Holiday Gifts
To Make at Home

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The Apothecary Shoppe
American College of Healthcare Sciences™
For the Bath

Basic Bath Salts Blend

**Ingredients**
- Epsom salts  1 cup or 8 ounces
- Sea or mineral salts  ½ cup or 4 ounces
- White clay  ⅛ cup or 1 ounce
- Pure essential oils

**Directions**
Mix all ingredients together in bowl and sift. Add 4 tablespoons to one full bath; add after the bath has filled. Essential oils can be added as either single oils or as blends.

Essential Oil Bath Salt Blends

<table>
<thead>
<tr>
<th>Calm Down</th>
<th>Wake Up</th>
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<tbody>
<tr>
<td>Essential oil of geranium 3 drops</td>
<td>Essential oil of rosemary 5 drops</td>
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<tr>
<td>Essential oil of lavender 3 drops</td>
<td>Essential oil of peppermint 4 drops</td>
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<tr>
<td>Essential oil of lemon 2 drops</td>
<td>Essential oil of bay 3 drops</td>
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<tr>
<td>Essential oil of sandalwood 2 drops</td>
<td>Essential oil of ginger 2 drops</td>
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<table>
<thead>
<tr>
<th>Winter Blahs</th>
<th>Suggested Oils for Men’s Blends</th>
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<tbody>
<tr>
<td>Essential oil of grapefruit 6 drops</td>
<td>Essential oil of cinnamon</td>
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<tr>
<td>Essential oil of elemi 6 drops</td>
<td>Essential oil of patchouli</td>
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<td>Essential oil of ginger 4 drops</td>
<td>Essential oil of sandalwood</td>
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<tr>
<td>Essential oil of sandalwood 2 drops</td>
<td>Citrus oils</td>
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</tbody>
</table>

Herbal Bath Blends

**Ingredients**
Use 2-10 drops of essential oil per bath. (Note: Use care with peppermint, basil, citrus, cinnamon, and thyme). For a foot bath, use 10 drops of essential oil per ½ gallon of water.
Wake Up
Essential oil of rosemary 5 drops
Essential oil of peppermint 4 drops
Essential oil of bay 3 drops
Essential oil of ginger 2 drops

Suggested Oils for Men's Blends
Essential oil of cinnamon
Essential oil of patchouli
Essential oil of sandalwood
Citrus oils

Slow Down
Dream Time
Rejuvenating and Stimulating

Equal parts of all:
Lavender flowers
Rose petals and buds
Sage leaves

Equal parts of all:
Rosemary leaves
Chamomile flowers
Lavender flowers

Equal parts of all:
Peppermint leaves
Chamomile flowers
Rose petals

Calming and Relaxing
Oily Skin
Dry Skin

Equal parts of all:
Spearmint leaves
Witch hazel bark
Comfrey root

Equal parts of all:
Comfrey root
Chamomile flowers
Rose petals

Equal parts of all:
Chamomile flowers
Valerian root

Directions
Rub the herbs together through a sieve. Weigh out 1 ounce and package into herbal sachets for the bath. Hang from the faucet when drawing a bath so that the water will filter through the sachet when filling the tub. Then place the sachet in the water and let it soak in the water while bathing.

Fizzing Bath Bombs

Ingredients
Citric acid 2 tablespoons
Cornstarch 2 tablespoons
Baking soda ¼ cup
Light oil 3 tablespoons

Directions
Mix all ingredients together and form into small balls. Let dry and harden for 24 to 48 hours. Drop into a warm bath and enjoy. Yield: 6 bombs.
For the Body

Recommended Herbs for the Skin

Calendula, lavender, chamomile, comfrey, elder flower, roses, nettle, burdock, rosemary, red clover, fennel, and dandelion

Recommended Essential Oils for the Skin

Lavender, geranium, jasmine, rose, neroli, and immortelle

- Oily/Acne: Cypress, lemon, juniper, cedarwood, and citrus
- Dry: Sandalwood, geranium, ylang ylang, and immortelle
- Sensitive: Chamomile, rose, neroli, jasmine, and immortelle
- Mature/Wrinkles: Neroli, rose, and clary

Body Powder Recipe

Ingredients

- White clay 1 cup or 8 ounces
- Corn starch 1 cup or 8 ounces

Directions

Mix powders through a sieve. Sprinkle essential oils over this. Let it sit for 5 minutes and then sift 4 times. Test the powder on your skin before placing in shakers.

