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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Potpourri With Herbs And Essential Oils**

**By Sharon Hopkins**

Potpourri is defined as mixture of dried flower, herbs, leaves, roots, barks and spices providing fragrance. Placed either in decorative wooden bowl, tied in small bags made from sheer fabric or specially designed pot pourri vase, a potpourri can last long if blended correctly. The word potpourri comes from the French meaning "rotten pot".

Its uses are many. You can use it to perfume the air, keep it in closets or drawers, make room decorations with attractive baskets or bowls or make personal gifts to share it with family and friends. Dry potpourri consists of dried, scented, crisp materials concocted for fragrance as well as beauty.

The basics of potpourris are simple and few. Dried or fresh sweet-smelling plant materials, other aromatic ingredients like whole spices, bits of citrus peels or shavings of pleasant smell wood chips; essential oils and fixative which combines with the essential oils to preserve their fragrance. Aromatic plant materials include rose petals, marigold flowers, foliage, lavender, mints, and fragrant herbs of all kinds. Fixatives fix the aroma i.e. they make the scent or fragrance last longer. They come in dried, powdered or liquid form. Common fixatives are orris root; oak moss, cellulose, and benzoin.

The best herbs for potpourri are lavender, scented geranium leaves, lemon verbena, lemon balm, and mints. Dry them, and then make your own mix. Sprinkle with essential oils to extend the life of the potpourri. By adding a little of this and that you become familiar with the process and begin to creating your own blends.

Choose from variety of themes such as – woody, floral, spicy, fruity or citrus for making a potpourri. Assemble and blend your flowers, herbs, leaves, etc accordingly. Mix the fixative with the spices and sprinkle few drops essential oil for fragrance. Blend well, seal and store in warm dry dark for place for a month or so. Choose pretty containers, jars and bowls, to display.

Below are few common potpourri recipes that any amateur can start with –

Basic Rose Potpourri – Blend 1 tsp of rose essential oil to 3 tbsp coarse ground orris root and let it sit for a few days. If you add 2 tbsp each of ground cloves and cinnamon, the blend will emit a spicy

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fragrance. 2 cups lavender and ¼ cup ground tonka bean exudes a sweet floral scent. For a musky scent, add 1 cup patchouli leaves and ½ cup sandalwood and vetiver root. For a fruity fragrance, 1 cup each of dried citrus peel, rose, lemon scented geranium leaves works wonders.

Balsam Fir Potpourri - Blend 1 cup balsam needles, ¾ cup sweet woodruff leaves, 1 cup dried violet blossoms, 1 cup lavender, 2 tbsp salt, ¼ cup bee balm blossoms and 1 oz balsam Peru tincture. Shake the mixture occasionally and let it age for a month or so.

To make potpourri as Xmas gift - mix 1 cup each of whole allspice, star anise, ginger root, and sassafras bark, 2 cups each of orange peel, lemon verbena leaves, and rose buds and petals and 30 drops allspice oil. Seal and let set to "cure", shaking occasionally.

For Citrus Blend – 4 cups lemon verbena leaves, 2 cups lemon balm leaves, 2 cups orange mint, 2 cups lemon, lime or orange scented geranium leaves, 1 cup apple mint, 4 cups ground citrus peel, 4

cups marigold or calendula petals, 2 cups orris root, mixed with 1 tbsp orange oil and 1 tbsp lemon oil. Seal and let it set with occasional shaking.

Sharon Hopkins manages

<http://www.aromatherapies.net>

. Read aromatherapy recipes and blends for

skincare, beauty, emotional and physical well being. You will also find information on how make potpourri with herbs & essential oils for spreading fragrance.

## **The Benefits Of Aromatherapy**

**By Jeff Minter**

While the term aromatherapy is sometimes misused to refer to many fragranced products, aromatherapy in the hands of a trained professional is a therapeutic technique using essential oils to promote health and well-being. Aromatherapy can increase energy, trigger relaxation, and reduce stress. Professional aromatherapy is part of the larger field of holistic medicine. Many aromatherapists are also herbalists.

Essential oils, which are the basis of aromatherapy, are highly concentrated derivatives of herbs and flowers. They contain the essence of the plants from which they come. In contrast, perfumed oils and fragranced oils are often synthesized from the plants, created in labs, or diluted.

A holistic approach means that a therapy deals with body, mind and spirit (energy). Only about five percent of essential oils available today are used in aromatherapy, and there are 10 to 15 that are the most commonly used. With few exceptions, essential oils should not be applied to the skin; they are

best inhaled. Their aroma does the work.

To use essential oils for aromatherapy, only a few drops are needed. Common ways of dispensing aromatherapy oils are in a vaporizer, on a sachet, in potpourri, in bathwater, or in a lightbulb ring. While candles may emit fragrances thought to be therapeutic, they rarely contain actual essential oils.

Here are some of the typical uses and essences of aromatherapy. Bergamot is said to ease depression and anxiety (be careful if you put it in bathwater because it will temporarily make your skin more sensitive to sunlight). Chamomile is for alleviating insomnia and restlessness. Jasmine supposedly restores confidence and decreases apathy. Lemon is a stimulant that is said to improve memory and concentration. Lavender relieves stress and depression and enhances relaxation. Peppermint helps to eliminate fatigue. Both rose and jasmine are said to have aphrodisiac properties as well. Sandalwood helps to offset stress.

<http://www.aromatherapyburneroil.com>



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