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Healing Waters By: Cher Kore

The world of medicine is amazingly expansive. We seek far and wide for relief from; you name it: muscle pain; insomnia; skin irritations; stress; and so much more. Wouldn't it be great if you didn't have to leave your household to find the right remedy. With simple natural materials and a bathtub you can create your own healing haven at home.

Why is water so healing? **H₂O**: One atom of oxygen bound to two atoms of hydrogen—it's opposite electrical charges attracting each other. It moves and may move us. Water alone holds a great deal of power to restore and balance the body. When we add additional therapeutic elements, that power grows. **Epsom** and **sea salts** sprinkled in the water not only cleanse, soften, and exfoliate skin; they also pull toxins from sore muscles and stimulate circulation. With these two basics alone you can create a curative and beautifying treatment. **Essential Oils** mixed into your tub not only surround you with exquisite scents; they may well solve numerous specific ailments, be they physical, emotional, and/or aesthetic (see recipes below). The Greek physician, Hypocrites, known as the "Father of Medicine," studied the effects of essential oils. In approximately 400 B.C., he wrote, "The way to health is to have an aromatic bath and scented massage every day." Old wisdom rings true today; even more so given modern environments, schedules, and complexities of daily life.

We take baths not only to wash our bodies; but to comfort us, warm us, and give us private time to get in touch with our inner selves. The heat rising from a warm bath opens our lungs, and facilitates deep breathing. Our pores open allowing toxins to flow out. Our muscles relax and we feel good. This is a perfect opportunity for meditation, creative visualization, or other methods of attaining a sense of ourselves and our influence in the world around us. To enhance the experience: light candles, bring a glass of cold juice or water, put on relaxing music, sing, whatever brings you ease.

All the recipes below are easy to follow and can be simply prepared. More complex formulas can be customized for you by an aromatherapist. I'm a big believer in multiple healing benefits; therefore all three aromatherapy blends below may be used for several purposes and by many people.

Cold and Flu Blend: This blend can be of great comfort when we are feeling under the weather. It is designed to guard against germs, strengthen the immune system, open our respiratory track, and ease tired, achy muscles. It has a clean, bright, cheering scent.

Ingredients:

1 ounce Epsom or Sea Salt

1 drop Teatree: Teatree oil's scent is bright, yet medicinal. Much of what is known about the healing properties of Teatree oil was learned from its long history of use by the aboriginal people of Australia. Scientifically it is shown to be active against bacteria, fungi, and viruses. It can attract blood to sore muscles, bringing relief.

2 drops Eucalyptus: Clean, camphoraceous eucalyptus oil is great for helping to ease headaches and respiratory ails. It helps open up sinuses and can be used to strengthen the immune system against common ills. Added to a bath, it can optimize circulation bringing comfort to sore, tired muscles.

2 drops Sweet Orange: Sweet, fresh and fruity, this oil warms the heart. This popular scent is lively, yet calming. It's cleansing, and may help eliminate toxins from the body. It's great for healthy skin and circulation.

Preparation: As the tub is filling with warm water, add the salt and drops of oil under the tap (as the tub fills the ingredients mix and melt). Wait until your bath is filled, step in and enjoy.

Sleepy Soak: This delicious, sweet blend is crafted to send us into a happy sleep. It can help us let go of issues that are keeping us awake, calm our body and mind, and allow us to have pleasant dreams.

Ingredients:

1 ounce Epsom or Sea Salt

2 drops Pettigrain: From the leaves and twigs of the bitter orange tree, this mesmerizing scent is created. Pettigrain oil has a bright floral-citrus aroma, similar to the very costly Neroli oil, which is made from the blossoms of the same tree. It's deeply relaxing scent can be of great aid when treating insomnia and nervous conditions. It is considered to have anti-inflammatory, antispasmodic, and anti-infectious properties.

2 drops Ylang Ylang: Ylang Ylang is a wonder-scent when it comes to emotional and mental healing. This rich, sweet floral oil can be rapturous. It is used quite extensively when treating: depression, anger, fear, guilt, stress, self-blame and more. It can put us in a highly relaxed state, allowing for a peaceful nights sleep.

1 drops Clary Sage: Clary Sage oil is sweet, rich and balsamic. It often helps balance hormones. When mixed properly it can have sedative effect. It has been known to induce colorful, enjoyable dreams.

Preparation: As the tub is filling with warm water, add the salt and drops of oil under the tap (as the tub fills the ingredients mix and melt). Wait until your bath is filled, step in and enjoy. You will be very relaxed so be careful when you are ready to step out of the tub.

