

*10/ Aromatherapy  
and Essential Oils*

**GIFT IDEAS**

*for*

**HOLIDAYS AND  
SPECIAL OCCASIONS**



# 101 AROMATHERAPY AND ESSENTIAL OILS GIFT IDEAS FOR HOLIDAYS AND SPECIAL OCCASIONS

Presented by  
2<sup>nd</sup>-Income-Solutions

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## Introduction

Aromatherapy. We're sure you've heard the word. We also bet at least a couple of people on your gift list might enjoy aromatherapy as a fun and interesting hobby.

If you've never tried aromatherapy yourself, you might be curious but don't know where to start. You might also have a family member or friend who is eager to learn more about it, in which case giving an aromatherapy-related gift would be perfect for the holidays, birthday, or any other special occasion.

Or, you might already know about the wonders of aromatherapy yourself and wish to share what you've learned with others in the form of wonderful purchased or homemade gifts. They don't need to cost a lot but can be the perfect way to introduce a little luxury into your gift recipient's home or their personal care routine.

Aromatherapy uses essential oils, that is, the most healing essences of plants and trees, such as the flowers and fruits, not just for their scents, but for medical purposes. Essential oils are now found in a wide range of products, from soap to shampoo to air freshener and more. Are they helpful, or is it all just hype?

What is aromatherapy exactly, and how can it enhance your life and that of anyone you give an aromatherapy-related gift to? Let's take a closer look at what aromatherapy is.

## Chapter 1 - What is Aromatherapy?

Aromatherapy is the science of using fragrant essential oils from plants and botanicals to enhance a person's health, beauty and surroundings. It is an ancient healing method that was used by the early Egyptians and has continued down to the present day through centuries-old Chinese medicine and Ayurvedic (Indian) medicine.



It was first popularized in the West by French chemist Rene Maurice. One day he burned himself badly in his lab. The only cold substance he had to cool the burn was lavender oil. His burns healed so quickly, he became interested in the healing properties of herb and essential oils and coined the term aromatherapy.

Since then, aromatherapy has gained in popularity all over the world as a healing method in its own right. Because it has few side effects, it can be used in conjunction with other healing modalities, such as prescription medications, massage, and more. The essential oils used in aromatherapy can be used to treat a range of conditions, from depression and anxiety to low energy, stress and fatigue.

Aromatherapy can be powerful medicine, so care should be taken when using essential oils. But what are essential oils exactly, and how can a beginner start using them safely? Let's look at essential oils in more detail in the next chapter.



## Chapter 2 - What are Essential Oils?

Essential oils get their name from the healing essence of the plant being extracted in order to use it for its healing properties. The oils are created naturally using steam, or distilled using water or sometimes alcohol and other chemicals to extract the essence from the botanical. Looking for organic essential oils is usually the best way to be sure your essential



oils have been extracted using natural, not chemical processes. The essential oils can be extracted from the flowers, fruit, roots, stems and sometimes all parts of a plant. Some of the essential oils are inhaled to aid healing or serve as a mood enhancer. For example, eucalyptus is great for clearing sinuses and chest congestion.

Others are used on the skin in a range of ways, and for a variety of purposes. For example, many essential oils have anti-fungal, anti-bacterial and anti-inflammatory properties, making them perfect for cleaning and dressing cuts and scrapes, soothing skin, and even curing health issues like acne.

For instance, tea tree oil has excellent astringent properties so it is ideal for clearing up acne and disinfecting wounds.

Essential oils can therefore become a healthy part of a home first aid kit or an effective daily skin care routine.

Essential oils are used undiluted when inhaled. They can be used directly from the bottle, or used on candles by putting a couple of drops into the melting wax. They are also used in potpourri and stuffed pillows. A couple of drops can also be placed on handkerchiefs, for example, if the person has a cold and wishes to relieve their congestion with eucalyptus.

You can also tuck a hankie with a few drops of essential oil such as wintergreen into your pillowcase when you go to sleep in order to keep your airways open. Essential oil burners and diffusers can also spread the oil into the air. One of the most popular kinds of diffuser can also serve as a humidifier, spraying fine mist into the air to relieve congestion and keep people breathing freely.

You can even make your own Vick's™ style-Vapour using one of these oils and what is termed a carrier oil. Essential oils should always be diluted before applying to the skin. Water, alcohol and carrier oils can all be used as the base for applying essential oils to the skin.

A few drops of essential oil in a carrier oil will add to the health benefits of massage provided that you follow the instructions for diluting the oil so it is safe to use on the skin. Examples of useful carrier oils for massage include sweet almond oil, unscented coconut oil, avocado, apricot and olive oil. Each of these have their own properties in terms of healing properties, smell and stickiness.

For example, unscented coconut oil is perfect for massages compared with the others if you are planning on giving a long massage and if you want to deeply moisturize the skin. The warmth of your hands and your skin, or that of the other person, will prevent it from getting sticky and pulling at

sensitive tissues. It also tastes fine if you accidentally get some in your mouth.

In terms of water, you can apply a few drops to your bathwater to soothe skin and inhale the aroma. When diluting oils to use for beauty or healing purposes, choose either distilled or bottled water, or tap water that has been boiled at a full rolling boil for 15 minutes to remove impurities that could compromise the healing powers of the oils.

In relation to alcohol, a few drops in rubbing alcohol can be used to clean wounds and tone the skin. Apply directly or with a clean washcloth or cotton square. Pure witch hazel with a low alcohol content will also work well, but without the usual sting of high-alcohol products.

Essential oils can not only augment any beauty routine, they can also be used in a wide range of ways to beautify your gift recipient's home. They can be used as drawer sachets to keep clothes smelling fresh and free from moths. They can also fill the room with fragrance if spread through the air with the help of a diffuser, making it an economical and chemical-free air freshener that will enhance the atmosphere of your home.

Aromatherapy can be a wonderful hobby as each person explores a range of scents to heal, beautify, and enhance their lives. However, because essential oils have to be distilled down from many plants and flowers, they can be quite expensive if you do not know where to find the best prices.

Even more importantly, they can be harmful if not used and stored correctly.

### **Safety First with Essential Oils**

Essential oils have powerful healing properties, so they should be treated the same as any other medicine you have in your cabinet. Keep out of reach of children and pets.

Some people eat or drink recipes with essential oils in them, but it is important to note that there are different qualities of oil. If you are planning to make recipes for human or pet consumption, you need to use 'food-grade' oils. We suggest paying a bit more for the certified Kosher oils because they would be produced to the very highest standards.

It is also important to source your aromatherapy supplies from the European Union, the US, or Canada to make sure they are of high quality in terms of both ingredients and manufacturing standards. Cheap oils and candles from other parts of the world can be impure and full of chemicals used to process the oils that will in fact make them a lot less effective, and even dangerous.

Note that certain oils can be dangerous to consume even in small doses, such as pine. Keep your oils out of reach of children and pets, and the items you use the oils with, such as potpourri, drawer sachets and so on. They may smell great to your dog or cat but eating them can be a disaster.

In terms of other important safety tips when it comes to essential oils, they should be stored in colored glass bottles, not clear, and kept in a cool dry place away from direct sunlight. Your essential oils should be used within a year of opening, with the exception of oils derived from citrus fruits such as orange or lemon. Those should be used within 6 months.



In addition to all of the healing properties of essential oils for personal use, they can also enhance the atmosphere of any home. Certain essential oils are excellent for cleaning, such as lemon, pine and orange. They can be used to create a seasonal atmosphere, such as cinnamon or pine during the holidays. Be sure to follow the instructions for diluting in order to keep pets and children safe as their noses and lungs will be more delicate.

If inhaling essential oils for mood enhancement or relief from congestion, experts suggest they should be used no more than three times a day directly from the bottle in order to avoid sinus infections. Sprinkle a drop or two on a cloth instead. Do not put the bottle up into your nostrils, as this can cause infection, contamination of the oil, and perhaps even chemical-type burns in the sensitive mucus membranes.

Another option is to use an atomizer to spritz diluted essential oils onto your pulse points at your throat or wrists in the same way you would use perfume. You can also create a roll-on for this purpose. Dilute lavender with alcohol for a relaxing effect each time you inhale. Or try grapefruit to curb hunger pangs if you are trying to lose weight.

Be careful with any citrus-based oil such as lemon, lime, orange, grapefruit or bergamot if you plan to go out in the sun within 2 hours of using it. It can make the skin photosensitive, that is, sensitive to sunlight, and cause sun burn or changes in skin pigmentation. If you are going to gift any items with these oils in them, you might wish to add a little safety note about this issue as part of your gift.

Essential oils are not just powerful on their own, but when blended together. Keep all of your blending supplies such as bottles, jars and funnels clean at all times.

Some essential oils come in bottles with squeezable dropper tops, but they are generally not recommended because the rubber can break down very easily. Essential oils and products made with a high proportion of essential oils, such as beauty treatments, should not be put in plastic containers because

they can burn right through the plastic. Always use glass bottles and jars.

If you are concerned about the safety of having glass in the bathroom, you or your gift recipient can place a small amount of whatever you wish to use in a small plastic container, take it to the bathroom, and then use immediately. Or, use quilted ball jars in small sizes such as [4-ounces](#), which can be gripped more easily even if your hands are wet.



Finally, wash your hands thoroughly before and after any occasion when you are using your pure undiluted essential oils. Washing prior to handling them means you will be less likely to contaminate them. Washing your hands after will make it less likely you will ingest undiluted oils or transfer the oil where you do not wish it to go, such as on countertops or pet fur.

So how can a complete beginner start using aromatherapy safely and easily? And how can you find just the right aromatherapy-related gift for each person on your list?

In this guide, we will offer a range of suggestion that should suit any person on your gift list and your spending limit for that person. We have also tried to come up with gifts for every occasion that will be perfect for anyone interested in aromatherapy.

But before we get started, let's look at the question of homemade versus bought gifts.

### Chapter 3 - Homemade versus Bought Gifts

Aromatherapy and essential oil-related gifts are ideal gifts for anyone on your list. However, it is not a cheap hobby unless you shop around carefully for the right oils. There are many commercial products available which claim to be aromatherapy products, but might just be highly scented. They can often be expensive and just not the right oils for the therapeutic uses you have in mind.



In some cases, the blend might not be a good one in terms of either healing or beauty. These items can also often have (dangerous) preservatives in them in order to keep them shelf-stable so they do not dry out or lose their scent too quickly.

Everyone has their own budget for the holidays, birthdays and so on. Especially at the holidays, you don't want to bite into your budget with one bought gift when you could use the same amount of money to buy ingredients that could help you create unique gifts for just about everyone on your list.

In this guide, we will give you an idea of price in relation to bought gifts, and give you a range of suggestions for fun homemade gifts. You might think you are not very good at arts and crafts, but most of these projects will be fun and easy. In most cases, they will work out far cheaper per item than

anything you can buy in a store, even if you could find some of these items in a store.

Above all, the recipes will usually be far healthier because you will be creating small, fresh batches, not buying something that might have been sitting on a shelf for months or even years.

Buying in bulk can also boost the amount of money you will save. For example, 3 tiny bags of potpourri or lavender sachets can set you back \$20 or more, whereas 1 pound of lavender to make dozens of gifts will cost around \$6 and around 50 cents per sachet bag, even less if you buy fabric remnants and sew the sachets yourself.

In addition to a financial budget, you will also have a time budget. A bought gift may make more sense if you are pressed for time and prove less stressful. Having said that, the homemade gift ideas suggested should be quick and easy to make, and more than likely relaxing too.

