

PROTOCOLS AND RECIPES

are put on the solar plexus, over the liver and 2 to 5 drops distributed over the chest and abdominal area. One to two drops are being applied over the lymph nodes in the under arm area and possibly another drop or two on the throat area. If one likes the sensation of the oil one could also make a quick swish over the face, not applying another drop but simply distributing what is already on the hands from before. This form of application serves equally well as a welcome connection with the plant world in the morning before we start into our day or a smooth way to explore the different layers of quality of an essential oil .

Combining Essential oils with Moisture: For Example Relieving Allergies

5 ml of a classical blend for allergy relief consist of 4.5 ml MQV, 0.5 ml Tanacetum annuum and 3 - 4 drops of Peppermint oil for its cooling quality.

Allergy symptoms such as runny nose and watery, itchy eyes can be minimized by simply applying one or two drops of this blend topically on the face. It is advantageous to wash/rinse the face with cold water, simply to create an extra degree of cooling, an then apply the oils on the moist facial skin.

Essential Oils Suited for Topical Use on the Skin in the Shower

Bay Laurel, lymph and general tonic. *This essential oil may cause sensitivity if overused (longer than 7 - 14 days)*

Black Spruce, adrenal tonic, *especially effective if distributed over the lower back*

Cape Chamomile, destressing. *its crisp fragrance and absolute non irritant nature make this particularly care free*

Cardamom, prevents cramping, *completely non irritant*

Clary Sage, relaxing and nurturing, *non irritant*

Coriander Seed, tonic. *The best Coriander Seed oils are complex and fragrant*

Cypress, decongestant

Douglas Fir, tonic

Geranium, nurturing. *Many different qualities on the market. Some may be slightly more tingling than others*

Hyssop decumbens, nerve tonic. *Prevents infection and eases breathing. Non irritant*

Lavandin, balancing and cleansing, *may be slightly stimulating for some individuals. Different qualities on the*