

# Holiday Gifts with Essential Oils

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**M**aya Angelou once said, "I have found that, among its other benefits, giving liberates the soul of the giver." How true! This season, liberate your soul and nurture the souls of others by giving them healing aromas!

Essential oils can be added to any Christmas craft, from homemade candles to home-baked goods. Imagine the feeling your friends and family will get as they smell the aromas that escape when they open their gift boxes. Here are a few ideas:

## POTPOURRI—

Gather dried leaves and flower petals. Place in a large glass jar. Add a couple of drops of your favorite oils. Close the lid and shake. Store overnight. Sew little fabric pillows out of a sheer fabric. Fill them with the potpourri. Seal and trim with ribbons and bows.

Not sure which oils to add? Look for essential-oil blends, too, as they work well, and have been specially formulated to evoke a special mood or feeling (usually expressed in the blend name). Here is a short list of popular and common oils that can be used, along with the feelings they invoke:

Cinnamon— <i>Invigoration</i>	Orange— <i>Joy</i>
Geranium— <i>Emotional support</i>	Peppermint— <i>Clarity</i>
Lavender— <i>Relaxation</i>	Pine— <i>Peace</i>
Lemon— <i>Happiness</i>	Vanilla— <i>Comfort</i>

## DREAMY HAND CREAM—

One of our favorites! Essential oils are fun to share with others as a hand cream. Pour any natural, unscented hand cream into a mixing bowl and whisk in a few drops of essential oil(s). Pour the scented mixture into a small wide-mouth canning jar and label. Wrap and give!

## BATH SALTS—

**Ahhhhh!** How better to end a stressful day than to relax in a bath or foot bath with a wonderfully fragrant aroma? Pour 2 cups of sea salt into a wide-mouth one-quart canning jar. Add 1/4 cup of grapeseed or almond oil and 4–5 drops of essential oil(s). Tightly screw the lid on and shake (or stir) until well mixed. Let it cure for 1 day. Add a handmade label such as "Bahama Bath Time."

## HOLIDAY ROOM SPRAYS—

Fill a glass spray bottle with 80% water and 20% witch hazel (as a natural preservative). Add your

favorite oil(s). Shake and spray to test. Add more scent as desired. You can also add Bach flower essences to the spray to enhance its healing properties. Make a handmade label such as: "Grandma's Serenity Spray," "Christmas Mist," or "Calming Nighty-Night Pillow Spray" to match the essences you've chosen.

## HOLIDAY SPICE-OF-LIFE BARS—

Multi-sensorial pleasure-cookies—smell them, hold them, taste them, and eat them! We used a blend of Cinnamon, Orange, Lemon, Lime, Clove, Nutmeg, , Eucalyptus, Thyme, and Oregano essential oils in this recipe: Heat oven to 350°. Grease the inside of a rectangular casserole dish. Beat together the oil (1 cup), honey (3/4 cups), molasses (2 1/2 tbsp), one egg, baking soda (2 tsp), salt (1/8 tsp), raisins (1/4 cup), diced walnuts (1/2 cup), a few drops of the oil blend, and 2 cups unbleached, all-purpose flour. Pour into pan. Bake for 20 minutes, or until a toothpick inserted in the center comes out clean.

## NON-ALCOHOLIC HOLIDAY PUNCH—

Enliven your holiday punch with a bit of mint. But, be careful, because one or two drops of peppermint will flavor a whole bowl of punch! Here is the yummy recipe: Mix 1 can of frozen Cranberry Juice, 1 cup of Pineapple Juice, 1 liter of water (carbonated or plain), and 1 or 2 drops of edible-grade, pure peppermint oil. Garnish with fresh mint leaves and sliced oranges.

Even the Wise Men knew essential oils are very powerful and beneficial, and when used with care, can open you up to an entirely new world of healthy, sensory experiences. Yes, they can calm stress and anxiety, improve mood and sleep, reduce inflammation, and more... but they just smell so darn good!

**ENJOY!** ■

**—HAPPY HOLIDAYS!**