
Book of Remedies

Sacred Oil Alchemy Foundation Class



*“If you have two dirhams, take one to buy a loaf of bread for the stomach
and take the other to buy hyacinth for the soul.”*

Spanish Moorish Proverb

Introduction

This is your remedy book for the Sacred Alchemy Foundation class. You will find the recipes and 'how to' instructions for all the remedies and applications for essential oils right here in this book. I hope you have fun experimenting!



You will Learn How to Make the Following:

- Massage Oil
- Salve
- Cream
- Floral Water
- Serum
- Potent Remedy/Thieves Blend
- Bath Salt
- Foot Bath
- Powder
- Suppository
- Bitters

You can purchase any of the preferred oils mentioned throughout this course for each disorder(*check out suppliers at the back*). However, if you can only purchase a few oils, these are the ones I highly recommend to have in your medicine cabinet —Tea tree oil, Lavender, Eucalyptus, Thyme, Chamomile.

Massage Oil

Choose a carrier oil that is light and nourishing to the skin. Common base oils are jojoba and almond. Fill a 4oz glass bottle leaving a little room at the top for your essential oils.

Choose your main essential oil based on the recommended oils for each disorder. And then choose other oils that compliment the healing as well as the smell. Follow the instructions for the European method of blending.

Determine the number of drops per each oil. **A 4oz bottle of oil needs about 12 to 18 drops of essential oil.** I tend to lean more towards the higher number of essential oils for a **strong massage oil.**

My Favorite Massage Oil for Relaxation and Muscle Relief

Into the Woods Massage Oil

Almond Oil

8 drops of black spruce EO

6 drops of cyprus EO

3 drops of wintergreen EO



Salve

Salves are a great way to administer essential oils. It's a thick ointment that penetrates the skin deeply. Here is a standard recipe.

Salve Recipe

1 cup of preferred carrier oil(I use olive oil if it's for medicinal purposes)

2-4 Tablespoons of beeswax pastilles. (I always do a test sample and adjust beeswax if needed. Some prefer a harder salve and others softer.)

Please see my recommend supplier for beeswax pastilles. Some are not good quality and smell from the hive smokers. If you can get beeswax from a local beekeeper, then great!

Heat oil slowly in standard pot. Add beeswax and stir until fully melted. You can experiment with butters as well —such as 1/2C carrier oil and 1/2C coconut oil or Shea butter.

Pour hot oil into containers, either 2oz. glass jars or 2oz. round tins. Add your drops of essential oils right into the containers while oil is still hot. You can also add all your essential oil to the pot before pouring and after the stove has been turned off. I prefer to add drops to each container. If you're using tins, do NOT add essential oils to the tins first before the hot oil or it will immediately rust the tins and ruin your salve.

6-10 essential oils per 2oz container of salve.

My Favorite Salve for Healing Skin Rashes and Abrasions

Three-Flower Salve

1 Cup Olive Oil

Strain plant material and reheat oil and add beeswax.

5 drops lavender

2 drops geranium

1 drop Peru balsam

Heat oil slowly then turn off burner and add calendula flowers, arnica flowers and st. john's wort flowers. Let sit for half hour to infuse in hot oil. Strain plant material and reheat oil and add beeswax.

Cream

This is Rosemary Gladstar's famous recipe for cream. It's light and silky smooth.

Waters

- 2/3 cup rose hydrosol (or another hydrosol of your choice, or distilled water)

You don't want to use tap water because your cream will mold from the bacteria.

- 1/3 cup aloe vera gel
- 1 or 2 drops essential oil of choice (**I use lavender and geranium**)
- Vitamins A and E, as desired

Oils

- 3/4 cup apricot, almond, or avocado oil
- 1/3 cup coconut oil or cocoa butter
- 1/4 tsp lanolin
- 1/2 to 1 ounce grated beeswax

Here's a trick to prevent the water and the oils from separating. Pour the oils into the blender first and let cool. It will be thick but not hard. Turn on the blender and slowly pour the water into the swirling vortex. Turn off blender when you hear a choking sound. Scoop out cream into jars. This cream will last a few months. If you use 1-2oz jars, you'll definitely use the cream before it spoils.



Floral Water

Floral water is lovely to make with any fragrant flowers you have in your garden. As *tempting as it may be, I'd refrain from using roses or any other flowers from a florist shop bouquet as most flower shop boutiques are treated with chemicals.* The following is a step by step guide for making your own rose water. It's wonderful used in a small glass spray bottle to spritz your face with. Super refreshing and regenerative. Or use it in Rosemary Gladstar's cream recipe on the previous page.