In deciding on a bought gift versus homemade, think about your relationship with the gift recipient and what kind of person they are. Will they be more impressed with a bought gift, or one that you lovingly made with your own two hands and customized to be special to them?

Everyone has different tastes in terms of personal care items and home décor. Some people might also have environmental allergies that might make them more sensitive to certain scents. On the other hand, your homemade gift might be ideal because it will not be full of chemicals, just wholesome ingredients and pure essential oils.

Finally, if your gift recipient is new to the world of aromatherapy, bought gifts such as books and sets of essential oils might be the better choice so they can learn more easily. If you do create a homemade gift, why not include a recipe card plus ingredients for them to make it themselves. Also give a printed card with safety instructions and notes about each particular oil. Save these on your computer and you will soon have an entire library of recipes and support materials.



In terms of homemade gifts, your final consideration will be packaging. Place your items in a gift box, a pretty basket or a decorative tin. Or just put a ribbon or bow on it with a tag with your information attached to it.

No matter how you package it, most people will be eager to learn more about such a fun and interesting hobby and healing method as aromatherapy.

So, let's begin by looking at gifts for complete beginners new to the world of aromatherapy who will need some basic supplies and information to get started.

## Chapter 4 - Gifts to Get Started Using Aromatherapy

Aromatherapy can be a lot of fun because it is like an Aladdin's cave of all sorts of wonderful scents to explore and items to make the most of your essential oils. It can also be an expensive hobby if the beginner does not buy in a strategic way, focusing on a few oils to start with that will be versatile and basic equipment to make the most of their chosen oils. The best oils for beginners should offer a range of healing and other properties, such as being good for beauty treatments and cleaning. The scents available also range from fresh and clean to mysterious and exotic. Avoid anything too strange. The cleaner scents will usually appeal to everyone. They can also be very good for blending, to add even more healing properties to the item being inhaled or used in other life-enhancing ways.

When buying a gift for a complete beginner, stick to the basics and don't buy anything too strong-smelling, such as patchouli or ylang-ylang. Even though they can be found in some beginner sets, they do not appeal to everyone and are not that easily blended compared with lemon or lavender,

One or more carrier oils will also be very useful for the beginner so they can dilute the oils and apply to the skin as a lotion or in a massage. Again, aim for a neutral oil that is not too expensive.

Let's start with a look at essential oils that almost everyone interested in aromatherapy will find very useful and then move on to carrier oil suggestions.

## Essential oils

Search on Amazon for [essential oils kits](#) and you will find a bewildering array of products at a number of different price points. The things to look out for are the number of oils, the price, the quantity of oil in each bottle, and the kinds of oils in the kit, versatile versus very limited in usage.



Also determine if they are organic or food-quality and/or Kosher, which will justify a higher price than kits that do not specify being any of these things. Also check to see if the oils are pure, or blended into a range of combinations designed to help with particular conditions. A relaxation blend would be handy for everyone, but a blend that treated female symptoms like PMS would not be that useful for a man or child.

One final consideration is size and packaging. How much oil are you really getting in each bottle, 5ml or 10ml? Compare not just prices but the number of bottles in each kit and the amount in each bottle. Is the packaging attractive or cheap-looking? Make sure the presentation matches the cost of the item so your recipient will be impressed.

Here are several suggestions for useful starter kits that offer good value and an excellent base for exploring aromatherapy and essential oils easily in an attractive form sure to delight.

### Aromatherapy Top 6 Set



Contains 6 certified Kosher oils in 10ml bottles: lavender, frankincense (a sort of woody scent), eucalyptus, rosemary, sweet orange and peppermint, packaged attractively in dropper bottles. It should cost around \$20.

### Aromatherapy Top 6 100% Pure Therapeutic Grade Basic Sampler



Contains 6 10 ml bottles of lavender, tea tree, eucalyptus, lemongrass, orange, peppermint. These oils are a bit more

versatile than the ones in the previous kit. These are not certified Kosher so will not be food-grade oils. The plus side is the elegant packaging. Since it is very dark in terms of both box and labels, and the oils are not too flowery, this would make a good gift set for a man. Cost: around \$20.

**Essential Oils - Beginners Aromatherapy** Set 100% Pure, Best Therapeutic Grade essential oil Kit - 14 bottles, 10mL each



The Beginners Aromatherapy Set includes the following oils: bergamot, clary sage, cinnamon leaf, eucalyptus, grapefruit, lavender, lemon, lime, patchouli, peppermint, rosemary, spearmint, sweet orange, and tea tree. This gives your gift recipient a nice range of choices for all purposes and many health conditions. Many of these oils will also work well with each other when blended together.

Note: It states that the oils are not for internal use unless under the supervision of an expert, so assume these are not food-grade oils.

Cost: Around \$50

### **Essential Oil Variety Set- 14 Pack**



This set includes 14 5ml bottles of certified-Kosher essential oils, including:

bergamot, clary sage, cinnamon bark, eucalyptus, grapefruit, lavender, lemon, lime, patchouli, peppermint, rosemary, spearmint, sweet orange and tea tree oil. All of these are quite versatile for pure use and also blending. Note the smaller bottles at only 5ml. It will cost less than \$25 but look impressive in their nice white presentation box, which also makes this a good for a man or woman.

### **Essential Oil Variety Set-32 bottles**



This is a bumper crop of 10ml bottles of certified-Kosher essential oils, the ultimate gift for a beginner.

Oils include: anise, bergamot, basil, Breathe Synergy blend, cajeput, cedarwood, cinnamon bark, citronella, clary sage,

clove bud, cypress, eucalyptus, Four Thieves Synergy blend, frankincense, geranium, ginger, grapefruit, lavender, lemon, lemongrass, lime, marjoram (sweet), orange (sweet), patchouli (dark), peppermint, rosemary, spearmint, Stress Relief Synergy blend, tangerine, tea tree, ylang ylang

Most of these are pure oils, with a few of their proprietary blends. It is also packaged in a white box, making it an attractive gift for a man or woman.

Cost: Less than \$80.

**First Aid Essential Oil Set- 100% Pure Therapeutic Grade Oils- 14 10 ml bottles.**



This set contains 5 pure unblended oils:

eucalyptus, lavender, lemon, peppermint, tea tree, and 9 custom blends:

Breathe Easier, Digest Ease, Four Thieves, Head Ease, Muscle Relief, Pest Defy, PMS, Purify, Respiratory Ease.

This is an elegant-looking gift set suitable for a man or woman, though one of the bottles is a PMS remedy. It is a good shortcut for beginners and those interested in the healing aspects of aromatherapy rather than just the beauty and home atmosphere aspects. Cost: less than \$50 if you shop carefully.

**The Family Doctor Essential Oil Set** 14 100% Pure, Organic Therapeutic Grade, 10ml bottles



This set contains 7 pure oils: eucalyptus, frankincense, French lavender, sweet orange, peppermint, rosemary, and tea tree, and 7 blends: Breathe, Health Shield, Good Night, Head Ease, Muscle Relief, Relaxation, and Stress Relief.

It has a nice balance of pure oils to blends and the blends are good for both men and women. It is an excellent choice for beginners and those interested in getting healing relief from any or all of these conditions. The packaging is attractive and rather cute, resembling a First Aid Kit. It would be suitable for a man or woman.

Note: It states clearly that the oils are NOT for internal use, so they are not food-grade or Kosher. Cost: less than \$50. .

### **Carrier Oils**

Carrier oils are used to dilute essential oils so they can be applied safely to the skin. [Search for carrier oils](#) at Amazon and you will find a dazzling array of choices. Look at the amount in each bottle and whether or not it is organic. Also check to see if there are any other items that might add value to the product, such as a pump top, recipe book and so on.



Here are suggestions for the top carrier oils used regularly in aromatherapy:

**Fractionated Coconut** – The oil has had the strong scent and taste of coconut removed, so it will be good for cooking by not significantly changing the taste of the food. It will also not change the fragrance of the essential oils you add to it for massage and other purposes. It is deeply moisturizing for skin and hair.

Ellie's Best offers good quality and quantity plus added bonuses like a cookbook for less than \$15.



**Sweet Almond Oil** - It is very good for a moisturizing massage and a range of beauty treatments. Now offers good value-1 16 ounce bottle will cost less than \$12.



**Grapeseed Oil** –This can be used for cooking, particularly salad dressings. It has little to no strong taste or smell, making it good for blending. HB Oils offers 4 ounce bottles for less than \$4.



**Olive** – This is good for cooking and massage as well. There's no need to buy extra virgin olive oil if you will be using it mainly for massage, since the strong smell will alter the quality of the essential oils being used with it. It can be used in a wide range of homemade recipes for health and healing.

[Kirkland](#) has very economical high-quality oil you can buy in bulk at Costco and decant into smaller bottles or use in all your recipes that call for a carrier oil.



**Apricot Kernel Oil** – This is good for massage and a range of beauty treatment. [Now](#) sells a 16-ounce bottle for around \$8. It is very nourishing to the skin.



**Avocado Oil** - It is good for massage, beauty treatments and salad dressings. [La Tourangelle](#) sells a pretty 16-ounce tin bottle for around \$11.



**Jojoba Oil** (pronounced ho-HO-bah) - This is a very good choice for beauty and hair treatments. [Eden's Garden](#) oil costs around \$10 for 3.4 ounces.



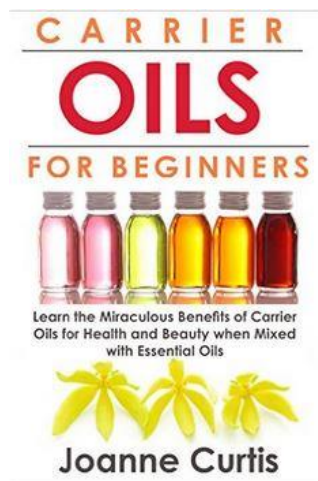
Can't decide which carrier oil to get?

### **The 100% Pure Carrier Oil VARIETY-4 PACK**

This comes with four 4 ounce bottles of different carrier oils to try: fractionated coconut oil, grapeseed oil, avocado oil and sweet almond oil. The kit will cost less than \$25.



The book **Carrier Oils for Beginners** is available in [paperback](#) and as an instant download from Amazon and would go well as an accompanying gift. The paperback is less than \$10 and the [ebook](#) is 99 cents.



### **Burners**

Burners are used to fill a room with fragrance from essential oils. They are economical because only a few drops are needed

and the scent can last for hours. The heat will make the oil evaporate quite quickly compared to diffusers (see below), so they will use up more oil. The oil is placed in a container of some kind, such as a dish, and heated with a small [tea light](#) (votive) candle.

Burners come in a range of styles from exotic and Far Eastern to clean and modern. They also come in a range of colors. If you are not sure of the gift recipient's décor or taste, aim for something neutral. Here are a few suggestions. One other important thing to note is that some styles have an open flame, which is not recommended for safety reasons, especially if they have any children or pets.

**[StarZebra](#)** 3-inch carved soapstone burner. This is an elegant burner that will work well with most décor. It can also be used outside for natural insect repellent if you use [citronella](#) or [neem](#) oils. Cost for the burner: about \$20.



Now Oils offers a [Moquito Repellent kit](#) for anyone who lives in a warm climate. It also makes a great gift for anyone who is outdoorsy or likes to spend a lot of time outside in the summer



on their deck or patio who does not want to put a lot of oil on their skin or their children's. Cost: about \$17.

The **Celtic Knot burner** is more earthy looking. It is about 3.5 inches tall. It would make a good gift for a man or woman and could also be used outdoors. Cost: around \$15.



This burner from **Gifts and Décor** has clean modern styling and would be good for both men and women in the home. Cost: around \$5.



