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Aromatic Wisdom Podcast Episode #012 College Freshman Survival Kit

This is the Aromatic Wisdom Podcast, Episode 12. In today's episode I'm going to talk about that first year of college and I'm going to offer some suggestions of aromatherapy products and tools that you can use to help your college freshman get through the first year of school.

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 <http://www.AromaticWisdomInstitute.com>. Now sit back. Relax. Take a deep breath and enjoy as Liz shares a dose of Aromatic Wisdom.

Hi, Everyone and thank you so much for joining me today. My name is Liz Fulcher and I am a veteran aromatherapist. I've been practicing the art and science of aromatherapy and using Essential Oils in lots and lots of different ways since 1991. I am your host for this podcast.

Before we get started, I just want to throw in a little disclaimer that I am having some work done in my home. This podcast is recorded at my house, so I'm really hoping that you don't hear banging and clanging in the background. If you do, my apologies, but rather than doing it perfectly, I wanted to get it done. I like to call myself a recovering perfectionist, and many, many projects have not been completed over the years. A lot of the things that I dreamed to do are still dreams because I want to do it perfectly. I'm learning that done is better than perfect. I can always go back and tweak it later. I share that with you in case that is something that you are feeling as well, even with regard to aromatherapy and essential oils. Don't put off having a practice, don't put off making the



blends, and don't put off sharing your knowledge with people because you're not doing it perfectly or you're not where you want to be yet.

Okay, I'm off my soapbox! And on to today's topic:

College Freshman Survival!

I have two sons that I have put through college, and I myself, have been to college, although it was about a thousand years ago. Regardless, I can still remember what that was like the first year: the homesickness, the anxiety regarding exams, the meeting new people; there's no question that the first year of college can be daunting. No matter how well prepared your child is, or yourself if you are attending college as well, no matter how excited, it's a huge transition. It's a huge milestone in someone's life. If you are an adult and returning, it's a big deal, and as can sometimes happen when we have big deal experiences in our life, our immunity gets compromised and we get sick. Add to the mix that college students are now surrounded by a lot of other people in class, in the dorm, in the cafeteria, in the student union; even if the college student is living at home and commuting to college, they are still going to be exposed to a large number of students in the classroom and the cafeteria.

What I am going to give you now is a list of my personal recommendations of, let's say, components of a "Freshman Survival Kit". Your kid has probably already gone off to college because it's the end of August and most of them have started by now. But you can make a nice care package, put everything together in a nice bag with a list of what's in there, and how they should use them, a love note from Mom and Dad, a \$20 bill because you know they need it, and send that off to them as a care package to college. They will really love it.

Let's go ahead now and assemble our Freshman Survival Kit. Start with some kind of a bag to put everything in. A travel bag, something cute that you can put a label on it: *Johnny's Freshman Survival Kit*. If that's too embarrassing for Johnny—don't do that, maybe just put their name on it.

I personally like clear cosmetic bags because it's easy to see everything that's inside at a glance, especially if they need something in a hurry. They only have to look at it and grab it. In the show notes I'm going to put a link to some bags that I think would be really good for this purpose. They are on Amazon and they are my affiliate links. If you click on there



and buy your product there, I'll get a buck (or something) and it doesn't cost any extra for you.

So, we have our bag. Now I'm going to recommend five blends that I think would be useful to put inside the bag.

The first is some sort of a pain relief/bruise/inflammation blend. They are going to be moving furniture around, they are going to be clumsy because they are nervous and because they are dopic kids. They could be doing sports, they could be lifting weights at the gym, and they are going to be physical because that's what kids are. At some point they are going to have an inflammation or some kind of a pain.

Inflammation/Bruise/Pain Relief Blend

The suggested oils for your inflammation/bruise/pain relief blend are:

Helichrysum, German Chamomile and Lavender

They could even have too many hours on the computer and need to put something on their wrists. So this first blend is to address any kind of minor injury until they can get to the Student Medical Center.

I would recommend a base for all of these blends of Fractionated Coconut Oil or Jojoba Oil because both have a really long shelf life, and if the kids leave them out or they get warm in their room, it's going to be fine, they won't go rancid.

I would make your pain relief/injury blend at about a 5% dilution because it's only meant to be used in a small area so maybe on a shin or a wrist or something like that. Remember that 1% dilution is 5-6 drops of Essential Oil to one ounce of carrier. I will put that in the show notes, the chart of dilutions, to help you remember that.

