffuser outside, you can even put it in a spray. You can buy a candle style diffuser with the candle in the bottom and put the Essential Oils at the top—you can keep those on the picnic table. I would use Eucalyptus, Lemon Eucalyptus, Geranium, Citronella, Lemongrass, and Peppermint; sometimes I use Lavender, but it's not the first one I grab. Ants don't like Peppermint. They also don't seem to like Black Pepper much, so if you put vinegar in a spray bottle with Black Pepper, spray it where the ants appear. Very often that's enough and eventually they will get the hint, but will probably try to find another route to come in. A few good places to spray are window sills and door frames where ants due tend to come in. I've also had great luck with deterring mice with the use of Peppermint Oil. Years ago I lived on a farm and we found a hole in the kitchen in the back of a cabinet. We kept finding mice and we couldn't figure out where they were coming from. I simply soaked a rag in Peppermint Oil, stuffed it in the hole, and never saw another mouse after that.

So, we've talked about using Essential Oils at home topically, we've talked about using them at home for pest control. The next area of Essential Oils at home is a subject that is near and dear to my heart, and that is Green-Cleaning. I even have a digital course on the website. If you go to:

www.AromaticWisdomInstitute.com/green-cleaning-course, that's where you will find the course. I'll put the links to that in the show notes, of course, as always. The course is \$47, but you can get it for \$27 if, when you check out, you use the code Green 27. Again I'll put that in the show notes so you don't have to remember it.

Green cleaning is a huge conversation and I could and probably will do a podcast just on the subject because I am so passionate about it. There are so many chemicals in the world, so many things we can't control when you go out into it, to the office or any public place. Even in cars you can't always control what you're breathing but you sure can at home.

So green-cleaning literally means using no toxic chemicals to clean your home. If you go out to the supermarket, it doesn't matter where you live, what country you are in, every store has got toxic cleaners. I know here in the United States, manufacturers are not required by law to indicate the ingredients on their labels, which I find appalling. There it



is. Seriously, if you just want to be safe and you want to save money because it's very economical to make your own products. The effects of doing green-cleaning, I'm not kidding, will literally change your life. You don't need a lot, you only need four or five items to clean your entire house, even the laundry. If you just get liquid Castile soap, baking soda, Borax, distilled vinegar, Essential Oils, and one or two other things, you can clean your entire house and not need any caustic cleaners. I clean everything: my toilets, my laundry, and so forth, with green-cleaning.

You can make counter sprays—think about everything you already use to clean the windows, to clean the toilet, the sinks, the floors, and to dust. Think about what you've already got on your shelf if you've not yet converted to green-cleaning. Every single one of them can be converted to and replaced with natural items.

To continue the podcast and not go down the green-cleaning rabbit hole, and this turns into a two-hour podcast, I'm going to not say much more about it, but I am going to share my very favorite green-cleaning product—it's just a soft scrub. When my grandson was three, he's now seven, he helped me make batches and batches of it one year for holidays and for his Mommy. That's how safe it is. You can bring the kids on board, get the whole family on board with green-cleaning.

This recipe is simply, and I will post the recipe in the show notes so you will have it there, liquid Castile soap, baking soda, distilled vinegar, and Essential Oils. And the Essential Oils that I use are Peppermint, Lemongrass, some times a little Eucalyptus, and Lemon. It smells amazing! And it really is effective as a cleaner. I don't just use it for scrubbing the sinks. I use it to clean the toilet. I also keep it next to the kitchen sink and when I have really dirty dishes, like after lasagna or something, I let the dish soak, but then I really hit it hard with this soft scrub because it's abrasive because of the baking soda, and can get the dirty stuff away.

Also, when I work in the garden I try to wear gloves, but sometimes I don't and I just get in there and when I come in I've got dirty hands and dirty fingernails. I wash my hands and then I scoop up a bunch of this soft scrub and rub it into my hands and under my nails, and wa-la! Everything is clean again.

Moving right along, another way you can use Essential Oils at home is what I would call "intentional fragrancing". If you are using the Essential Oils for green-cleaning; if you are diffusing for well-being, if you're doing any of the things that I have recommended up to this point, your home is going to smell amazing. Sometimes we want to intentionally



fragrance our home. Either we're having company or maybe you are trying to sell a house you may want to incorporate aromatherapy as part of the staging. You might be going for a cozy, warm affect with Clove and Cinnamon in the winter season. You may want to use something uplifting and fresh that just smells great in your kitchen in the morning.

Get away from Febreze—Lord, get away from Febreze, please! Stay away from Glade, stay away from all of those nasty, commercial cleaning products that use synthetic fragancing. They are very unhealthy and expensive and unnecessary.

The really nice time to use Essential Oils for fragancing is around the holidays when you start getting a lot of people into the house visiting: Thanksgiving, Christmas (it'll be here before you know it), and it's great to have your diffuser going with Cinnamon and Clove and Orange; the really homey fragrances that make your home *accogliente*, as we say in Italian, which means inviting.

The last suggestion I have for you using Essential Oils in the home is more energetic. There are a lot of ways you can bless your home using Essential Oils. There are a lot of Essential Oils that are used in sacred ceremonies either as the oil or the plant resin, such as Frankincense, Myrrh, Opoponax, Palo Santo, Balsam Copaiba, Galbanum, there are so many.