How to:

- Pick fresh roses and separate the petals.
- Place them in a medium sized pot
- Cover flowers with good quality, fresh water.
- Place an empty bowl in the middle of the pot, pushing the flowers gently around the bowl so the bowl isn't sitting on top of any of the flowers.
- Place the lid on the pot upside down
- Place ice cubes in the top of the lid.
- Heat slowly. The steam created condenses and drips from the inverted lid into the empty bowl creating a lovely scented floral water. Rose water is highly valued in skin products.



Facial Serum

A facial serum is a potent remedy to apply to wrinkles and other problem areas on your skin. The oils are regenerative and renewing.

Pour your chosen carrier oil in a 2oz tincture bottle. Using a tincture bottle is helpful so you can apply the oil with the eye dropper keeping the bottle and remaining oil clean and free of bacteria. I like to use either **almond, avocado, or apricot kernel oil**. All wonderful for the skin.

Add:

1 dropper full of **rose hip oil**

2 drops of sea buckthorn oil.

8 drops lavender EO

3 drops geranium EO

1 drop carrot seed EO



Sea Buckthorn

Potent Remedy

In this course, you will notice that I refer to a strong massage oil, or sometimes a potent remedy. A strong massage oil requires the highest number of essential oils added to the carrier oil and is usually made in a 4oz bottle.

A potent remedy is a high concentration of essential oils that typically exceeds the suggested amount and is made in a small 10ml bottle with an orifice reducer. Always test this on your skin to make sure it's not too strong. I make this for things like warts and toe fungus — stubborn conditions that require strong medicine. Or I also make a thieves blend for traveling to use on my hands to kill germs.

Here are two of my favorite.

Fungus Fighter

Olive oil, poured in 10ml glass bottle

8 drops tea tree EO

5 drops rosemary EO

3 drops clove EO

The Legend of the Thieves

During the mid 1300's in Europe, the Bubonic Plague broke out claiming many lives. As towns and cities were evacuated, a group of thieves went in to the abandoned areas and robbed the homes and shops. No one could understand how these men were able to escape free from the plague. The legends tell us that one of the men's grandmothers was a wise woman who worked with essential oils. She covered the men in her special blend of oils, saving them from ever catching the plague. My recipe isn't the exact Thieves recipe, but it's close and a potent blend for protecting you from germs. Great for traveling!

Thieves

Olive oil, poured in 10-ml glass bottle

8 drops tea tree EO

6 drops lavender EO

4 drops thyme EO

4 drops lemon grass EO

3 drop peppermint EO

4 drop cinnamon EO

3 drop clove EO

Bath Salt

Salts offer their own healing benefits. They're deeply cleansing energetically. I use a variety of different sea salts, but **epsom salt** is a salt I always keep on hand. It's high in magnesium making it a highly beneficial salt to soak in for two reasons. One, it is known to help reduce inflammation so is great for sore muscles or injuries. Two, it is high in magnesium, which is best absorbed through the skin. Achy muscles and joints is often an indicator that you need more magnesium.

Salts also give the essential oils something to adhere to. If you put essential oils directly into the bath water they will bead up and may burn your skin depending on what type of oil you use. Blending the oils with salts helps to evenly disperse the oils in the bath water. I recommend not adding a bath oil because the oil will coat your skin preventing the salt and essential oils from being absorbed.

Bath salts require a lot of essential oils to maintain fragrance while being dispersed in a whole bath tub of water. The recommended amount of essential oils to **1 cup of bath salt is approximately 20 drops**. Basically, when you open the jar of bath salt, the aroma should be very strong to maintain fragrance in a tub full of water.

My Favorite Bath Salt:

Into the Woods Bath Salt

1 Cup epsom salt

10 drops fir needle EO

8 drops black spruce EO

4 drops peru balsam EO

This is a very nice, relaxing bath salt combination that soothes aching muscles and is very grounding. You feel like you're taking a bath surrounded by evergreens. And if you're feeling inspired, you could chop up some white pine needles or spruce needles and add it to the salt.

You can also add a carrier oil to your bath salt blend to make a **salt scrub** for the shower. Choose a light oil so it's not too greasy. It will make your skin feel super smooth.



My WildWood Forest Bath Salts and Salves

Sacred baths are an art form. They're an act of ritualistic pleasure and something I'd love to see us all experience as a continual part of our self-care. In the temples, the priestesses prepared the holy baths with herbs, oils and salts. They helped you into the bath and gently bathed you guiding you deep into meditation and into your body. It was a time of healing, joyful pleasure and self-care. Today, we can do it for ourselves. Carefully selecting the plants and the essential oils to support your experience. Candles, a glass of fresh lemon water and time spent in meditation and/or prayer before entering the bath greatly adds to the experience.

The Temple Bath

1/2C organic heavy cream

2 Tbs honey

5 drops jasmine

5 drops ylang ylang

3 drops sandalwood or cedar wood



Blend all together. As your bath fills with hot water, **add some of the hot water to your bath blend before pouring it into the tub.** This will help adjust the temperature of the milk so as not to curdle when you pour it into your bath. Sprinkle rose petals in your bath.

