



## Assembling an essential oils first aid kit

*Aromatherapy is Nature's Medicine in its purest and most essential form.*  
*KG Stiles, aromatherapist*

The essential oils in aromatherapy are especially well suited to minor injuries and ailments occurring in the home or while traveling. These essential oil remedies have stood the test of time and are a healthy alternative to many over the counter preparations. First you may ask, "what items do I need to be prepared for?" The following is a list of the most common uses for an essential oil first aid kit.

Cuts and scrapes

Burns ( including sunburns)

Bug bites

Rashes and other itch issues

Upset stomach

Muscle Aches

The essential oils I recommend for home/travel first aid are: Lavender (*Lavendula angustifolia*), Helichrysum (*Helichrysum italicum*), Tea Tree (*Melaleuca alternifolia*), Lemon Tea Tree (*Leptospermum petersonii*), Roman Chamomile (*Chamaemelum nobile*), Peppermint (*Mentha piperita*), Ginger (*Zingiber officinale*) and Eucalyptus (*Eucalyptus globulus*). The oils and bases may be purchased from most health food stores or reputable on-line aromatherapy companies.

Most aromatherapists have a blend they suggest for each of the common ailments listed, and you can find a variety on the internet. My own blend for burns/sunburns follows. If you're interested in attending my three hour seminar that includes extensive information on this topic (and you'll make a blend of your choice to take home), please call or email me, and I'll notify you next time the seminar is scheduled. My phone is 217 253-2468 and my email is botanicalhealingarts@hotmail.com.

The discomfort of burns and sunburns can be relieved in a variety of ways. You can use 10-12 drops of Lavender in a 1 oz. spray of spring water for an easy preparation to apply to the affected area or make a compress soaked in lavender water to apply frequently to the burned area. The goal is to remove the heat. One of my essential oil providers, Natures Gift, suggests a tepid bath of lavender essential oil and vinegar to remove the heat and promote healing. I recommend carrying a blend of pure aloe vera liquid gel and fractionated coconut oil with Vitamin E, Calendula oil, Borage oil and essential oils of Lavender, Roman Chamomile and Peppermint. You could also substitute St. John's Wort oil for Borage oil - it has wonderful anti-inflammatory properties.

\*Check for sensitivities and contraindication to all of the essential oils used in the blends and if you have any problems choose an alternative. Consult a Registered Aromatherapist if you have any questions and always educate yourself in the proper use of any healing modality. Aromatherapy does not take the place of medical diagnosis, advice or treatment by a physician.

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