Beauty and Balance Bath: This gentle balancing bath improves our frame of mind while helping us maintain gorgeous, glowing, skin.

Ingredients:

1 ounce Epsom or Sea Salt

2 drops Lavender: Lavender is widely referred to as the most versatile essential oil of all. It's sweet, floral, yet herbaceous scent is easily recognized. It often helps balance one's energies: stimulating if tired, and relaxing if stressed. It's known to help detoxify as well as work as a bactericidal, antiseptic, and general tonic thus may help with a host of skin issues. It may be used on all skin types and can help to prevent scarring and premature aging.

1 drop Roman Chamomile: With a bright apple-like undertone, this gentle, relaxing oil is recommended to heal inflammation and for cell regeneration. It may reduce muscle tension and expedite healing of cuts, scrapes, and bruises.

2 drops Mandarin: This light citrus oil is candy sweet. It is often employed to fade stretch marks, scars, and to help relieve fluid retention.

Preparation: As the tub is filling with warm water, add the salt and drops of oil under the tap (as the tub fills the ingredients mix and melt).

Cher Kore is the Founder and President of Kameleon Healing, Inc. www.kHealing.com She's created countless original recipes for body, face, hair and home care. Her vast knowledge of essential oils and natural bases oils allows her to create synergist blends and teach others to mix oils safely and effectively. Visit www.khealing.com for more information

Sleeping Soundly using Scent

Sleep is another world; it's deep peace; it heals the body and mind allowing us to wake well-rested and joyful. When sleep is disrupted, the body's balance is in upheaval. The sleep deprived may survive the day; however it's hard for them to enjoy it. Insomnia is a widespread problem. It's due to varying causes: anxiety, stress, pain, sleep pattern interruption, and more. It takes many forms. Some find it hard to go to sleep. Others fall asleep, yet wake several times during the night. Many people sleep, yet toss and turn so much they never reach a deep enough sleep to recharge. Too many people turn to expensive and sometimes addictive pharmaceuticals when there are so many safer methods. Aromatherapy is an often ignored natural method to aid peaceful sleep. It's been very successful and it is by and large safe and economical. Many Essentials Oils (EOs) not only help you fall asleep quickly, they also induce a higher quality of sleep. If you wake during the night due to noise or a full bladder many scents may lull you back to sleep. EOs, alone, are not suggested to cure any serious illness. However, many kinds of sleep difficulties may be remedied with aromatherapy. Whether you are using a single oil for mild relaxation or a blend for deep rest there are there are three main methods you may implement.

Bed-Time Bathing: A warm bath can bring on a sleepy feeling. Adding 3-8 drops of relaxing EOs in the water may multiply this effect. Be careful not to get so drowsy you can't safely get out of the tub. I have many evenings fallen asleep in my towels under my blanket because I started dreaming before I could dry off and get my pajamas on. This method is recommended for extreme cases of insomnia.

Diffusing: Diffusing your bedroom (for an hour or so) before you go to sleep can be a great sleep aid. A diffuser is simply a bowl on stands. The bowl holds water and EOs; under it you place a tea-light candle. As the water and oils heat they get vaporized into the air so you smell your blend by breathing through your nose. Use 10-15 drops of EOs to 1-2 ounces of water. To give your diffuser a jumpstart, boil the water before you add it.

Scenting Pillows and Bedding: This may be enough for the mildly restless. It's so simple to scent cotton puffs (with 4-6 drops of EOs), let them dry, and put them in the linen closet between your bedding. You may also put perfumed puffs inside your pillow case. Aromatherapy misters make for aromatic pillows, blankets and sheets. To make a mist, combine 15-20 drops of your blend with 2 oz of distilled water, in a fine mist spray bottle. Shake well and use immediately or up to six months later. Simply take aim and spritz.

Blending a Sleep Formula: Use the EO guide below to get an idea of oils to try. There are some oils you *should not* use in a sleep blend. These include: patchouli, peppermint, eucalyptus, pine needle, clove, cinnamon, allspice, black pepper and other awakening oils.

Use the heady EOs as a base notes. In the list below, these are: Clary Sage, Neroli, Sandalwood, Rose, Valerian, and Vetiver. These oils should account for 5-15% of your blend.

Middle Notes should account for 50-60% of your blend. Good middle notes are: Geranium, Lavender, Marjoram, Pettigrain and Ylang Ylang.

Tops notes are light. They should account for about 30-40% of your blend. Good tops notes include: Roman & German Chamomile, Grapefruit, and Mandarin.