## Diffusers

Diffusers offer a way to distribute essential oils into the air that is slightly different from a burner. There are pros and cons to each type of diffuser. Use the method that works best for you or your intended recipient depending upon the reason for using the essential oils. Diffusers will be more economical than burners because they will not use up the oils so quickly and may be more therapeutic because none of the healing aspects of the essential oil will be heated and perhaps rendered less effective.

The type of diffuser you buy will depend on use, décor and your budget. With diffusion you can improve the environment, reduce stress, help improve insomnia, increase cheerfulness and alertness, and even reduce airborne pathogens.

There are numerous types of diffusers that you can use, such as:

- Evaporative (Fan)
- Heating
- Humidifying
- Nebulizing
- Ultrasonic
- Reed

What follows are more detailed explanations for each kind, and gift suggestions. Choose one that you think will suit your gift recipient best, and which fits your budget

### Evaporative (Fan) Diffuser

This kind of diffuser uses a fan. It blows air on a cloth or pad with drops of essential oils sprinkled on it to evaporate the oil and waft the fragrance throughout the room. It makes the room smell wonderful but will not give you quite the same health benefits due to some of the oil's effectiveness being lost through the evaporation process.

#### Fan Fuser Aromatherapy Diffuser for home or office

This is a sturdy and attractive diffuser that will blend well with any decor and is suitable for either a man or woman. Cost: around \$40, plus a set of 2 refill pads for \$6. Pads should be replaced about every 3 months for best results.



### **Battery Operated Diffuser with Power Adapter by Aroma ready**



Powered by either 4 AA batteries or through the included power adapter, this stylish diffuser is modern and versatile, perfect for a man or woman. It's like getting 2 diffusers in one. It is quiet to run, so it can be used in any room in the house. Unplug and add batteries and it can be placed in the car or packed in a suitcase while traveling. This will cost around \$50, plus around \$13 for a pack of [5 refill pads](#).

Note: The diffuser pads are handy for homemade gifts, as we will be discussing later in this guide.



## Heating

This method uses a flame or electricity to heat the oil and evaporate it into the air. However, many oils break down with the use of heat and sometimes this can ruin the medicinal effect.

Wall plugins are ideal heating diffusers because they are set and forget. Most will usually last 1 month, filling your room with fragrance around the clock. They use the heat from your electrical socket to diffuse the essential oils into the air.

There are two main choices. The most basic but economical and versatile plugin heat diffusers come with pads to place a few drops of oil on and refresh or change periodically.

The second is a diffuser with ready-made bottles of essential oils blends you add to the plugin holder. These will not be as versatile but will look like a more expensive and impressive gift compared to the more 'homemade' appearance of the one with pads.

You can usually buy the more commercial kind of plugin diffuser in a kit with the plugin, 1 oil bottle, and possibly a refill. Check to see if you can buy refills in bulk to make the gift more economical for both you and the person who will be using the plugin.

Also check to see if the diffuser has refills available in a range of different oils for a variety of scents according to their mood, the seasons and so on.

Buy a reputable brand and avoid the very cheap mass-produced ones from the supermarket or warehouse club as they have little essential oil in them and a lot of chemicals and fragrance.

### Scentball Plug In Electric Diffuser



We are all familiar with air freshener wall plugins, but the Scentball with pads allows you to use pure essential oils to freshen your home. You can also come up with your own custom blends for healing purposes or enhance your home with seasonal scents like pine, cinnamon and more. The scentball will cost around \$10 for one. Order 5 for \$45. A pack of [20 refill pads](#) will cost around \$3. Note: The refill pads are ideal for other homemade gifts, as we will be discussing shortly.

### Car Scenter Electric Diffuser Plus 5 Refill Pads



Luckily, most people don't smoke any longer, so make the most of your car lighter with this handy little plugin diffuser. It uses small pads with a few drops of oil on them to fill any car or truck with pleasant aromas, all without harsh chemicals or allergy-producing perfumes. Choose some oils for clarity of mind and alertness like lemon-nothing too relaxing. This comes with 5 refills pads. Cost: around \$8. Add a couple of bottles of oil for the perfect gift for a guy or gal depending on the scents you choose.

## **Bath and Body Works Wallflowers**

The plugin diffuser comes in the standard [white flower pattern](#), [gray](#), [sand brown](#), or the [black basket weave](#) pattern. Cost: less than \$9.



Then it is just a case of choosing from the wide range of refills available. Note that not all Wallflowers refills will be aromatherapy-related. Some will just be home fragrances. Here are a couple of suggestions for top aromatherapy blends that would make good gifts.

[Eucalyptus Spearmint Stress Relief Wallflowers 2 Pack](#)

[Lavender Vanilla Sleep Wallflowers](#) – 2 pack

[Orange Ginger Energizing Wallflowers](#) - 2 pack

[Black Currant Vanilla Aromatherapy Sensual Wallflowers](#) - 2 pack



These come in a very pretty dispenser bottle so they would make a great romantic gift with one of the black plugins.

Each 2 pack should cost around \$15.

### Humidifying

This type of diffuser uses a combination of water and air to push the oils into the air using a fine mist. It works great for respiratory problems and for infusing an entire room with essential oils.

Some humidifying diffusers are also ultrasonic, that is, they vibrate to disperse the oil, which means you only need to use a small amount of oil in the water. However, using water means not as much oil will be dispersed, so the scent and therapeutic effects may not be as strong as with other diffusers.

Many of these are also decorative, with lights or changing-colored lights. Check to see if the light can be turned off completely if you think your gift recipient would use it in their bedroom or it is going to be a gift for a child. Some can also be used on their own as just a humidifier.

### **InnoGear® 100ml Aromatherapy Essential Oil Diffuser**



This is a 'portable' ultrasonic cool mist humidifier with a range of colored light options in one sturdy and attractive unit. This is the #1 selling diffuser at Amazon, and it is easy to see why. It is simple to use and will go well with any décor. It will also appeal to a male or females of any age.

It creates a very fine mist that fills the room. The light feature has 2 choices of brightness of light, bright or dim, for a total of 14 different colors. It also has 3 vapor settings, none, every 20 minutes, or continuous. It will run for 3 hours on continuous or 6 hours on intermittent. What they mean by portable is that it has a 6-foot long power cord. Cost: around \$40.

### **Greenair Spa Vapor + Advanced Wellness Instant Healthful Mist Therapy**



For something sleeker without all the colored lights or the high price tag, this is a reliable diffuser with a fine mist. It is easy to use and to clean. Cost: around \$27.

### **Nebulizing**

This kind of diffuser is similar to a perfume atomizer. It turns the oil into a fine mist of very tiny droplets to fill the room with scent without using a lot of water as a humidifying one does. It is cost-effective because you do not need to use as much oil as you would with the other kinds of diffusers. It delivers more oil than a humidifying diffuser because it is not being watered down. There are a range of models on the market. Some look very 'space age', so we are suggesting ones that would make good gifts, not have people scratching their heads wondering what on earth it is.

### **Essential oil Aromatherapy Nebulizing Diffuser**



This creates micro-fine fully ionized droplets of essential oil to give the maximum fragrance and therapeutic benefits from the essential oils. This extremely powerful diffuser covers 900 square feet or more in minutes. This item also comes with a one-year limited warranty. Cost: around \$80.

### **Advanced Aromatherapy Essential Oil Diffuser**



This model looks a bit more space age but not too weird. It is about 4 inches tall, so it is compact but powerful. It is easy to use and should last a long time if the gift recipient follows the instructions.

It is quite expensive at \$128 but uses little oil compared with other kinds of diffusers on the market and as you can see from the picture above of the back of the unit, it offers a range of running options and amount of output of the oils.

## Ultrasonic

This kind of diffuser uses vibrations to turn the oil into a very fine mist. It does not use heat so it will maintain the healthful effect of the essential oils. The fine mist is easily breathed in so it offers excellent therapeutic benefits. Many ultrasonic ones are also humidifying. If you want more oil to be diffused, look for a dry ultrasonic diffuser such as the one below.

### Essential Oil Diffuser by BellaSentials



This will blend in with any decor and will run for a massive 12 hours with only a few drops of oil. It is 5 inches wide by 8 inches long and 3 inches tall, so it will fit anywhere you can plug it in.

Cost: around \$40



## Reed Diffusers

Reed diffusers are simple yet elegant and effective in small spaces. Place some essential oil in a glass container and insert reeds or rattan sticks into the container to disperse the scent of the oil in the space surrounding the diffuser. It is decorative, but not recommended if you have children or pets, as the container can tip over and spill. These are ideal for anyone who is interested in the exotic Far East.

### Reed Diffuser



This is attractive, well priced, with a good scent. Once the bottle is empty, it can be washed out well and other oils added. Buy a bundle of [rattan sticks](#) for refills so not too many scents mingle.

Now that you have learned about the main kinds of diffusers and how they differ from one another, review what you have learned in this section and compare prices and styles. Remember that most of the diffusers, such as those discussed above, will not come with any essential oils. Therefore, if you wish to give a complete gift, add a couple bottles that will

appeal to a beginner or the person to whom you are giving the gift.

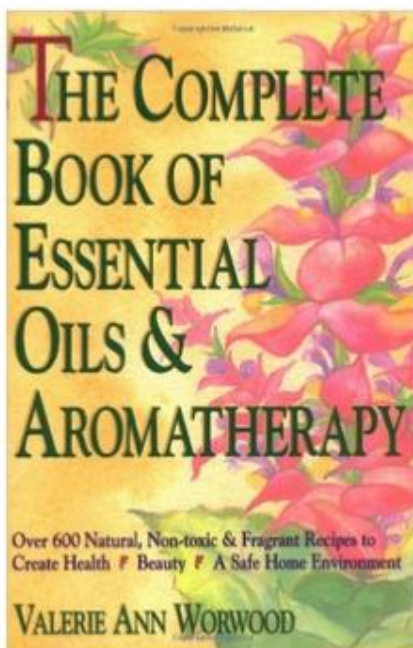
Since we have covered some of the basic equipment, let's look at books, journals and courses to help your gift recipient learn more about the wonderful world of aromatherapy and essential oils.

### Books for Beginners

The following are affordable and reliable suggestions for well-written guides by reputable publishers. Some are classics in the field of aromatherapy.

There are a lot of books available on aromatherapy and essential oils, but there is a reason why this guide is one of the top sellers on Amazon. It gives all the essential information any beginner needs about aromatherapy. But best of all, it includes some excellent recipes for beauty products and in particular, green cleaners you can use safely in every room of your home.

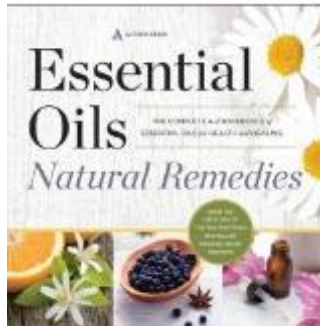
It comes in [paperback](#) and in a [Kindle edition](#). We suggest gifting both. They will want to refer to the book over and over again. Plus, they can read the Kindle edition anywhere, including the store, to make sure they have all the correct ingredients for each recipe and can look up any oils they like the smell of. Both versions together will cost around \$25 in total.



**The Complete Book of Essential Oils and Aromatherapy:  
Over 600 Natural, Non-Toxic and Fragrant Recipes to  
Create Health — Beauty — a Safe Home Environment -  
New World Library**

This guide is extremely useful as an A to Z reference guide to ailments and to essential oils. The A to Z format is especially useful when a person goes into any store to use the testers available. They can judge by their nose and then by the suggested uses for the essential oils to determine which ones are worth adding to their collection. '

The guide comes in both [paperback](#) and [Kindle editions](#). We suggest gifting both because this book is so useful. Buying both book versions will cost about \$25.