Headache Blend

The second blend you'll want to put in their kit is for headaches: stress relief, sinus, or any kind of a headache. The oils I suggest in a headache relief blend are:

Peppermint, Frankincense, Basil and Spike Lavender. The Latin name for Spike Lavender is *Lavendula latifolia*.



These are all great oils to inhale during breaks if they are having long hours of study; if they are reading too much, if there is noise in the dorm, general stress and yes, even a hangover Mom and Dad. Be realistic. A headache relief blend would be great and if they are going to be sniffing it straight from the bottle, it doesn't have to be in a blend; I always like to make it in a blend, in a roller they can just roll on their temples. I would do not that at a high dilution. Maybe 1-2% dilution is all you need, especially with those oils.

Muscle Pain Blend

The next blend I recommend is something for muscle pain. This is a little different than the other pain blend I recommended. The first one I recommended was really an injury blend, because that was more for inflammation and swelling of a wound.

Muscle pain blend is more generic achiness. If they are lifting weights at the gym; if they are taking long walks across the campus, that may be something that they are not used to doing; riding bike across campus; participating in phys ed as a requirement; they could suddenly have achy, sore muscles. The suggested oils for the blend are:

Birch, Ginger, Black Pepper, Marjoram, and Juniper Berry

Those are just a few of the oils. There are many you could put in a blend for pain, but those are my go-tos and, it's not for all over head-to-toe—it's for a specific area, so I would make it at about a 3% blend.

Sinus/Allergy Relief Blend

Next, consider making a blend for sinus and allergy congestion. Traditionally school semesters start in Fall and Spring and both of those seasons are famous for wreaking havoc on our allergies. Also, if they are living in the dorm, you don't know how clean the air system is, what they are breathing in the rooms. It could be dust. You don't know what sort of perfumes or colognes other students are wearing that they could have a reaction to. There is nothing worse than being congested and having your sinuses blocked when you are trying to sleep and study and relax.

The suggested oils for the Sinus/Allergy Relief Blend are:

Peppermint, Rosemary, Tea Tree, Lavender, and Lemon



These oils will help to create a nice cooling and uplifting effect and are also really good oils for clearing the mind while they are studying. If they need a little help with focus and clarity, these oils are also great. I wouldn't use a strong blend; I'd do a 1% blend and put it in a bottle to sniff or put a couple of drops on a tissue and have them inhale it. If you want to use any of these individually, they could also use them in a diffuser in their room.

Now, using a diffuser in the room can be tricky because if they have a roommate they would have to take into consideration with whom they are sharing the room. The roommate may not appreciate it.

PMS Balance Blend

The next blend I recommend is specific to female students, and it's a PMS balancing blend. There is nothing worse than having your period, feeling crampy and moody and Mom is a hundred miles away. If you're not feeling good and you want some comfort and the oils I'm going to recommend are actually very comforting and are good for inflammation, stomach pain, and also help with mood swings.

The suggested oils I would recommend for PMS Balance Blend are:

Clary Sage, Geranium, Roman Chamomile (calming and anti-spasmodic), Lavender, Sweet Orange, and Cypress

These oils are all good for hormone balance, they are calming for the nerves, and as I said, anti-spasmodic for cramping. I'd make the blend at about a 5% blend, which would be 25 drops to a 1 oz. of carrier. This would be a total of **25 total drops**, not 25 drops of each oil. Rub it in to the abdomen or lower back, even just smelling this blend will help her feel more relaxed.

Single Oils

The next thing you want to add to your kits are some single oils, not blends:

Lavender—No college student should leave home without Lavender. It has an outstanding balancing and calming effect on the Central Nervous System so it's good for stress, comfort in times of homesickness; it can be inhaled quickly for headaches, anxiety, insomnia; it is a quick pain reliever and it's great for healing burns.



I'm not sure how they'd get burned in a dorm, but with kids anything is possible. When I was in college, I remember seeing probably at least two or three burns from curling irons. Girls would get burned on the side of their face or even on their wrists.

Your student can sprinkle a few drops of Lavender Essential Oil on their pillow case. If you recommend they do this, have them use the corners of the pillow case so it's not right smack against their eyes.

Tea Tree—This is another don't-leave-home-without-it oil. College life is a great way to pass germs and this has such great antiseptic properties and again, it's good for healing infection. Tea Tree oil has a wonderful affinity with our respiratory system, so again with colds, flus, even congestion, it's super for the respiratory system (sore throats, bronchitis, sinus).

The other thing is they are sharing showers often and/or sharing a bathroom where their feet are walking on the same floor; I would recommend shower shoes or flip-flops. If they do end up with some sort of toenail fungus or athlete's foot, Tea Tree will kill both.