You may use several oils to create each note. For instance, blend a few drops each of Clary Sage, Valerian, and Vetiver to create one intricate base note.

Some Essential Oils Recommended for Insomnia.

Roman & German Chamomile: These Chamomiles are gentle enough for babies. Roman Chamomile has a bright apple-like scent, while velvety blue German Chamomile has a pleasantly medicinal scent. Both are used to ease the nerves and are recommended for sleep problems.

Clary Sage: Clary Sage oil is sweet, rich, and highly relaxing. It has been known to induce colorful dreams, as well as aid in a deep, peaceful rest.

Geranium: Dry with a rosy undertone, geranium oil can be very relaxing. It is also wonderful for helping to balance female hormones, thus it is good to add if your sleep is disrupted by menstrual or menopausal symptoms.

Grapefruit: Tangy grapefruit oil has a subtle, relaxing scent. It is used when treating depression and is recommended as a tool to control addiction.

Lavender: Highly floral and mildly herbaceous, lavender is considered the most versatile EO. It often helps balance one's energies: stimulating if tired, and relaxing if stressed. Lavender oil has been used to heal a host of ills, including migraine headaches. It's also gentle enough for infants and children.

Marjoram: Marjoram is an aphrodisiac meaning it reduces sex drive. It is said to be comforting, warming and strengthening. It is often used when treating insomnia. It is also used to help ease mental strain, anger, frustration, hostility and more. It has a warm, woody and somewhat spicy/camphoreous scent.

Mandarin: This light, sweet, citrus oil has a very relaxing aroma. It is very gentle and is one of the few EOs recommended for children (toddlers and up). Its scent is used to aid depression, anxiety, and feelings of emptiness.

Neroli: This rapturous floral oil comes from the orange blossom. In addition to its comforting qualities, it boosts the spirit and may help one sustain confidence. It is expensive, but often just a drop or two is all that is needed.

Pettigrain: From the leaves and twigs of the bitter orange tree, this mesmerizing scent is created. Pettigrain oil has a bright floral-citrus aroma, similar to the very costly Neroli oil, which is made from the blossoms of the same tree. Pettigrain, like Neroli is recommended to help sleep problems.

Rose Absolute: Deep, rich, and floral - the fragrance of true rose absolute oil is unmistakable. It is very soothing and can be of great aid during blue moments. Being very expensive, this oil is used in moderation. Luckily, it only takes a little to enhance a blend.

Sandalwood Oil: Rich, musky, sandalwood is traditionally burnt as an aid to meditation. The EO is known for its calming and grounding effects. It is used when treating insomnia. Its rich, woody scent helps to anchor blends.

Valerian: Highly sedative valerian oil has had a high rate of success when treating insomnia. Its medicinal scent is an acquired taste. The common pharmaceutical sedative Valium got its name from the herb Valerian. To keep its power, yet ease its pungency mix with complementary oils such as Clary Sage, Pettigrain, and Sandalwood.

Vetiver: This smoky, woody oil is said to strengthen the central nervous system, restoring balance and focus. It is employed to stabilize energy and help with a good night's rest.

Ylang Ylang: This exotic, floral scent is relaxing and euphoric. In the correct dosage it has been used to calm both the mind and nerves.

Other Sleep Aids: I also recommend looking into herbal teas (try chamomile, catnip, or valerian), relaxing music, and meditation. Find ways to avoid sleep disruptions. A fan (you can turn it around if you don't want it blowing on you) can provide white noise to block outside sounds which may wake you. Eliminate light, even from an answering machine button (just put a piece of tape over it). Keep an uncluttered bedroom, so your mind will feel clear and uncluttered. Use creative visualization and image yourself in a relaxing environment: a cave,

the beach, a forest... whatever is comforting to you. Realize you are safe, cozy, clean and warm and the best thing you can do is escape, fall into your dreams, and sleep.

At Home Hair Treatments By: Cher Kore

Unless your shaved bald, there's a good chance you've had horrible hair days. Manes may be dry or oily; flaky or frizzy; dull or desperate. This need not be. Beautiful hair can be had without spending half your paycheck. It's the ingredients, not the fancy labeling, that matter most. With the right components you can make your own healing hair treatments at home; from shampoos, deep conditioners, and hot oil treatments to detanglers, defrizzers and more. Essential oils (EOs) are considered the life blood of botanicals. They are extracted from flowers, fruits, leaves, wood, seeds, and roots. Diluted properly, they may heal many physical and emotional ills. EOs have complex chemical structures. Their actions are enhanced by creating synergetic blends which work with your body type to achieve proper balance. The aromatherapy recipes below tackle two common tress traumas. Read about each EO to learn how this sensational science works.