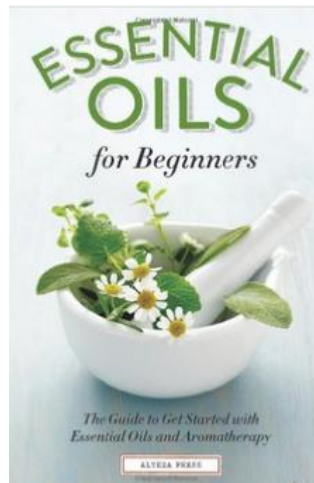


**Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing - Althea Press**

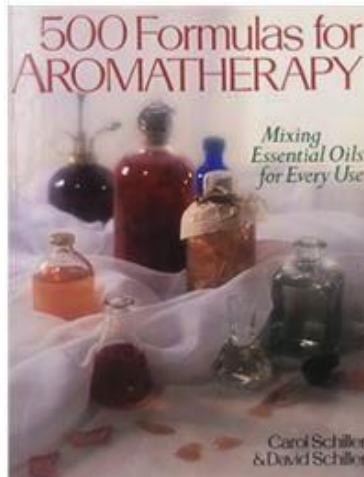
This *New York Times* bestseller was publishing in 2013, making it one of the most recent guides on the topic. It is perfect for beginners who want to learn more about aromatherapy and the uses for many of the most popular essential oils. It also gives information on how to use essential oils for offering relief from certain conditions such as depression and anxiety.

It is available in [hardcover](#), [paperback](#), and [Kindle editions](#). Hardcover plus Kindle will cost around \$20; paperback and Kindle less than \$15.

## **Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy - Althea Press**

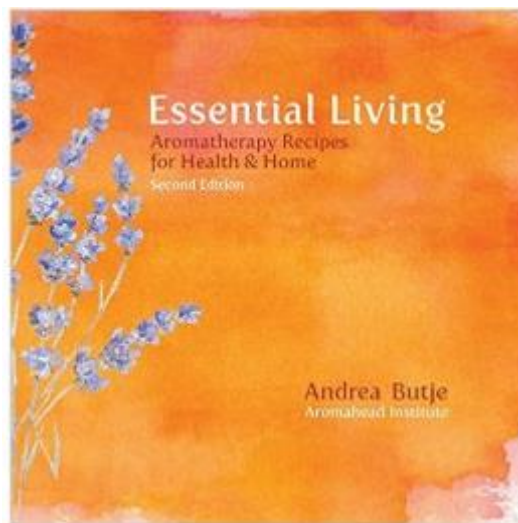


Learning about the properties of many individual oils is useful, but this is the best title available if anyone wants to learn how to blend essential oils for almost any purpose, particularly healing. It has a good A to Z list your gift recipient will spend hours looking over. Blend exactly as the recipes state and they should see what a difference aromatherapy can make to overall health and well-being. This title is available in paperback only, and costs less than \$10.



### **500 Formulas For Aromatherapy: Mixing Essential Oils for Every Use**

The Aromahead Blog author Andrea Butje has created a very useful book for anyone wishing to learn more about blending. It is available in [paperback](#) and [Kindle formats](#). Buying both will cost less than \$25.



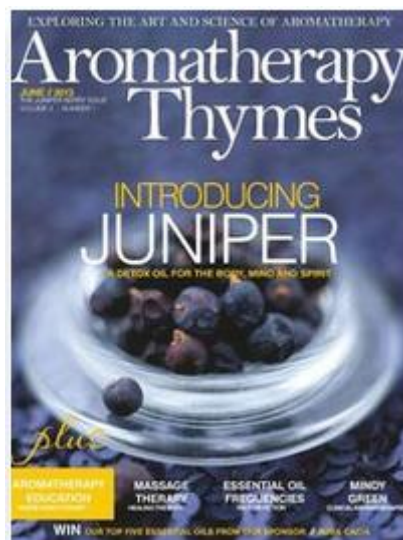
### **Essential Living**

Note: She also offers a free beginner's course online to anyone interested in going deeper, so tuck a little note inside the book with the URL so they can sign up for it.

<http://aromahead.com/courses/online/introduction-to-essential-oils>

## Magazines and Journals

### Aromatherapy Thymes Magazine



This is an educational and luxury lifestyle magazine that appeals to aromatherapist, alternative health practitioners and those interested in a holistic lifestyle and alternative medicine. The subscription is less than \$35 and it is published twice a year.

### **The National Association for Holistic Aromatherapy**

NAHA offers a range of [journals](#) with the latest news and research on using aromatherapy and essential oils for healing. It is published 4 times a year.



You can buy individual journal issues for around \$15 each. Or, treat your gift recipient to a membership to NAHA and they will get a 1-year subscription as part of their membership benefits. (See below for more details.)

## Memberships

**The National Association for Holistic Aromatherapy (NAHA)** offers different levels of membership depending on the degree of interest and stage of expertise as a practitioner.



For beginners, the Friend/Student of Aromatherapy level is an excellent introduction and affordably priced at \$50 a year in the US and \$75 for overseas students. It is open to anyone interested in the field of aromatherapy.

With their membership, they will receive a subscription to the NAHA's Aromatherapy Journal (a \$60 value on its own) plus its e-newsletter, an Explore Aromatherapy Booklet, access to the NAHA blog, and monthly teleseminars/webinars.



The Aromatherapy Advocate level of membership costs \$75 for US students and \$100 for international. It includes all of the benefits of the student level of membership, plus discounts on supplies, and a special members-only area of the website. It is open to those who have completed a Level 1 training course as one of the NAHA-approved schools. (See below.)

## Classes and Courses

Going to a class or on a course can be one of the best ways to learn more about aromatherapy from a professional at an affordable price.

Check your local area and community college continuing education courses to see if there are any one-day introductory classes you can give as a gift. They should be priced reasonably from \$50 for a few hours to \$100 for a full day course. Also look for combine courses such as aromatherapy and massage.

### Aromatherapy Courses Approved by the NAHA

There are a range of courses available in the US and Canada for those who wish to learn more about aromatherapy or become certified as a Level 1 or Level 2 practitioner. A student can become certified in as little as one long 4-day weekend if they wish.

Courses usually come complete with a starter kit of all the items they will need to use in the course and for aromatherapy for healing once they have completed the course. This is ideal for beginners because it saves time and money having to hunt around for a range of oils. The fees for the course would also be tax deductible in relation to the income from their business once they are set up.

Check the school nearest your area or gift recipient's location to see what in-person and online options are available.

This is an ideal way to add aromatherapy to their range of healing skills. If your gift recipient is already a massage therapist, for example, physiotherapist, or alternative medicine practitioner, adding aromatherapy to their offerings for their

clients can take their healing skills and practice to a whole new level.

### Direct Sales Kit



If you have ever heard of Avon, Mary Kay, Tupperware, or Pampered Chef, you will know what direct sales are. One person sets up their own business and sells to friends, family, and an ever-widening circle of clients who love their products and the great prices direct sales usually offers. Direct sales are a multi-billion dollar business worldwide.

Neal's Yard offers a high-quality range of essential oils and aromatherapy products from the UK. One of their direct sales kits contains a range of oils, samples, and marketing information so your gift recipient can not only enjoy aromatherapy in their own home, they can spread the word to others as they run their own successful business.

The kit costs around \$150 unless they are running one of their promotions, in which case it is \$99. Once enrolled, each direct seller will work with a consultant in their area to get the business up and running. This means they will also receive a useful education in essential marketing skills through their mentor and the materials in each kit.

The kit fee is tax deductible once they start to earn income from their new enterprise.

## Chapter 5 - Gifts for Women



Women are actually pretty easy to buy gifts for (though many men might disagree!). Most of them love presents, and a pretty aromatherapy with a light fresh scent (nothing too heavy) are sure to be a hit with women from 16 to 60 and beyond.

With the boom in nails salons and spas, it is no secret that women like to look good and feel pampered. Aromatherapy can add a little bit of luxury to their lives every day.

One other important consideration is the number of people, both men and women, who seem to be prone to all sorts of allergies. These can range from food and environmental allergies such as pollen and ragweed to sensitive skin and allergies to many of the harsh ingredients found in commercial toiletries.

Small, fresh batches of homemade personal products can do wonders for their appearance and health without irritating chemicals. Here are some suggestions that would work well on their own, or can be combined into an attractive gift basket.

These gifts should also be suitable for any occasion unless otherwise noted. Let's start with some spa-quality personal care products.

## Homemade Gift Basket

Now that you have seen how many useful ways a person can use aromatherapy, a beginner's gift basket of essentials might be the best gift of all. Some essential oils and at least one carrier oil would be a good start. Other items that might be a good idea to include are:

[Distilled water](#)

[Rubbing alcohol](#)

[Pure witch hazel](#)



Small bottles for blending oil:

[Plain](#)

[Roll on – colored set](#)

[Spritzer bottles](#) for home fragrance and perfume uses

### Small funnels

Larger squeeze bottles for a range of recipes:

### Travel size bottles, BPA Free

Plastic bottles with flip top lids for putting smaller quantities of liquids in if they don't want to take a big glass bottle into the bathroom with them

### 8 ounce

### 16 ounce flip cap glass bottles

Small jars for blending and creating homemade recipes

### 2 ounce

### 4 ounce

### 8 ounce

And with flip top lids

Shaker bottles for powders (save your large spice bottles that have been emptied and put pretty labels on them) or use a dredge shaker



Nice labels for your creations:

[Dissolvable canning labels](#)

[Oval canning labels](#) for your computer printer

[Printable index cards](#) for recipes and other information about what is in the basket

[Full sheet labels](#) – these are useful for creating attractive labels and large enough to cover over any old labels on a bottle or jar.

Use a basket, tin and some nice ribbon and amaze your recipient with how thoughtful you are. Wrap in [nicely colored cellophane](#) or tuck in a [gift bag](#) for the perfect gift.

We mention all these items because they are not only good gifts, they would also be useful supplies for you to have on hand if you want to make any of the recipes in this guide.

You can of course buy a commercially-prepared gift basket. In this case, test the scent to make sure it is not too extreme. Also look for words like pure, organic, and ones that are not made in China.

Now that we have discussed the basics, it's time to look at aromatherapy gifts for women.

## **Shampoos and Conditioners**

Everyone hates having a bad hair day. Our hair is one of the most obvious aspects of our appearance. Using products rich in essential oils and free of chemicals is the best way to maintain healthy, shiny hair with no build up or residue. Shampoo regularly and use conditioner as needed. Here are a range of easy to make recipes with the cleaning, fragrant and healing properties of essential oils.

### **All-purpose Shampoo**

1/2 cup [coconut milk](#)  
20 drops of essential oils such as:  
peppermint  
lavender  
lemon

rosemary

orange

grapefruit

1/2 cup [Dr. Bronner's Fair Trade](#) essential oils Organic Castile  
Liquid Soap - Baby Unscented, 32 ounce bottle



All of the suggested oils will soothe the scalp and leave your hair smelling fresh.

Add all of the ingredients except the soap to a measuring cup and stir well to combine. Slowly add the soap and stir gently to avoid suds forming. Pour carefully into an 8-ounce bottle. Label your gift and create a recipe card if you wish so they can make their own at home if they like it.