Foot Bath

Foot baths are a great way to administer essential oils. The souls of your feet have portals that go directly to your organs. *Please check out the reflexology chart at the end of the remedy book.* When making a foot bath, always add whole milk to the water. The essential oils will adhere to the fat in the milk. Goat milk is wonderful for foot baths, but any kind of organic, whole milk will do.

Boil water and add the water to a basin that your feet can fit into comfortably. Add a **couple of cups of whole milk** and about **10 drops of essential oil blend.**

Powder

Homemade powders are great for protecting your skin where yeast can develop in warm, moist areas. Or for eczema that is the 'wet' kind as mentioned in the skin section of this course.

1 cup clay - base powder of benzonite clay and cosmetic clay

1/4 cup baking soda - deodorizing powder

1/4 cup arrowroot - deodorizing powder

30 drops of selected EO blend

Do not add corn starch. I've seen some recipes that call for cornstarch, but if you're making a powder to combat fungus conditions, jock itch, or diaper rash, the cornstarch will actually make your condition worse because of the sugar in the corn. And if making this recipe for a baby, use 10 drops of EO blend for a mildly scented powder.

Clays

There are many wonderful dry powder clays that you can use for making powder. And you can also use the clays for making a mask. I keep a little jar of dry clay in my bathroom cupboard. Whenever I want to make a cleansing facial mask, I just add a tablespoon of clay in a small bowl and add water. Sometimes I'll add honey and/or EOs too.



Suppository

Suppositories are a great way to attack infection in the body. **Tea tree, chamomile and lavender** are the only oils that I recommend for using in suppositories because I trust them in regards to their safety while being very potent and effective. They are **anti-fungal, anti-bacterial, and anti-viral**. I use suppositories for **vaginal yeast infections** by way of the vagina. I also use them for **urinary tract infections** and **lung infections** by way of the rectum.

I use **coconut oil** as it has its own healing benefits. I place 1 TBS in a pan and melt slowly. Remove from pan and pour into a small bowl. Add your essential oils. I typically will use about **4-6 drops of essential oil in 1 TBS** of the melted coconut oil. Put in refrigerator and let harden. When you're ready to administer, cut a small piece about half the size of your fingertip.

Inhalation:

There are three methods of inhalation:

Diffuser - make sure you're using a cold-steam diffuser that ideally, has a timer that you can set for 15 minute intervals. I like *Heavenly Scent* but I know there are other brands that are really good as well. When someone in my family has a bad head or chest cold, I use my diffuser with several drops of eucalyptus, tea tree and sometimes rosemary EOs. If there is a virus going around, I use my diffuser with tea tree, lemon and thyme as a way to kill pathogens in the air and on the counters.

Steam Bath - Pour boiling water in to a bowl. Place about 5 drops of your preferred essential oil. Lean over the bowl and cover your head and the bowl with a towel. Allow the steam, infused with oils to clear and heal your sinuses and /or clear and heal your lungs.

Direct Inhalation - Inhale directly from your bottle of EO. I use this method particularly when I have a cold or sinus infection and I'm not home. I carry a small bottle of eucalyptus or tea tree and inhale directly from the bottle. **Important to remember: You want to make sure to hold the EO bottle directly under your nose and breathe in using both nostrils. Don't inhale using only one nostril at a time.**

I also use direct inhalation when working with sacred oils. When I'm first getting to know an oil OR if I'm working with an endangered oil, I will inhale the oil rather than use any in a blend.

Recipe for Bitters

This recipe doesn't use essential oils, but I've mentioned frequently throughout this course, the importance of having a happy liver. Bitters is often taken before eating as a way to stimulate digestion. Bitters is also cooling, helping the liver to release extra heat which often gets built up during the winter months with heavier foods and less exercise. I make this every fall which is the only time you want to be digging up roots since the fall is when all the energy is going down into the roots.

Burdock roots

Dandelion roots

Chicory roots

Orange peels(for flavoring)

Burdock is a biennial meaning it grows for two years in a row. Try to find roots from a first year plant. They will be much more tender. Second year roots are woody and difficult to slice.

Cut off tops and thoroughly wash roots. Chop in roughly 1/2 inch pieces. Stuff into a mason jar(size is totally your preference.). Fill the jar with a good quality vodka all the way to the top. I use Ever Clear. It's pure alcohol and great for making medicine. Cap and label your jar. It will need to sit for a minimum of 6 weeks. At the end of 6 weeks, strain out plant material and pour infused vodka in 2oz amber glass tincture bottles till **half full**. Pour fresh **spring water** in each bottle till full. You can also put a little maple syrup in each bottle as well. This is purely choice and has nothing to do with the medicinal aspects of the bitters.