And...for Your Pets

Prepare powder as outlined above and add the following oil blend:

Equal parts of all:

- Essential oil of cedarwood
- Essential oil of orange
- Essential oil of eucalyptus

Basic Body Lotion Recipe

Ingredients

- Sweet almond oil 1 cup
- Lanolin anhydrous 3 tablespoons
- Jojoba oil 2 tablespoons
- Beeswax ½ ounce

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Ingredients Continued
Water or rosewater  ⅔ cup
(*double water of lighter cream is required)
Essential oils

Chamomile, immortelle, jasmine, lavender, neroli, rose, sandalwood, and yarrow are all anti-inflammatory and soothing for the facial skin. For an antiseptic lotion, add New Zealand and Australian tea tree.

Directions
Melt the lanolin, jojoba, sweet almond oil, and beeswax in a bowl over simmering water. Do not place lanolin and oil directly on the heat as it can ignite. Pour into a jug and place in the freezer until a hardened edge appears around the surface. Test with your finger. A coating should cover your finger when it is ready. This takes about 15 minutes.

Heat the water or rose water to a tepid temperature. Have the tepid water or rose water in the blender. Add the essential oils; then while blending at high speed, slowly start to pour in the mixture from the freezer and watch for emulsifying. It turns white quickly and once this happens stop pouring. Do not turn blender back on but continue to stir with a spoon.

Basic Body Moisture Oil Recipe

Ingredients
Sweet almond oil  3 ounces
Jojoba oil  1 teaspoon

Directions
Add 20 drops of essential oil to a 2oz bottle of Body Moisture Oil. Test on your skin to be sure the aroma is strong enough.

<table>
<thead>
<tr>
<th>Anti-Cellulite Oil</th>
<th>Pain Free</th>
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<tbody>
<tr>
<td>Essential oil of rosemary</td>
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<td>5 drops</td>
<td>10 drops</td>
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<tr>
<td>Essential oil of lemon</td>
<td>Essential oil of rosemary</td>
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<td>5 drops</td>
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<td>Essential oil of fennel</td>
<td>Essential oil of peppermint</td>
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<td>Essential oil of ginger</td>
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<thead>
<tr>
<th>Muscle Toner</th>
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<tr>
<td>Essential oil of grapefruit</td>
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<td>8 drops</td>
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<td>4 drops</td>
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Basic Facial Scrub Recipe

Ingredients
Oatmeal ½ cup
Cornmeal ⅛-⅛ cup
Honey

Directions
Blend together until very fine, pour into a bowl, and add honey to the thick dough mixture. Place the mixture in a wide-mouth jar, add water in the palm of your hand, and use to gently scrub face; then rinse.

Other Aromatic Skin Care Suggestions

Facial Oil: 10-15 drops of essential oil mixed with 1oz of jojoba oil
Facial Steam: 5 drops of essential oil in hot water or herbal tea
Compress 5 drops of essential oil in water
Eye Pads: Use aromatic hydrosols
Face Mask: 1-2 drops of essential oil in a mask base
Compress or Mouthwash: 2 drops per ½ cup

Basic Body Scrub Recipe

Ingredients
White clay ⅛ cup
Ground oatmeal ¼ cup
Ground almonds ¼ cup
Kelp powder ¼ cup
Comfrey root powder ¼ cup
Powdered roses ¼ cup (*You can also substitute lavender or peppermint)
Essential oil (*Optional)

Directions
Mix together and then add water to make a paste. Rub paste into face and scrub body. Wash off. Add an additional base oil for an oil-rich scrub.