## **Oily Hair Shampoo**

1/2 cup distilled water  
2 tablespoons almond oil  
15 to 20 drops essential oil  
Lemon  
neroli (orange blossom flowers)  
ylang-ylang  
OR tea tree  
1/2 cup [Dr. Bronner's Fair Trade](#) essential oils Organic Castile  
Liquid Soap - Baby Unscented, 32 ounce bottle

All of the suggested essential oils cut greasiness on hair and skin.

In a measuring cup, add the water, almond oil and essential oil of choice. Stir well to combine. Slowly add the soap and stir gently to avoid suds forming. Pour carefully into an 8-ounce bottle. Label and create a recipe card as needed.

## **Dry Hair Shampoo/Mask**

1/2 cup organic coconut milk  
2 tablespoons almond oil  
2 tablespoons jojoba oil  
2 tablespoons vitamin E oil  
10 to 20 drops of essential oils  
Suggestions:  
ginger  
rosemary  
myrrh  
ylang-ylang-exotic smelling  
patchouli-exotic smelling  
1/3 cup pure Castile soap

All of the suggested essential oils soothe dry hair and skin.

In a measuring cup, add all the ingredients except the soap. Stir well to combine. Slowly add the soap and stir gently to avoid suds forming. Pour carefully into an 8-ounce bottle. Label and create a recipe card and instructions for use as needed.

Shampoo as usual, or to use as a mask to deeply moisturize. Leave on for up to 10 minutes and then rinse with warm, not hot, water.

### **Itchy/Flaky Scalp Shampoo**

1 cup coconut milk  
1 cup aloe vera gel  
a dash of vitamin E oil  
15 to 20 drops essential oils:  
ginger  
tea tree  
OR rosemary

Place in an 8-ounce bottle and shake well to combine. Ginger is great for soothing the scalp and it gives a nice tropical flair to this shampoo.

### **Easy All-purpose Hair Conditioner**

This will nourish without adding a lot of oil. The vinegar will cleanse the scalp and rosemary will soothe it.

1/2 cup distilled water, hot  
1 tablespoon honey  
1/2 cup apple cider vinegar  
1 dash vitamin E oil or jojoba oil  
5 to 15 drops of essential oils such as:  
rosemary  
lemon  
ginger

1-In a measuring cup, pour the hot water.

2-Add the honey and stir well until completely dissolved.

3-Add the remaining ingredients. Stir well to combine and pour the mixture into an 8-ounce bottle. Label and create a recipe card as needed.

## **Conditioner for Dry Hair**

1 ounce avocado oil  
1 ounce coconut oil, scented or unscented  
1 ounce olive oil  
1 ounce vitamin E oil  
4 ounces apple cider vinegar  
5 to 10 drops each of  
lemon and  
chamomile  
or  
up to 20 drops peppermint

Blend together in a measuring cup, stirring well to combine.  
Pour into an 8-ounce bottle and label and list ingredients as needed.

## **Body Wash**

A good body wash should leave skin clean and feeling great, not dried up like an old prune. These body washes are good for each skin type or purpose as noted.

### **All-purpose Body Wash**

1/8 cup coconut oil  
1/8 cup [raw honey](#), warmed in the microwave for 20 seconds to make it easier to blend  
1 teaspoon vitamin E oil  
10 to 20 drops of essential oils  
Suggestions:  
Frankincense  
Lemongrass  
Myrrh  
Rose  
1/2 cup liquid [pure glycerin soap, unscented](#)

All the oils suggested have skin healing properties.

Blend all ingredients except the soap in a measuring cup, stirring well to combine. Add the soap last and stir gently to avoid foaming. Bottle and label as needed.

### **Dry Skin Body Wash**

1/8 cup coconut oil  
1/8 cup olive oil  
1 teaspoon vitamin E oil  
1 teaspoon jojoba oil  
10 to 20 drops of essential oils

Suggestions:

frankincense

myrrh - very good for eczema and other very dry skin conditions

rose

lavender

geranium

1/2 cup liquid Castile soap

Blend all ingredients in a measuring cup except the soap, stirring well to combine. Add the soap and stir gently to avoid foaming. Bottle and label as needed.

### **Salt Scrubs**

Salt scrubs are a powerful way to clean and exfoliate the skin and balance your energy, especially when used on the hands



and feet. It can also penetrate deeply to help flush toxins out of the body, especially if someone suffers with cellulite, that ugly orange peel skin that comes when the muscles and skin are not toned and firm. Create this luxurious salt scrub and don't forget to include the recipe, because it will be addictive!

### **Hand Scrub**

This one is designed for the hands but will work well for the entire body.

2 parts kosher salt or coarse sea salt

1 part fractionated coconut oil

5 to 20 drops of essential oil

Essential oil suggestions:

lavender

chamomile

rose

Note: We do not recommend any citrus oil because it can lead to sensitivity to sunlight. Patchouli is good for the skin, but should also be avoided for this reason, unless it is heavily diluted. Package and label your gift and print up the following instruction card:

Use no more than twice a week. Place about a teaspoon in the palm of one hand. Stand over the skin and rub gently all over, even between the fingers, until the salt has all dropped off into the sink. Wash your hands lightly with mild soap and gently pat dry with a paper towel or clean towel. Check your nails to make sure no salt is left behind, as you might rub and irritate your eyes or face with your fingers.

### **Body Scrub**

2 parts kosher salt or coarse sea salt

1 part fractionated almond oil

1 part vitamin E oil

5 to 20 drops of essential oil

Essential oil suggestions:

lavender

chamomile  
rose  
frankincense  
geranium

Or a blend=

lavender chamomile  
lavender rose  
lavender geranium  
rose chamomile  
rose geranium  
rose frankincense

Stir all ingredients together until well combined. Package and label your gift and print up the following instruction card:

Use no more than twice a week. Focus on your buttocks, thighs and upper arms if you have cellulite, scrubbing in circles to clean and stimulate the circulation. Do not apply to the face.

After using, rinse well and gently pat dry with a clean towel. Check your nails to make sure no salt is left behind, as you might rub and irritate your eyes or face with your fingers.

The vitamin E will improve the tone of the skin. After using the scrub, don't forget to moisturize. (Suggestions below.)

### **Salt Scrub for Feet**

2 parts Kosher salt  
1 part fractionated coconut oil or grapeseed oil  
5 to 10 drops each of  
peppermint  
chamomile

These oils have deodorizing and soothing properties.

Blend together package and label. Print up an instruction card:

Soak your feet in a warm basin of water for a few minutes to soften the skin. Apply a half teaspoon of the scrub to your right foot and scrub the entire foot, paying attention to any rough spots. Don't forget to go between the toes. Place the foot back in the basin and repeat with the left foot. Pat dry and put on clean cotton socks or a clean pair of shower clogs.

Note that you can also use this in the shower or bathtub, but your feet might be very slippery afterwards so take extra care when getting in and out.

### **Sugar Scrub**



Sugar scrub has a similar effect to salt scrub in terms of its exfoliating properties. However, the fruit acid in the sugar will also serve as a fruit peel, so be aware that it can leave skin reddened for some time after use. Therefore, it might best be used at night rather than first thing in the morning.

The advantage is a deeper clean and no salon prices with your luxury homemade gift. Make up this recipe depending on the size of the jar. If you are going to give both salt and sugar scrubs together in one gift basket, be sure to use brown sugar so they can be told apart easily.

## **Basic Sugar Scrub for Face and Body**

3 parts white or brown sugar

1 part oil, such as olive oil, fractionated coconut oil or apricot kernel oil

5 to 20 drops of essential oils depending on the quantity of scrub you are making and how intense you want it to smell.

Mix well in the jar you plan to gift it in.

Essential oil suggestions:

Tea tree if they are prone to acne

Frankincense evens skin tone and firms and tightens-it has a wood and lemon scent

Myrrh is a great wrinkle reducer and excellent for eczema-it smells a bit like licorice

Rose is light, flowery and feminine; it is good for all skin types

Any of these oils are ideal for the face and the entire body.

Package and print up an instruction card.

Use no more than twice a week. Focus on your buttocks, thighs and upper arms if you have cellulite, scrubbing in circles to clean and stimulate the circulation.

When using on the face, avoid the eye area and rub gently in small circles. Leave on the face for no more than 5 minutes.

Note that your skin will be reddened for up to 2 hours afterwards, so it is best used at night.

After using, rinse well and gently pat dry with a clean towel.

After using the scrub, don't forget to moisturize. (Suggestions below.)



## Moisturizing Lotion



After bathing or showering, or using any scrub, applying moisturizer is always a good idea. Here are a few options to aid any kind of skin.

### Moisturizer for Every Body

3 ounces [aloe vera gel](#)  
2 ounces of coconut oil, scented if you wish  
1 ounce liquid vitamin E Oil  
2 ounces almond oil  
5 to 15 drops of essential oils  
rose  
lavender  
chamomile  
geranium  
ylang-ylang for something more musky and exotic

Blend together in a measuring cup. Stir well and place in an 8-ounce bottle. Package and print instructions as needed.

Aloe has very soothing qualities and the oils are good for all skin types without leaving a lot of grease behind. Allow to dry on skin for a few minutes before putting on clothes.

### **Anti-Aging Moisturizer for the Body**

7 ounces coconut oil, scented  
1 ounce liquid vitamin E oil  
12 drops lavender essential oil

Blend together in a measuring cup and place in an 8-ounce bottle. Package and label as needed.

This is deeply moisturizing and the vitamin E oil nourishes and repairs, while lavender soothes. A couple of drops of rose would also offer healing properties and a different scent.

### **Facial Moisturizer**

1/8 cup almond oil  
1/8 cup coconut oil  
1/2 cup aloe vera gel  
5 to 10 drops of essential oil

Suggestions:

lavender or rose for any type of skin  
myrrh or frankincense for aging skin  
tea tree for acne prone skin

Combine in a small quilted jar. Package and label as needed.

This is light enough to use every day. Dot the face with some small dabs and then blend in.

### **Healing Moisturizer for Dry Skin and Eczema**

2 ounces grapeseed oil  
2 ounces jojoba oil  
2 ounces coconut oil, scented or unscented  
2 ounces vitamin E oil  
2 to 4 drops each of  
lavender  
jasmine  
White cotton gloves (optional)

Combine in a measuring cup and pour into an 8-ounce jar.  
Package and label as needed.

This will soothe dry skin and is even good for eczema. If hands are a particular trouble spot, apply at night and wear white cotton gloves to heal the skin.

### **Detoxifying Bath Soak**



1/2 cup [Dead Sea salt](#)

1/2 cup [Epson salts](#)

1 tablespoon coconut oil, unscented

10 20 drops essential oil

Suggestions for detox and soothing the skin:

peppermint

juniper

grapefruit

rosemary

patchouli

tea tree

lavender

ginger

orange

lemon

The latter 3 oils can be blended for an energizing effect.

Don't want to tie them down to just one scent? Multiply this recipe, place in a large jar, and include a couple of bottles of the above suggested oils as part of the gift. Package and label as needed.

This should be stirred well before using in a hot tub of water. Use a tablespoon at a time, up to 3 tablespoons.

### **Fizzy Bath Cubes**



1/8 cup distilled water  
2 cups Epsom salts  
5 drops of essential oils of your choice:  
Rose, lavender, spearmint, eucalyptus, lemongrass and so on,  
singly or blended  
Glass or metal bowls and spoons (not plastic)  
Silicone ice cube trays in desired size (see below)  
[food coloring](#), if desired, to differentiate the scents-only use a  
drop at a time so you do not overdo it and end up with a  
hideous color  
plastic wrap when the bath cubes are dry  
a glass jar or pretty container if desired

1-In a large bowl, mix the water and Epsom salts together. If  
you want to vary scent and/or color, separate out into other

bowls as needed. Add your essential oil and color as desired. Stir well to combine.