Shine Spritz: This amazing detangling spray is designed to add shine and luster to hair. It's great for long, thick, and/or curly hair.

2 drops Lemongrass EO: Sharp lemongrass oil is used to keep hair shiny, add natural highlights, and to help detangle.

5 drops Rosemary EO: This herbaceous oil is an excellent hair tonic. It is used to encourage hair growth and help control dandruff. It adds subtle highlights to hair (especially darker shades) and aids in detangling. As a bonus its scent can help with concentration and deter a headache.

2 drops Clary Sage EO: This heady oil is a reputed to induce euphoria. It has many benefits for the nervous system. In hair products, it is used to stimulate hair growth.

4 drops Ylang Ylang EO: Ylang Ylang has a blissful floral scent. It is used for a wide variety of emotional conditions and may help keep hair healthy and strong.

2 drops Grapefruit EO: Grapefruit oil can also add gentle highlights to hair. Its scent is used to treat depression, stress, and more.

2 ounces Distilled Water

2 oz Fine Mist Spray Bottle

Preparation & Usage: Pour a small amount of water into the bottle. Drop each oil in the bottle. Fill with the rest of the water. Put top on and shake well. May be used immediately or up to six months later.

Usage: Mist on hair when wet or dry to detangle, infuse hair with health, and add a mood enhancing scent.

Scalp Salve: Tight dry scalp and dandruff are uncomfortable and unattractive. This unisex hot oil treatment can offer relief and radiance.

2 ounces Extra Virgin Olive Oil: Olive oil has a long history of use treating hair and skin issues. It contains a healthy dose of vitamin E as well as other elements which sooth dry hair and scalp.

5 drops Cedarwood EO: Warm, woody oil with honey overtones, Cedarwood oil helps with a variety of skin and hair issues including: dandruff and dermatitis. Its meditative qualities help the mind to focus. (Do not use if pregnant – especially in the first trimester)

2 drops Patchouli EO: This sweet amber oil is rich and earthy. It can be used to help dandruff, cracked dry skin and for wrinkle control.

5 drops Lavender EO: Highly floral and mildly herbaceous, lavender is considered the most versatile essential oil. It's excellent for skin and hair of many types. It often helps balance one's energies: stimulating if tired, and relaxing if stressed. It has been used to heal a host of ills, including migraine headaches.

2 drops Lemon EO: Lemon has a light, clean citrus scent. It can add gentle highlights to hair and may control the itch of dandruff.

1 drop Teatree EO: Teatree oil has become very popular lately. It's great for healing a multitude of conditions including dandruff.

2 oz Thick Plastic or Glass Bottle

Preparation: Pour a small amount of Olive Oil into the bottle. Drop each essential oil in next. Fill the bottle with Olive Oil. Put top on and shake well. May be used immediately or up to a year later.

Usage: Put bottle in a mug of freshly boiled water for about five minutes to heat. Wet down hair and scalp and drain excess water from hair. Comb hair into a part and apply treatment to scalp. Keep parting hair in different places to get oil to different areas of your scalp. Rub oil into your scalp thoroughly with fingers and comb through. Let oil absorb into scalp for at least ½ hour. (You may wrap a towel around your head and leave oil in all night for extra deep treatment). Wash hair completely (it may take 2 or 3 rinses to get all the oil out of your hair).

If you'd like to learn how to treat hair, skin, health or household dilemmas with aromatherapy feel free to email Cher@kHealing.com.

Cher Kore is a professional aromatherapist, writer, teacher and founder of Kameleon Healing Aromatherapy, www.kHealing.com. She's created countless recipes for body, face, hair and home care. Her vast knowledge of essential oils and natural bases oils allows her to mix synergist blends and teach others to mix oils safely and effectively. Go to www.KHealing.com for more information or to order Cher's aromatherapy formulas.