Plant materials are used in sacred ceremonies. A great example of that is the classic Native American smudging ceremony, where they would take bundles of sweet grass and sage and use them for purification and blessing in their sacred ceremonies. There is absolutely no reason why you couldn't do the same thing in your home. You can set an intention for something in your home, that it is a place of love. You could use Rose Essential Oil, it resonates with the heart Chakra. Use Frankincense, which brings in the divine. You can use Juniper Berry, which clears negativity.

So you can use Essential Oils energetically, to bless your home, to set the intention for your home, to clear away energy in your home. It's one of my favorite ways to use it and it is one I haven't talked about much in this podcast. It is another area that I love. I teach a class called *The Energetics of Essential Oils*, and that's all we talk about is the non-physical way to use Essential Oils.

I'm going to put one more thing in the show notes—the list in show notes is getting pretty long—I recently started doing something called Periscope. It's a platform that Twitter created. It's brilliant and it's where you have live broadcasts. I would definitely talk about



that on another day, I'm not going to go in to it now. I'm going to put a link in the show notes to a Periscope that I did this week where I was using Essential Oils to make my home smell better by putting it in the shop vac. But also, I was blessing a window in my home. So, I will also put that in the show notes, and what you'll see in the show notes is [Katch.Me/LizFulcher](https://katch.me/LizFulcher). Again, I'll put that in the show notes, which you'll find at www.AromaticWisdomInsitute.com/010.

*Now, we've reached that portion of the show that I like to call: **Smell My Life***

In the Smell My Life segment, I always share with you some authentic moment using Essential Oils or hydrosols or aromatics in my life from the previous week.

This one is kind of a repeat of what I just said earlier. We are doing some work in my house, some renovations and recently we put in a brand new window. I was talking earlier of doing a Periscope where I share about blessing my window and I also share how I used Ravintsara in the shop vac. I used Ravintsara because it smells great and it's high in a molecule called 1.8 cineole so it has a strong camphoraceous aroma. I opened the shop vac and sprinkled the shop vac bag with Ravintsara, closed it back up again and so whenever I used it the living room I was working in smelled like Ravintsara, plus it's really healthy to breath that in. Ravintsara is great for your respiratory system. So, if air is going to be blown out of the shop vac then why not make it aromatic and something that is supporting my immune system and my respiratory system. In the show notes I'm going to put the link to that Periscope where you can watch me actually putting the Essential Oils in my shop vac.

Finally, I would normally end the podcast at this point, but I'm going to do something new. At the end of every podcast I'm going to do a little segment called **Ask Liz**. I get a lot of questions from listeners of the podcast, from people who read my blog, from my students and from you guys. So, I thought this would be a good platform to answer some questions and I'm going to call it **Ask Liz**.

So, today's question comes from a woman who wrote to me, her name is Amanda Daly. Amanda sent me an e-mail and said, "Hi, I'm just recently getting into the use of Essential Oils. I have a diffuser and I am concerned about using it around my children who are ages two and ten months. What oils are safe? And what are not?"

That's a great question Amanda and I am just so glad that you are asking that before you are doing it. A lot of people just barrel on ahead and use Essential Oils around children



without taking the time to investigate what are the possible side effects and consequences of using Essential Oils around little people, especially under the age of six or seven.

So, Amanda, there is no need to be afraid of using a diffuser, even infants. You are correct that the diffuser is fine, but it's the oils you have to watch out for. I recommend using a diffuser around children because this gentle exposure is great for their immunity, to keep them calm, and generally, you don't have to worry about waking kids up, but sometimes you want to help them get off to sleep. If they are sick you want to help them breathe.

I would recommend gentle oils like Lavender, the citrus oils, Geranium, the wood oils are fine (Cedarwood, Frankincense). I would go with a very light amount in the diffuser, and I wouldn't put it too close. For example if they are in bed, I would not put the diffuser on the night stand or right in their face. Just keep it on the other side of the room. They are still breathing in the molecules. You don't have to diffuse for hours and hours either. You can expose the kids to the diffuser for an hour a day or a little bit in the morning and a little bit in the afternoon. A little dose will do you with children because they are already so, pretty much, perfect; they don't need a whole lot to affect them.

In terms of what I would avoid: Kids under six—I would avoid Eucalyptus, especially *Eucalyptus globulus* and Essential Oils that are high in oxides, are high in 1.8 cineole—these should not be used around little children. I would avoid Peppermint, I would avoid Thyme and Hyssop. Instead of worrying about what you should avoid, take a look at what is safe and have a small collection of oils that are safe for the kids. *Lavendula angustifolia*, Sweet Orange (children really like this), Lemon is nice, and Mandarin (children love that). You could do a tiny bit of Roman Chamomile, but you don't need much because it is a strong Essential Oil, so if you put just a drop of Roman Chamomile at night with a drop of Lavender, that will start to bring them down to lead them in to sleep. If you wanted to just keep their immunity boosted, Orange is great. There is a molecule called di-limonene, which is great for boosting immunity and children love the smell of orange; you could diffuse a little bit of that.

So, I hope that helps answer your questions Amanda?

If any of you would like to ask me a question, send me an email at Liz@aromaticwisdom.com. In the subject line put Ask Liz, and I will possibly read your question on the air.



That's it for today. Thank you again for listening. If you'd like to go in and make any comments on this podcast, go to www.aromaticwisdominstitute.com/010, scroll all the way down to the bottom and leave a comment.

Until next time, be well. Be happy.

Bye, bye.

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