2-Press the mixture firmly into the well of each ice cube tray. If you have varied color and scents and have some leftover, consider combining to make striped cubes. Rose and lavender or spearmint and eucalyptus will work well together.

3-Set aside and let stand overnight until the cubes are dry.

4-When they are dry, carefully remove from the silicone wells and wrap in plastic. If you have trouble getting them out, line a plate with foil or plastic wrap. Turn it upside down and place it over the top of the tray. Hold both together and turn them over. Shake gently until all the cubes are loose and have popped out.

5-Place the wrapped cubes in a decorative jar or container if desired.

## **Silicone Ice Cube Trays**

### 1-inch cubes

These come in a range of colors so you can keep track of which you use for aromatherapy and which for drinks in your home. (NEVER use the same tray for both purposes.)

### 2-inch cubes-pack of 2 trays

These come in a range of colors so you can keep track of which you use for aromatherapy and which for drinks in your home.



Decide which size your recipient will be most impressed by, or what size jars and so on you can put them in.

### **Nail and cuticle oil**



1 1/2 ounces coconut oil  
1/2 ounce jojoba oil  
A couple of drops of vitamin E oil  
5 drops of lavender essential oil  
5 drops of rose essential oil

Blend all of the ingredients together and place in a 2-ounce jar.  
Label as needed.

### **Instructions:**

After moisturizing hands, massage a small amount of oil into each nail and the surrounding cuticles.

### **Weight control spritzer or roll-on**

3 ounces rubbing alcohol  
20 drops grapefruit  
10 drops neroli or orange  
10 drops lemon

Stir well to combine. Pour into a [4-ounce pump bottle](#) or 2 roll-on bottles.



Note: Since citrus essential oils can be very energizing, use peppermint oil or spearmint oil to curb cravings in the evening without giving too much of a buzz.

Or, try this combination:  
Sandalwood, Cinnamon and Cloves  
3 ounces rubbing alcohol  
20 drops sandalwood  
10 drops cinnamon  
10 drops cloves

Here are some nice tips on using essential oils for [weight loss](#), and some other blends to try for a range of different health purposes.

Note: Use a steel roller ball bottle if you are using the citrus blend, as it can corrode plastic rollers quickly. Check to see what [colors and quantities](#) of bottles are available.

### **Roll-on arthritis relief**

Women are more prey than men to arthritis. In relation to rheumatoid arthritis, there are nine times more women patients than men. Create a roll on for joint pain using a carrier oil such as unscented coconut or olive and one of the following:

[birch](#)



wintergreen –note these two are chemically similar, though the wintergreen smells more aromatic. Also note that they contain the same active ingredient as aspirin, so should not be used by anyone who is allergic.

Other effective oils to try include:

chamomile  
peppermint  
rosemary  
thyme  
clary sage  
frankincense  
ginger



The [National Arthritis Foundation](#) recommends inhaling green apple for relief from arthritis pain and migraines.

Package and label as needed.

If the roll-on is too thick, loosen it up with some rubbing alcohol. Shake well before each use.

## Jewelry

Most women love jewelry, except if they are allergic to certain metals (a condition known as contact dermatitis). Adding aromatherapy can make the perfect gift. Here are some attractive and affordable suggestions.

### Ball aromatherapy locket

This comes in a [range of styles and colors](#). Place a diffuser pad dampened with your choice of oil or custom blend and tuck it into the pendant.



You will need a chain or cord to go with the pendant. There are a wide range of choices, [with](#) or without clasps and in different [colors](#).

### Decorative aromatherapy lockets

They come in a number of different attractive patterns such as [Fairy](#) and [Sunflower](#). Aromatherapy lockets are available in various metals, with a range of chains in terms of style and

length so be sure to read the descriptions carefully. They should also come with a set of diffuser pads to insert into the diffuser locket. Add a bottle or 2 of essential oils for the perfect gift.



Now that we have explored a range of gift options for women, it is time to turn our attention to gifts especially for men.

### **Gifts for Men**

Men can be very difficult to buy for-just ask any woman! You have already seen a range of aromatherapy for beginner's gifts earlier in this guide. If you want to give something a bit more personal, or create some wonderful homemade recipes, adapt the personal care items suggested above using less floral and woodsier oils. In this chapter you will find a number of ideas especially for men that are sure to please.

### Car Plugin Kit



This has a small, darkly colored diffuser that plugs into the car lighter and tucks away behind the gear box or anywhere convenient. It comes with the diffuser, adapter, and 4 oils: eucalyptus, lemon grass, orange and pine. All 4 are perfect for deodorizing even the stinkiest of spaces. This kit offers great value for less than \$30. It is ideal for any man who spends a lot of time driving or tends to live in their car, complete with food, sweaty sports gear and so on.

### **Homemade Luxury Shaving Cream**

1/2 cup olive oil or almond oil  
1/4 cup raw honey  
10 Drops of essential oils with a masculine scent, such as:  
sandalwood  
bay  
vetiver  
frankincense  
1/4 cup liquid pure Castile soap, unscented

Combine all of the ingredients except the soap in a bowl. Stir well until all of the ingredients have fully combined. Add the soap and stir gently to avoid suds. Transfer to a pump or squeeze bottle. Package and label as needed.

Note that a little of this shaving cream goes a long way.

## Chapter 6 - Essential Oils for Men

Here is a nice list if you can't decide. Take it with you to the store and start sniffing all the testers. Cross off the ones that make you say EWWW.

Two comments about the suggestions at the top of that page: Oakmoss is a known irritant to some skins. Ginger and patchouli can trigger photosensitivity so are not the best choices for men's aftershave.

sandalwood  
bay  
black pepper  
vetiver are quite popular.

Whatever shaving cream scent you choose, carry that scent over into the homemade aftershave.

### **Soothing Aftershave**

1 ounce distilled water  
1 ounce pure [witch hazel](#) (this should not have a lot of alcohol in it or smell strong compared with other kinds)  
Dash jojoba oil  
Dash vitamin E oil  
Dash aloe vera gel  
3 to 5 drops of your essential oils of choice

Mix all the ingredients together well. Place in a spray pump bottle and label as needed.

Spritz the face after each shave and rub in lightly with your fingers or palms. Avoid the eye area when spraying.

## **Oily Hair Shampoo for Men**

1 ounce distilled water  
1 ounce apple cider vinegar  
5 drops tea tree oil  
5 to 10 drops lemon or orange oil  
6 ounces liquid pure Castile Soap

In a measuring cup, stir all of the ingredients together except the soap until well combined. Add the soap and stir gently so it does not suds up. Pour into a squeeze bottle. Package and label as needed.

Shake well before each use. This is an effective blend that cuts grease but should be mild enough to use every day.

## **Energizing Body Wash**

1/4 cup coconut oil  
1/4 cup raw honey  
1 teaspoon vitamin E  
8 drops eucalyptus  
5 drops sweet orange  
5 drops grapefruit  
or 5 drops lemon  
1/2 cup liquid Castile soap

In a measuring cup, stir all of the ingredients and oils of your choice together except the soap until well combined. Add the soap and stir gently so it does not foam up. Pour into a squeeze bottle. Package and label with instructions as needed:

Note: If you plan to head out into the sunshine, be sure you use this 2 hours before to avoid any photosensitivity which could result in sunburn. Always wear sunscreen. Shake well before each use.

## **Stress Relief Hand Soap**

This cleans well is mild on hands and offers a pleasant scent to relieve stress if you choose from one of the suggested essential oils.

1/4 cup white vinegar  
1/4 cup warm distilled water  
1 teaspoon [cream of tartar](#)  
2 teaspoons Kosher salt  
10 to 15 drops of essential oil  
1/4 cup liquid Castile soap

Stress relief oils include:

Bergamot, basil, clary sage, frankincense, marjoram, sandalwood

Fennel-smells like licorice

Vetiver-very smoky and earthy smelling

In a measuring cup, stir all of the ingredients and oils of your choice together except the soap until well combined. Add the soap and stir gently so it does not foam up. Pour into an 8-ounce bottle with a pump top. Label as needed.

### **Wake Up and Smell the Coffee Scrub**



Men love their coffee. And we all know how the smell can perk up anyone with just one whiff. This scrub combines the scent of

coffee with the energizing aromatherapy properties of orange oil. This scrub is also good for detoxifying the body.

1 cup coffee grounds  
6 tablespoons coconut oil, scented or unscented  
3 tablespoons white or brown sugar  
10 to 15 drops orange essential oil

Combine all of the ingredients in a measuring cup. Mix well to combine.

Place in an 8-ounce glass jar with a lid.

Variation: Use cinnamon oil instead of the orange for something slightly less invigorating if it is to be used for a shower at night.

Package and label with instructions:

Use no more than twice a week. Scrub in circles to clean and stimulate the circulation. Do not use on the face. Note that your skin will be reddened after use. After using, rinse well and gently pat dry with a clean towel.

**Sinus Relief, Cough and Cold Set** This contains Breathe Blend, French lavender, Health Shield, lemon, Head Ease Blend, and peppermint. Add a pack of [100% pure cotton handkerchiefs](#)





and your man will be ready for cold and flu season or allergy season.

### Essential Oils Storage Case



This has room for 10 bottles. It will help store them in a cool, dark place, or allow your gift recipient to carry their collection of oils with them in the car or on vacation. It will be like having a little medicine kit with them wherever they go. Also comes in a holder for 5 oils in black with an orange interior. Each costs less than \$15.

### Cedarwood Insoles



These are a natural way to stop stinky feet and keep sneakers and shoes less smelly for longer. Add a bottle of cedarwood oil to the gift.

Not sure your gift recipient would want hard insoles? Try fleece instead. They wick moisture and are very soft underfoot. [Peppy Feet](#) has some nice lambswool insoles, with 2 pairs less than \$30. Add a bottle of cedarwood or tea tree or peppermint oil to keep feet and shoes fresh.

Now that we have discussed a range of ideas for gifts that would be perfect to give to men, let's look at gifts for babies, children and teens.



## Chapter 7 - Gifts for Babies, Children and Teens

One of the most confusing things about becoming a new parent is the bewildering array of things that a baby seems to need. The truth is that it's all just hype on the part of manufacturers who want to sell more to increase their profits.

Another important consideration that parents should keep in mind is just how many chemicals they are exposing their baby too. Even though some products are labelled as gentle enough for babies, they can still contain ingredients that are known irritants and cancer causing agents.

Homemade baby gifts will impress and show that there are plenty of effective alternative to name-brand products, and for far less money too.

As children get older, they can be prone to the same moods as adults, including a lack of energy or being too hyper and in need of relaxation. Aromatherapy can certainly help here too.

A third consideration when giving gifts to younger people is what's 'cool' or 'dope' with kids these days that any tween or teen will love. Here are a few suggestions for babies, children and teens.

### **Baby Wash and Shampoo**

2 ounces coconut oil, scented or unscented  
1 ounce almond oil  
1 ounce aloe vera gel  
5 to 10 drops lavender oil  
2 ounces pure Castile soap, unscented  
2 ounces glycerin soap

Stir all of the ingredients together except the soaps until well combined. Stir in the soap gently to avoid foaming.

Place in an 8-ounce container squeezable bottle. Label as needed.

Shake well before each use. Avoid getting into eyes.

77-Soothing Baby Lotion

1/2 cup olive oil  
1/4 cup coconut oil, unscented  
1 ounce vitamin E oil  
1 ounce jojoba oil  
5 to 10 drops calendula oil  
5 to 10 drops chamomile oil

Stir all ingredients together and place in a plastic squeeze bottle. Label as needed.