Love Potions

By: Cher Koor

Scent is amongst the most powerful of romantic draws. When someone smells good, we want to get closer. When somebody smells sexy, they become sexy. And when we ourselves are scented well, we gain confidence. We feel better, thus our behavior and attitude are more alluring. However, if we choose a perfume over-the-counter, even if it has a nice fragrance, we run the risk of smelling like a former partner, the boss your mate hates, or even their Mom. There is also the possibility of breathing in harmful chemicals, pharmaceutically altered to resemble wild flowers, vanilla or musk. Which is why I find natural perfumery is the way to go. Essential oils, resins, and absolute oils smell differently on each individual. Natural ingredients can be mixed in blends to make your singular scent shine through; differentiating you (for the better) from the pack. When worn alone, most essential oils have subtle positive effects on people, however, some (like patchouli) smell too much of an event or era (like the old hippie days or Sunday in church). Although, a mix of patchouli, rose, jasmine, clove and cinnamon can smell like an entirely different mix when worn on separate people. Most natural

perfumery ingredients have a host of healing properties known to boost body, mind and appeal. Below is a glossary of popular essential oils used in natural perfumery. Whether you have your personal perfume made for you by a perfumer or aromatherapist, or you choose to create it yourself, this guide and your nose should lead you into your own private garden of love.

Allspice: Spicy, sense-enhancing allspice has been known to enhance positive feelings and reduce stress. The herb, allspice is named such because it is said to taste like a mix of cloves, juniper berries, cinnamon and black pepper. Allspice, like many spice oils is used to increase the potency of aphrodisiac perfumery.

Anise: Licorice sweet anise oil must be used in strict moderation as it is known to produce a narcotic effect when overused. This oil is a recognized aphrodisiac. It may also ease nerves while invigorating the mind. It is recognized in folklore for luck, protection & psychic awareness.

Balsam - Peru: Heavily vanilla balsamic, this essential oil is warming, opening, and comforting. It has expectorant qualities and is used to treat respiratory conditions, such as asthma, bronchitis, and coughs. Its sweet vanilla undertone can produce a relaxed sexy mood.

Basil: Basil is reputed to arouse sensuality. It has a fresh herbaceous scent which can heighten focus, stimulate blood circulation and bring comfort to body and spirit.

Benzoin: Intensely rich balsamic oil which is reported to bring about euphoria. It warms and tones the heart. It tends to mix with and bring about the depths of a woman's own sweet scent. Benzoin oil has been used ceremonially to drive away evil and negative forces.

Bergamot: Bergamot is that familiar citrus scent found in Earl Grey tea. It has a spicy undertone and adds a fresh note to blends. Bergamot oil is employed as an antitoxic, an antiseptic and to ease anxiety and depression. It is often used to treat emotional conditions which get in the way of healthy sexuality.

Black Pepper: Hot and spicy, black pepper oil is an aphrodisiac in small amounts. It's stimulating and mysterious. It can affect the circulatory system to improve muscle tone.

Blood Orange: Blood Orange has similar healing properties as Sweet Orange (see below) and can be intensely relaxing. It's deep, clean citrus scent may add to a sensual atmosphere.

Carrot Seed: Warm and earthy, this oil revitalizes and tones. It is used to help skin problems such as eczema, psoriasis, and rashes; as well as to detoxify muscles. It offers a nice grounding note when added to blends. While not generally considered romantic oil, carrots have a rich history in aphrodisiac lore.

Cedarwood: Warm, woody aphrodisiac oil with honey overtones. Cedarwood oil helps with a variety of skin issues including dermatitis and eruptions. Its meditative qualities help the mind to focus and it can help bring balance to the body. It has been used historically for its soothing & purifying qualities.

Cinnamon: Hot and sweet, cinnamon oil warms, stimulates and revives tired nerves. It is often used to strengthen the immune system against colds and flu. The scent of cinnamon has been noted to improve libido in both men and women.

Clary Sage: Heady aphrodisiac that is reputed to induce euphoria. It can encourage the action of the female hormone estrogen and helps rejuvenate tired adrenal glands. Clary sage oil has also been recommended to help control anxiety levels in the body.

Clove Bud: Spicy, sweet aphrodisiac that inspires the mind and memory; clove bud oil often eases mental fatigue and nervous exhaustion. Its scent is warming, cheering, and welcoming. It is especially comforting during the cold season, perhaps due to its reported expectorant, antiviral, and antibiotic qualities.

Fennel: This is a sweet, licorice-like oil is used to enhance the libido. It is recommended to help keep skin young looking, and for weight control. Fennel often helps balance female hormones and may ease premenstrual symptoms.

Garden Sage: In lore, this oil was used by the American Indians as a cleansing agent to banish evil spirits. Legend says that it is known for bringing about wisdom. This oil brings a fresh, clean, herbaceous tone to blends. It can clear the mind, helping with focus and concentration. It may help regulate the central nervous system and act as an anti-inflammatory and anti-oxidant.