The other single oils that I would recommend are ones that are basically uplifting for the mood. College is a wonderful time of life. It should be something that is a happy and memorable experience, I know it was for my kids. But it can also be stressful. In the wintertime they start getting really stressed from exams, the weather could be grey, they could be getting homesick.

Citrus oils—Are nice to throw in there just for uplifting. You could either make a blend or just add a single oil, something like Orange, Lemon, Grapefruit, Bergamot, Lime—they are all really happy oils. They are also all high in a molecule called di-limonene. D-limonene is great for boosting immunity. So these oils not only will make them feel better, they will keep them healthier.

Grounding oils—for "overwhelm". Their little brains are so busy it's very easy to become overwhelmed with studies, when they have a lot of things due at once. If they are in sports or singing; if they are in a play and they still have all of their exams and things they have to do, they can very easily become overwhelmed. And so, what you want to do, is have an oil that can bring the energy down and help them stay calm, grounded and focused. The oils that are really helpful for combatting "overwhelm" and quieting the mind, while soothing and grounding the Central Nervous System are the wood oils. Wood and earth oils:



Cedar Wood, Vetiver, Spikenard, Patchouli

Are all base notes. Base notes are oils that have very heavy molecules and are slow to evaporate, but they also have a way of really slowing down the Central Nervous System, calming the mind, helping you to come back to yourself when you are feeling overwhelmed.

So, that's it for the list of the blends and Essential Oils I would recommend for a Freshman Survival Kit. Now, let's talk about some other tools you might like to add:

Diffusers—I would definitely put in a diffuser. Diffusers are beautiful and have lights on them and so sometimes can be very soothing at night. They disburse Essential Oils in to the air, which is really good for the anti-bacterial affects. And there are the aromatic affects, which make the dorm room just smell better. I'll go ahead and add in the show notes a link to some beautiful diffusers you can find for your student.

Blank nasal inhalers—You definitely want to include some blank nasal inhalers. You can make them an inhaler ahead of time if you'd like to use any of the blends that I recommended, at least for sinus and for allergies and for stress. You put the Essential Oils in the inhaler and they stick it up their nose and they inhale it. It is a method of Essential Oil delivery.

They can be used for sinus congestion, headaches, stay awake, go to sleep, anxiety, stress, insomnia—they are fabulous. They can take them in their backpacks, they can use them in the classroom, you can make them unique and personal to whatever your student's needs are.

You can also send some blank ones along just in case they want to make their own while they are at school.

Organic liquid Castile soaps—Some other supplies to consider are Organic liquid Castile soap. If you put that in a bottle they can add their own Essential Oils to it that they like. If they want to make themselves a nice, relaxing body wash in the shower before bed, they can add Lavender. If they want to make themselves a nice wake-up in the morning blend, they can maybe use Orange and Lemon in the Castile soap and use it in the morning shower. If you think your child's not going to make them, then you can make them ahead of time and send it to them. You can do that with a liquid soap or body wash, but it must be



unscented. It's another way of getting Essential Oils into their system to keep them healthy.

Hand sanitizer—I'd also make them a hand sanitizer. Get a 2 oz. spray bottle, add Aloe Vera gel and add, gosh, just about anything is going to be anti-bacterial. I like Clove, Eucalyptus, Peppermint, Lavender, Rosemary, Thyme ct. linalol—these are all terrific in a hand sanitizer or some sort of hand cleanser if, for example, soap and water are not available or if they feel like they want to be fresh between classes, they can squirt a little bit of this into their hands. I'd make that at a 2% blend, which equals 20 drops of Essential Oil to one ounce of Organic Aloe Vera gel. And I'll put a link to that in the show notes as well, so you know where to buy that.

Empty spray bottles 1-2 oz.—And finally the last thing I would add to their freshman kit are some empty spray bottles. Just some one or two ounce spray bottles. I'll put a link in the show notes to those as well. They are really useful because the student can create their own air freshener. They know what their needs are. If they have an oil that they particularly learned to love; if they have a particular aromatic need—perhaps the carpet is stinky or they just want to spray their pillow, they can add the Essential Oils to the bottle and then add some water, shake it, and they've got themselves a room spray.