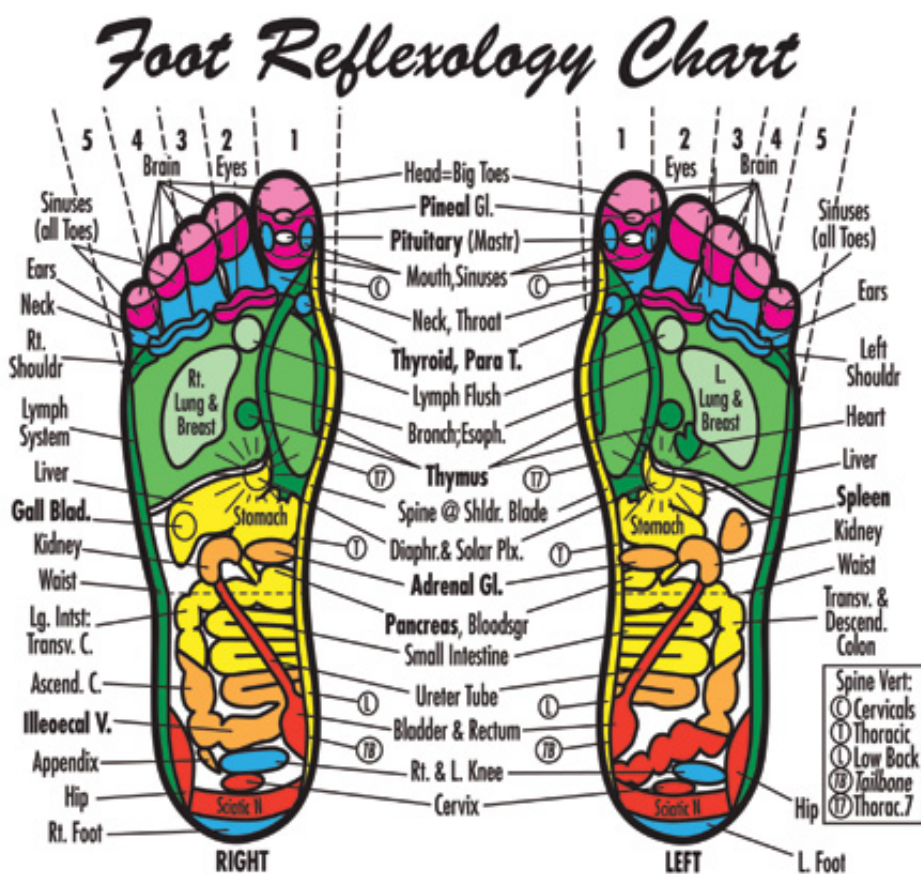


Reflexology:

When I'm working with a client, I will often begin with their feet. It's good to become familiar with the general area of the body reflected in the soul of the feet, but I also find that my hands intuitively know just where to go. Often when you're working on a pressure point on the foot that corresponds to an area of the body that is struggling, you'll feel tension held at the point. Using oils, with consistent applied pressure with your fingers, you'll eventually feel a release. And this is when your client will often feel the release as well.



Reflexology helps rejuvenate our mental, emot;& phys. **well being + health** by stimulating the circ. & nerv.syst, **healing, releasing** tension, & increasing **stress resilience**. All points in our Ft. connect (via nerves, meridians) to particular organs & body areas. Our **Ft, Hands, Face, Eyes** = the endpts. of **10 zones** / en. channels. The **7 Colors** = the 7 endocrine gls. + **7 Chakras**. **Tenderness** = calcium + **waste deposits** tm preservs; caffein, alc; cigs, othr toxins + **muscle acid** (frm no exercise, tension) & /or **illness** in ea. area.



Recommended Books:

Herbal Recipes for Vibrant Health by Rosemary Gladstar

The Healing Intelligence of Essential Oils, by Kurt Schnaubelt, PhD

Saving Face, by Dr. Sabina DeVita

The Encyclopedia of Essential Oils by Julia Lawless

The Directory of Essential Oils by Wanda Sellar

Suppliers:

Aroma USA - Bill 1-800-722-4377

Bulk Apothecary - wonderful selection of carrier oils.

www.Bulkapothecary.com

Mountain Rose Herbs - wonderful selection of herbs, carrier oils and essential oils. West coast company and takes awhile to ship to the east coast.

www.mountainroseherbs.com

SKS Bottle Company - wide selection of bottles and tins. www.sks-bottle.com

Specialty Bottle Company - wide selection of bottles and tins.

www.specialtybottle.com

PaperMart - beautiful selection of packaging materials. www.papermart.com

Salt Company - nice salts available on Amazon.

Betterbee - high quality beeswax pastilles. www.Betterbee.com

Heavenly Scent - diffuser with timer. Find on Amazon.

If you're buying containers in low quantities, then you're better off buying them from Amazon.