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Dry Skin Brushing

Dry skin brushing is such a simple way to keep the skin soft, smooth, and healthy. It removes the layers of dead cells and stimulates the pores to eliminate toxic products. It tones the muscles, redistributes fatty deposits, breaks up areas of cellulite, and increases and stimulates circulation, especially of the small capillaries under the skin.

Use a natural-bristled brush, preferably a long-handled bath brush. Note that it must be of natural bristles, because nylon tears the skin and disturbs the electro-magnetic balance of the skin.

Take your brush and start in small circles brushing all over the body. Do not brush the face and any tender or inflamed areas, but do brush the soles of the feet. The brush may feel rough to begin with, so just use gentle pressure until you become used to the sensation. Dry skin brush at least once a day, followed by a hot and then cold shower. If this is too traumatic for you just finish off with a shower at usual temperature. The hot and cold temperature is to further stimulate circulation but it is not vital.

Weight Loss Herbal Tea

Ingredients
Powdered chamomile  1 ounce
Powdered lemon balm  ½ ounce
Powdered red clover  ¼ ounce
Powdered cleavers  ¼ ounce
Powdered passionflower  ¼ ounce (*You can substitute skullcap, catnip, or valerian)
Powdered yarrow  ¼ ounce
Powdered juniper  ¼ ounce

Directions
Place blend in a tea bag and enjoy!

Shampoo

Directions
Mix 2-3 ml of essential oil into 16 ounces of shampoo.

Dry Hair: Sandalwood, cedarwood
Oily Hair: Rosemary, citrus
Dandruff: Rosemary, clary sage
Hair Loss: Rosemary, lavender, basil
Normal Hair: Lavender, ylang ylang, chamomile

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For the Home

Aromatic Room Spray

The first step is to prepare your aroma concentrate (essential oil blend). Then, add 10 drops of your blend to 2 teaspoons of alcohol, Everclear, or vodka. Blend together in a bottle and shake. Great for freshening potpourri, diffusing throughout your home, or using as a body spray.

To Make a 2 oz Room or Body Spray

Mix 60 drops of your aroma concentrate with 2 ounces of distilled water or witch hazel hydrosol. Shake well. Spray upward into the air and walk underneath. If the aroma is not strong enough, add more concentrate in 5-drop increments and test again.

<table>
<thead>
<tr>
<th>Festive Spice Concentrate</th>
<th>Holiday Romance</th>
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<tbody>
<tr>
<td>Alcohol</td>
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<tr>
<td>Essential oil of orange</td>
<td>Essential oil of rose</td>
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<tr>
<td>Essential oil of cinnamon</td>
<td>Essential oil of ylang ylang</td>
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<td>Essential oil of ylang ylang</td>
<td>Essential oil of patchouli</td>
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<tr>
<td>Essential oil of lemon</td>
<td>Essential oil of bergamot</td>
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<td>2 teaspoons</td>
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<td>6 drops</td>
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<table>
<thead>
<tr>
<th>Holiday Ambience</th>
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<tbody>
<tr>
<td>Alcohol</td>
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<tr>
<td>Essential oil of fir needle</td>
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<tr>
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<td>Essential oil of black pepper</td>
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<td>7 drops</td>
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ACHS Mission and Vision Statement

To provide leadership in holistic health education through comprehensive professional online and on-campus education and high-quality natural products with a commitment to sustainable practices and principles. Through our mission, ACHS fosters competence, professionalism, and cooperation in holistic healthcare, and works to preserve and share knowledge in natural medicine. We will achieve our objectives through a set of values that respect our students, customers, employees, suppliers, and community, and to operate with integrity that is deserving of their trust.

ACHS Objective

Through our mission, American College of Healthcare Sciences will foster competence, professionalism, and cooperation in holistic healthcare, and preserve and share knowledge in natural medicine.

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