Again, we're boosting their immunity, making them feel better, and keeping the room more aromatic. Room sprays are just a really super quick way for them to spray some aromatherapy, spray some Essential Oils into the environment. And, I like the idea of the students making their own blend; it's very empowering to find a situation, make it better through Essential Oils and just making your own. Kids really like that. You don't need much: ten drops of Essential Oil to one ounce of water or 20 drops of Essential Oil to a two ounce bottle. Put in the Essential Oil, add some water and remind them to **shake well every time** before they use it because the Essential Oils and water don't mix.

Okay. So there are my suggestions for a Freshman Survival Kit. This is by no means an exhaustive list. And hopefully it's been sort of a springboard for you to get some ideas, to get your creative juices going for your own child's freshman year survival kit.

And now it's time for **Smell My Life**.

If you are new to the Aromatic Wisdom Podcast, the **Smell My Life** segment is where I share some authentic moment where I've used Essential Oils in my real life in the last



week. This week is an easy one because I have been cleaning my guts out with all of the work that's being done in my house with the renovation. I've been using Essential Oils in many, many different ways to keep things clean. I'm moving furniture that hasn't been moved in years and cleaning the walls behind them. I threw a whole bunch of Essential Oils in to a spray bottle and added vinegar and water and have been using it to clean the walls and the baseboards in my bedroom and I love the way it smells. In fact, the gentlemen who are working on the house are asking what I am using that smells so great? That has happened before in other cases where I'm using Essential Oils and workers come in and ask the same thing. I know it has Cinnamon, Clove and a little bit of Anise. I am very careful about using Fennel and Anise because they are high in Ethers. They can be a little hard on your nervous system. But there isn't very much in there. Oh, does it smell good.

So, I have a 32 oz. spray bottle that I got I think at Lowe's or Wal-Mart or something, you just need a regular cleaning spray bottle. I just literally threw in a bunch of oils that I had on my work counter that were at the very bottom. In other words, I'm using up my oils and I just dumped them in there. Because I'm not using them on my body, I'm not as careful with dilutions.

What I'm doing, as I move a piece of furniture away from the wall (it's been there for a few years), there are little tiny cobwebs on the walls and the baseboards are quite dusty. So I spray the wall and then I spray the baseboard and then I wipe everything down with a dry cloth. Then, I took the mattress off my bed and I sprayed the metal frame that holds the box spring because that was surprisingly dusty. I don't even know how it gets there. I wiped that down as well. I got into bed last night and not only did my bedroom smell amazing, but I just felt...I had clean sheets on the bed, the walls were clean, and the bed was clean; I mean, I'm not a cleaning fanatic, but it is so nice when you have a sense of an energetic cleansing. I felt as though cobwebs were gone, even from my mind. It was really lovely.

That was my **Smell My Life** moment this past week.

And finally, I'd like to wrap up my Podcast with something I call **Ask Liz**. And this is where you, the listener, write to me and ask a question about aromatherapy, Essential Oils, pretty much anything you want related to the art and practice of aromatherapy and I will answer it. If you would like to write to me, write to: Liz@aromaticwisdom.com. In the subject line put: **Ask Liz** and go ahead and send me your question.



This week's question—actually someone wrote to me on Facebook—Her name is Cookie Baker and Cookie writes: *When making perfumes do you still need to follow the dilution guidelines or does the alcohol destroy the therapeutic properties of the Essential Oils?*

Thank you for your question, Cookie. It's really a two-parter:

The first is, when making perfumes, you still need to follow the dilution guidelines. You absolutely need to follow the dilution guidelines whenever you are making a product that you use on your skin. The dilution guidelines are in the show notes, but yes. Always follow the safe dilution guidelines: 1%, 2%, 3%, and so forth, whenever you are doing a topical application, whether it is a perfume spray or a therapeutic blend.

Now, with regard to the second part of your question: Does the alcohol destroy the therapeutic properties of the Essential Oils? It does not. And, actually, alcohol can be a nice preservative in a perfume blend. That's primarily why it's used. So, let's say for example, you have a one ounce bottle and you have (making perfumes is not my strong point), let's say, half an ounce alcohol and half an ounce Jojoba oil, you have one ounce of carrier and you add your Essential Oils. The alcohol just becomes part of the carrier; it has no effect whatsoever. Whatever therapeutic properties the Essential Oils have, also in terms of their safety, still apply. It's nothing more than another type of carrier preservative within the blend.

Well, Cookie, I hope that answers your question. Thank you for writing.

And this ends Episode #12! Thank you again for giving me your very precious time. If you run over to iTunes and leave a review, I will be so deeply appreciative! In the show notes, I'll put a link to iTunes and I even have a little tutorial on how to leave a review.

Until next time, be well. Be happy.

Bye, bye.

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