Shake well before each use. Avoid getting into eyes.

### **Diaper Rash Cream**

1/2 cup coconut oil  
10 drops calendula oil  
10 drops chamomile oil  
1/4 cup aloe vera gel  
generous dash vitamin E oil  
1 tablespoon [arrowroot](#) (this is a great thickener for any recipe, including edible low carb ones in your kitchen)

Stir all ingredients together and place in a plastic squeeze bottle. Label as needed.

Shake well before each use. Apply each time you put on a new diaper. Wash hands thoroughly after each use.

### **Natural Baby Powder**

1 cup arrowroot  
5 to 10 drops chamomile essential oil  
Optional:  
5 to 10 drops lavender essential oil for a soothing scent

Stir together the ingredients and place in a large shaker top bottle such as an emptied spice bottle, or a [food-service quality shaker](#). They usually come in sets of 2 of varying sizes. These 10-ounce ones are pretty and in a canister style so there are no awkward-looking handles.

Label and needed.

Avoid getting into nose, mouth or eyes. Be sure to screw the cap on tightly. If traveling with the shaker, stretch some plastic film such as Saran wrap across the mouth of it. Hold it tightly in place, then screw the cap on.

### **Aromatherapy Teddy with Vest**



Buy a plain teddy in any size. Then create a little vest stuffed with aromatherapy ingredients.

### **Lavender Teddy**

Enough attractive fabric to create 1 vest. You will need double the fabric to fill the vest.

Lavender flowers

1 bottle lavender essential oil

1-Sew all the way around the vest shape except the bottom edges.

Turn the vest inside out so the stitches are now on the inside.  
3-Fill the vest with lavender flowers. Sew the bottom edges of the vest closed.

4-Pack in a gift bag with a bottle of essential to refresh the scent.

Other options include:

### **Peppermint**

[Dried peppermint leaves](#)

1 bottle peppermint essential oil

### **Cinnamon**

8 to 10 3-inch [cinnamon sticks](#)

1 bottle cinnamon essential oil

### **Chamomile**

3 or 4 ounces of [chamomile flowers](#)

1 bottle chamomile essential oil

Give them the entire wardrobe at once, or a new vest each season. Use differently colored fabric to tell the scents apart easily and offer variety.

Package and label as needed.

When not on the teddy, store each vest separately in a small sealed plastic bag. When replenishing the oil, put on the outside of the vest, not on the inside or the teddy's fur, so no scents transfer over.

### **Pleasant Sleep and Dreams Pillow**

Enough pretty cotton fabric to create a small rectangular pillow suitable for a baby crib

2 to 4 ounces chamomile flowers

1 to 2 ounces [organic hops flowers](#)

1 to 2 ounces lavender flowers, if desired

enough rice (any brand or type) to fill the pillow



- 1-Sew the pillow on three sides, 1 short side and the 2 longest sides.
- 2-Turn inside out so the seams are not showing.
- 3-With the pillow lying flat, place a layer of each kind of flower into the pillow.
- 4-Add a thick layer of rice.
- 5-Fill the pillow with the rest of the flowers until it is nicely filled but not so overstuffing that you can't sew the end closed easily.
- 6-Give as a gift with a bottle of chamomile oil.

Label and print up instructions as needed:

Note that this sleep and dream pillow can be warmed for 30 seconds in the microwave, and will hold the heat for about 1 hour.

### **Friendship Bracelets**

Boys and girls and indeed adults of all ages love friendship bracelets. Learn how to make your own using a bracelet maker and some cotton floss and see how many amazing creations you can make. Or give the maker with floss and essential oils as a gift for a tween or teen.

Buy the [bracelet maker](#), which comes complete with instructions and some floss to get started. Also consider buying so additional supplies such as the [Six-Strand Cotton Floss Jumbo Pack](#) or [Six-Strand Cotton Floss Tie-Dye Patterns Pack](#).



Once you make your bracelets, put them in a [gift box](#) with 1 or 2 bottles of aromatherapy oil to scent their bracelet and refresh it any time they wish. Package in small plastic bags to retain the scent.



### Colored Pendants-Set of 12



This entire set of 12 colored aromatherapy lockets will cost less than \$20. Don't forget to add [aromatherapy diffuser pads](#) and perhaps a bottle of your chosen oils. Give 1 locket or the whole set.

Note: Conventional chains with clasps will not fit through the holes on these, so get some [silk cord](#) either in plain black or a range of colors to create fashion looks as unique as the tween or teen you will be gifting to.

### Om Aromatherapy Kit



This comes with a locket, pads, 4 oils and a diffuser locket on a chain. This is very good value at less than \$20 for the set. The leather strap makes this locket good for young guys as well as gals.

### **Button Adjustable Wrap Bracelets**



These come in a range of designs, both feminine and masculine. The leather will retain the smell of any essential oil. If the teens on your list love [tribal jewelry](#), this is a must have.

## Chapter 8 - Gifts for the American Holidays

There are some holidays that are particular only to the US. Others are celebrated in various countries around the world, but not to the same degree of fuss and fanfare as in the United States. Here are some gift suggestions for a few of these special occasions.

### Valentine's Day

#### Love and Passion Essential Oils



Valentine's Day is all about romance. This year, go beyond the standard box of chocolates with aromatherapy. There's sure to be something in this set that will spark romance.

The Love and Passion Set includes the following oils: Adoration, Aphrodisiac, Lavender, Love, Rose, and Sensation, so this means 2 unblended and 4 blended oils for less than \$20, an inexpensive but thoughtful and even impressive gift. For men,

share the oils with them as a couple. If you are not that intimate, gift any of the items suggested in the men's gift section above.

### Memorial Day and Independence Day

Memorial Day is observed at the end of May and Independence Day on the 4<sup>th</sup> of July. These two holidays are usually associated with the colors red, white and blue. They are marked with barbecues and generally spending time outside in the warmer weather. These holidays can also mean picnics. Keep unwanted non-human guests away with the following two ideas.

#### Homemade Natural Insect Repellant



This gift is a great natural way to keep bugs away and keep nasty chemicals off a person's skin and out of the environment.

3 ounces witch hazel  
20 drops citronella essential oil  
10 drops eucalyptus essential oil  
10 drops catnip essential oil  
5 drops thyme essential oil  
5 drops [neem oil](#)

Mix all the ingredients together well. Pour into a 4-ounce spray bottle for personal use, or make a larger quantity and put it in a trigger spray bottle. It will be ideal for indoor and outdoor use. It should smell minty and lemon, not like a chemical factory.

Package and label:

Avoid eyes when applying. Re-apply every 4 hours on skin as needed.

### **Variations**

Lemon and lavender instead of the eucalyptus and catnip will make for an even stronger and fresher citrus scent a person might prefer on skin or around the home and garden.

### **Homemade Hand Sanitizer**



2 ounces aloe vera gel  
1 ounce pure witch hazel  
1 teaspoon vitamin E oil  
20 drops tea tree essential oil  
10 drops lavender essential oil

Combine all of the ingredients together until well blended. Put in a small squeeze bottle or pump-top bottle.

The tea tree and lavender both have germ-killing properties. You can also try lemon, lemon grass, eucalyptus, thyme and cinnamon to make a range of scents that will appeal to most people.

Label and package as needed.

### Mother's Day

Mother's Day is celebrated in the UK and Ireland in March and in the US in May. No matter what month, say thanks to Mom for all she's done with an elegant and thoughtful gift basket. Include any of the spa-quality treatments you've already learned how to make in this guide, and add this lovely set of feminine essential oil blends.

The Mother's Day Set includes the following oils: Calm Body / Calm Mind, French lavender, Joy Blend, peppermint, Relaxation Blend, and rose. This is sure to please Mom, and all for under #20.



Need a gift for Dad for Father's Day? Try a [Stress Relief Set](#), [First Aid Set](#), [Relax and Rejuvenate Set](#) or [Home and Family Set](#). The latter is a perfect gift for any holiday or special occasion.

## Halloween

Halloween is a great excuse for dressing up and enjoying a party with family and friends. Here's a cute idea that your host or hostess will love. There is a bit of a long list of craft supplies, but many of these will be useful for other projects as well.

[Aromatherapy diffuser pads](#)

[Faux Leather, Black](#) for coaster backing

Wooden Craft shapes



[Round](#)

[Square](#)

[Square with rounded corners](#)

Felt Fabric, Black, Orange, White, etc.

[Polyester Felt Assortment](#)

Wool/Rayon Blend

Felt glue for gluing the fabric to the forms.

OR, if you want to sew the fabric and felt around the wooden forms:

Darning Needles

Black Yarn

or Neon Orange

**Needle Threader**

Glitter Glue (optional, for drawing spider webs and so on)

1-Cut the leather and felt into rounds or squares using one of the forms as a measure. Leave generous margins for stitching if you plan to sew them.

Or, glue the cut leather to the side of one form.

2-Decorate the felt as desired using other colors of felt in a range of shapes and/or glitter glue.

On the top of the coaster, place an aromatherapy diffuser pad. Add 5 to 20 drops of oil in a festive scent like cinnamon or cloves.

Either glue down your decorated felt or sew the front and back around the edges of the coaster. Place in a nice box or basket with a bottle of oil to refresh them.



Coaster craft can be fun and addictive. Here are some handy [Free Felt coaster patterns](#) to give you inspiration for your own designs.



Use cardboard backing or a wooden disk to mount them. If using cardboard consider laminating it first before attaching your designs so the coasters will not get all limp and soggy.

### Thanksgiving

Thanksgiving is not just about turkey eating but about spending time with family and friends. Greet all your guests with this adorable wreath. This also uses felt in a number of different colors.

### [Wooden Wreath Form](#)



Felt fabric in autumn colors (see suggestions in previous gift idea), enough for the body, face and tail of the turkey

### **Felt glue**

Potpourri for stuffing the body of the turkey wreath (see recipe below)

Decorative ribbon in a fall color such as [burnt orange](#), for hanging the wreath

Plastic over the door hanger, if desired  
[wooden buttons](#) for decorating the turkey  
ribbon for decorating the turkey, tying on buttons, and so on  
Autumn colored yarn for sewing the felt

Suggestions:

[Buff](#), [coffee](#), [gold](#)

1-Tie the ribbon on the top of the wreath frame. Leave enough ribbon so it can hang down from the top of a door and have several inches to spare to tie into a bow so it will not slip off the door frame but be anchored by the bow. Or to tie the bow and hang on the door hanger.

2-Create the body, tail, 'feathers' and so on with your choice of colors of felt. Note that you will need twice as much of the body felt in order to stuff it with potpourri and then sew it closed.

3-Sew the different sections together. Glue on the face.

4-Decorate with buttons and ribbon as you wish to make it as simple or elaborate as you like.

### **Autumn Potpourri for the Turkey Wreath or a Basket**

This will keep smelling great for months. Include a bottle of cinnamon oil to refresh it. For a more intense smell of the wreath, sprinkle essential oil on the back of the wreath form as well.

1/2 cup [pink and red carnation petals](#)

1/4 cup [dried sweet woodruff leaves](#)

6 3" [cinnamon sticks](#), coarsely chopped in a food processor  
(chop separately from the other items below to make sure  
nothing is chopped too finely)  
3 whole [nutmeg](#), coarsely chopped  
12 whole [cloves](#), coarsely chopped  
3 drops cinnamon oil

- 1-Blend all the potpourri ingredients together.
- 2-Sew the turkey body on 3 sides.
- 3-Stuff the body of the turkey with the potpourri.
- 4-Sew up the fourth side.
- 5-Decorate as you wish.
- 6-Mount on the wreath.

If you want to put this potpourri in a decorative bowl or basket,  
add these adorable [mini pumpkins](#) for a truly gorgeous gift.

## Chapter 9 - Gifts for Religious Holidays

Easter, Chanukah and Christmas are the 3 main religious holidays each year. They are a wonderful time to celebrate with family and friends. Getting ready for the holidays usually means cleaning and beautifying the home. What better way to accomplish this than with aromatherapy?

### **Easter Basket of Potpourri**

Nothing fills a home with scent and beauty quite like potpourri. The appearance will depend on the choice of flowers. The flowers will depend on color scheme and choice of oils you wish to use to scent the home. A white rattan basket with or without a handle will work well.

Note: We recommend one without a handle so you can cover it over easily with plastic wrap to: a-help retain the scent-just poke holes in the plastic;

b-prevent pets or kids from getting at it.

Your choice of potpourri and fragrance is up to you, but [rose petals](#) and [rose hips](#) work well, as do [pink and red carnation petals](#). Add rose or lavender essential oil for a lovely and thoughtful gift.



## **Easy Cheesecake with Chocolate Sauce for Any Holiday Gathering**



Nothing says the holidays with friends and family quite like a delicious dessert. Be sure to use food-grade Kosher essential oils. There are 3 steps to this recipe, the crust, filling and sauce. Use them all together, or incorporate each one into other desserts, such as a crust for any cheesecake, a pudding served over sliced cake or graham crackers, or a topping for ice cream sundaes.

### **Nutmeg Cheesecake with Cinnamon Chocolate Sauce**

Cinnamon Almond Crust

1 cup raw almonds

1/2 tablespoon coconut oil

2 drops cinnamon essential oil

1-In a food processor, grind the nuts finely. Add the coconut oil and cinnamon oil and pulse several times to combine.

2-Press the mixture evenly into a pie tin or spring-form pan. Set aside while you make the filling.

Cheesecake Filling

8 ounces low-fat cream cheese

1 14-ounce can sweetened condensed milk

1 tablespoon lemon juice

1 tablespoon vanilla extract  
2 to 3 drops nutmeg essential oil

1-Using a hand mixer, beat the cream cheese until smooth.  
2-Add the can of milk, vanilla extract, and nutmeg oil.  
3-Place the filling on top of the crust the prepared pan. Spread evenly to all sides of the pan.  
4-Chill for at least 5 hours, or overnight.

When ready to serve, make the chocolate sauce below.

#### Cinnamon Chocolate Sauce

1/2 cup unsweetened cocoa powder such as Hershey's  
1/4 cup coconut oil, scented or unscented  
2/3 cup pure maple syrup  
1 drop cinnamon oil

1-In a blender or food processor, mix all of the ingredients together until combined and creamy.  
2-Serve as the topping or garnish for your chilled and set cheesecake.

#### Additional topping suggestion

Raw sliced almonds if desired, to give a bit more texture to the top of the cheesecake

If you want something lighter, make the following oil substitutions to create a lemon or lime cheesecake:

Crust-use nutmeg oil  
Filling-use lemon oil or lime oil  
Sauce-Use lavender, or orange

Print up recipe cards, because everyone is sure to ask you where you got such a yummy cheesecake.

**Chanukah**, or the festival of lights, is an 8-day long festival in which each day is marked by lighting a candle. This year, don't just use regular candles in the menorah. Enhance the celebration with some popular essential oils.

The trouble with commercial aromatherapy candles is there is little quality control and a lot of chemicals. Give attractive hand dipped beeswax or soy candles. Soy burns longer. Look for the word dripless as well.



Buy one or more dropper bottle of a fresh scent of essential oils such as lemon, orange and ginger. Or create a blend yourself and place in a dropper bottle.

Put the candles and oils in a gift basket with an instruction card that reads:

To scent your room:

- 1-Light a candle and wait until a pool of wax forms around the wick.
- 2-Carefully add a drop or two of oil to the melted wax.

Note: Avoid placing the oil directly on the wick as some essential oils can be very flammable.

## Homemade Scented Christmas Wreath

Nothing says Christmas quite like a beautiful door wreath. Make a fragrant one yourself filled with all of the goodness of essential oils. This is a gorgeous wreath sure to impress.

You can use natural pine boughs, but they will dry out and drop needles everywhere. Artificial can look just as good and last for years. This will make a 12-inch wreath. There are also 18-inches forms.

Ribbon for hanging on the door

Plastic door hanger as needed

[Metal wreath form in green](#)

[Artificial pine sprays](#)

Or [pine garland](#)

[Floral wire](#)

[Dried pine cones](#), your choice of style (Ponderosa, Vermont and so on)

[Red florist's ribbon](#), your choice of style and pattern, for the wreath bow



1-Tie the ribbon on the top of the wreath frame. Leave enough ribbon so it can hang down from the top of a door and have several inches to spare to tie into a bow so it will not slip off the door frame but be anchored by the bow. Or tie the bow and attach it to the plastic door hanger.



2-Add your choice of greenery. Either wrap the garland around in circles until fully used or ring the wreath with the pine sprays. Fix onto the metal wreath form with the floral wire.

3-Add pinecones, securing them to the form with the floral wire.

4-Create a gorgeous bow, or several, using the florist's ribbon. Attach to the wreath frame with floral wire. Scent the bow/s with essential oil as desired (see suggestions below) and give a bottle to your gift recipient as well so they can fresh the wreath any time.

OR, create 'Christmas balls' for the wreath or your tree, stuffed with potpourri. See below.

### **Scented Tree Ornaments**

Your own blend of potpourri (see previous suggestions above and below, or create your own blend)

Organza Drawstring bags to fill with potpourri (see color suggestions below)

[red](#)

[green](#)

[white](#)

[gold](#)

[Red and white with gold snowflake pattern](#)

Small rubber bands or pretty ribbon.

1-Blend your potpourri of choice. Stir in the essential oils.

2-Using a tablespoon, fill the bags about 1/2 to 3/4 full and pull the drawstring closed.

3-Twist the leftover fabric and shape the potpourri into ball shapes. Tie off with ribbon or a rubber band.

4-Attach the ornaments to the wreath frame by the drawstrings and fabric or with floral wire.

5-Or, hang on your tree using the drawstring cord.

Potpourri Ingredient suggestions:

carnation petals

pine cones

cedar wood chips

dried herbs:

mint

thyme

rosemary

Oils Suggestions

pine

clove

balsam

Spices:

cinnamon sticks

cloves

nutmeg

star anise

Any of these scents and combinations will liven up your tree or wreath even if they are artificial.

## Chapter 10 - Gifts that Tie in with Major Sporting Events

Every year, each sporting season starts and ends with major events, such as the Super Bowl, NBA finals, Stanley Cup and World Series. In addition, there are high-profile events like Wimbledon and the U.S. Open for tennis, PGA golf majors, and more.

Every 4 years, we get the thrill of the Winter and Summer Olympics and the Football (Soccer) World Cup. The following gifts are perfect for any athlete in the house if you wish to mark any of these occasions. Or try any of the ideas from the man's gift section above. Though of course, some women are sporty too!

### **Sportperson's Shampoo**



This will be gentle enough to use every day, even multiple times a day if they work out regularly and shower more than once a day.

5 ounces distilled water  
dash apple cider vinegar  
1 ounce olive or avocado oil  
5 to 10 drops essential oil such as orange, peppermint, lemon,  
ginger or thyme –or a blend of citrus with ginger-great for the  
scalp  
2 ounces liquid Castile soap

Mix the water, vinegar and essential oils together until  
combined. Add the soap and stir in gently to avoid foaming.  
Add to an 8-ounce squeeze bottle they can take with them to  
the pool or gym.

Label and add instructions as needed:

Shake well before using.

### **BFC**

BFC stands for Bone, Flesh and Cartilage and is a proprietary  
blend from Gaia Garden Herbal Dispensary in Vancouver,  
Canada. It is perfect for athletes and has wonderful healing  
properties for a range of aches and pains. It can also speed  
recovery after an injury and is beneficial for arthritis such as in  
the knee.

BFC comes in 2 forms, oil and fomentation for compresses. It can be pricey, but note that the prices are Canadian dollars so check your exchange rate.



### **Athlete's Foot Products**

Athlete's foot is caused by fungal infection.

Relief:

3 ounces coconut oil  
Dash vitamin E oil  
20 drops wheat germ oil  
20 drops tea tree

20 drops peppermint  
OR geranium if your gift recipient would appreciate a more floral scent

Place in a small squeeze bottle. Label and add instructions as needed:

Rub a small amount on each infected foot, including between the toes. Use disposable surgical gloves to avoid spreading any infection.

Prevention:

If you are going to a place that might spread infection and can't wear shower clogs, use:

4 ounces of pure witch hazel  
20 drops tea tree oil  
OR geranium oil

Place in a squeeze bottle. Label and provide instructions as needed.

Apply to the entire foot. Wash hands afterwards.

Cleaning the shower or tub  
4 ounces pure witch hazel  
20 drops tea tree  
20 drops peppermint oil

Place in a squeeze bottle. Label and provide instructions as needed.

Wash down any shower area with this solution. Allow to stand for 2 minutes before rinsing. Then get in.

### **Stinky Socks and Sneakers Sachets**

Organza Drawstring bags in your choice of color, such as [white](#) or [gold](#)  
1 ounce baking soda  
1 ounces arrowroot powder or cornstarch  
lavender flowers to fill the sachet

Essential oils to use:

eucalyptus  
thyme oil  
peppermint oil  
tea tree oil

Pack in an attractive box with a bottle of oil to refresh them and an instruction card.

Instructions: Place one sachet in each shoe when not wearing. Use in your stored shoes, or put the sachets in your shoes at

the end of each day or after every work out. Also store sachets in your sock drawer to keep feet, socks and shoes smelling fresh.

### Japanese Bath Salts (Muddy Green) for Aches and Pains



These salts are spa-quality and come in a number of scents, but the green-labeled muddy green has a nice minty smell of spearmint and peppermint, so it will not only ease aches and pains after a workout, it will also relax and clear the mind and sinuses. It has wonderful detoxifying effects as well for the entire body.

Since most of the package is in Japanese, print up an instruction card.

Note that the water has to be around 104F to work most effectively and you should keep your face out of the water at all times. A little goes a long way in your bath, or use a whole paper packet to fill your Jacuzzi. It should last for up to a week before changing the water fully. Check the water chemistry too just to stay safe.

Note: The blue variety is more herbal and citrus and the pink more floral, so decide what works best depending on whether the gift recipient is a man or a woman.



## Conclusion

We hope this guide has revealed to you the wonderful work of aromatherapy and essential oils for beauty, healing, and environment enhancement purposes. Aromatherapy can be both a fun and interesting hobby and a serious career for those interested in holistic living and alternative and complementary medicine.

As we have also tried to reveal in this guide, aromatherapy and essential oils make great gifts for those completely new to this method of healing the body and enhancing mood through inhaling or using the oils on the skin, in the bath, and in effective and natural personal care products.

No matter who is on your list or what your budget, we hope this guide has shown you how easy it can be to buy or create the perfect gift no matter what the occasion.

To memorable special occasions and the best of health!

## Resources

<http://www.nealsyardremedies.com/>

<https://www.auracacia.com/>

<http://www.nowfoods.com/Personal-Care/Products/Aromatherapy/>

<http://www.nowfoods.com/Products/FAQs/M014133.htm>

<http://www.aromaweb.com/articles/aromatherapyguide.asp>

<http://www.aromaweb.com/essentialoils/essentialoilsguide.asp>