Geranium: Dry with a rosy undertone, geranium oil is wonderful for helping to balance female hormones. It is also great for helping to heal cuts & wounds. Its astringent action makes it ideal for controlling oily skin. It has deodorizing properties and, and is thought to reduce cellulite.

Ginger: Spicy, hot and earthy, this oil energizes and warms. It is known as a powerful aphrodisiac that is both fiery and fortifying. It is helpful for easing sprains and lower back pain.

Grapefruit: Clean, light, and refreshing citrus oil with antitoxic and antiseptic qualities. Grapefruit Oil is known to help ease headaches and performance stress. It is one of the prime essential oils used when treating depression, thus adding it as the top-note gives it a light and happy finish.

Jasmine: A rich, exotic, and expensive floral oil, jasmine is known to generate euphoria as well enhance libido. It is emotionally warming and may help with self confidence.

Juniper Berry: In folklore this oil is said to augment psychic purity. In aromatherapy it is used to calm emotions. Juniper Berry has a fresh, fruity scent. It's sometimes used to detoxify the body, tone & stimulate flesh, strengthen the immune system, and lessen the effects of a hangover.

Lavender: Highly floral and mildly herbaceous, lavender is considered the most versatile essential oil. It may be used on all skin types and helps to prevent scarring and premature aging. It often helps balance one's energies: stimulating if tired, and relaxing if stressed. Lavender oil has been used to heal a host of ills, including migraine headaches. It is known to help detoxify the body as well as work as a bactericidal, antiseptic, and general tonic. It also has gentle cleansing properties. Being such a healing marvel, it is often used as an aid to sexuality as well.

Lime: Tangy, sweet, lime oil is sometimes employed to help fight infections during the cold and flu season. It can act as restorative and general tonic. The scent of lime is powerful on men when mixed with basil, garden sage, rosemary and/or thyme with a dash of pine needle.

Mandarin: This light, sweet, citrus oil is often employed to fade stretch marks, scars, and to help relieve fluid retention. Its aroma is candy sweet and may help create a sexy, relaxed disposition.

Niaouli: Some circles of aromatherapy recommend Niaouli oil only be used on men, due to a testosterone-like quality which reportedly has a powerful effect on the testicles and pituitary gland. Other circles say it helps balance female hormones. Thus, it is recommended to use this oil sparingly and test it carefully. It is said to act as an aphrodisiac, an adrenal stimulant, to help with both skin and muscle tone, and aid in pain relief.

Neroli: This rapturous floral oil comes from the orange blossom. In addition to its sensual qualities, it boosts the spirit and may help one sustain confidence. It may be used for help fade scars, for stretch marks, to tone the complexion and to relax muscles.

Nutmeg: In mythology this oil has been recommended for blends to add physical & metaphysical energy. In aromatherapy it has been used to lift fatigue and is thought to work as an antioxidant. Its scent is warm and exotic and considered to have aphrodisiac properties.

Oakmoss: Oakmoss oil is an excellent fixative oil with a rich, woody scent. It has been used in perfumery as early as the 16th century. Baskets filled with it have been found (still fragrant) in the ancient royal tombs of Egypt.

Palma Rosa: Palma Rosa is a wild growing herbaceous plant with very fragrant grassy leaves. The essential oil mimics the name with a light, dry, rosy-floral scent. It has helped with stress-related conditions and is used to help maintain healthy skin. It is sometimes used to dispel anger and frustration.

Patchouli: This sweet amber oil is rich and earthy. It can be used to heal cracked dry skin, and for wrinkle control. Patchouli has a history of use in attracting both men and women. In addition to its notorious aphrodisiac qualities, patchouli oil may act as an antitoxic, antiseptic and nervine.

Pettigrain: From the leaves and twigs of the bitter orange tree, this mesmerizing scent was created. Pettigrain oil has a bright floral-citrus aroma, similar to the very costly neroli oil, which is made from the blossoms of the same tree. It is very relaxing and may help create a sensual mood.

Pine Needle: With a fresh, clean turpentine-like aroma, pine needle oil works as an expectorant, antiseptic, and restorative. It's used to help with fatigue and stress. It strengthens the immune system against colds and flu. This is a nice scent on men when mixed with complimentary oils.

Rose Absolute: Deep, rich, and floral - the fragrance of true rose absolute oil is unmistakable. Prized since biblical times, the scent of the rose is a famous aphrodisiac. It is used to help repair broken capillaries, and to maintain a youthful complexion.

Rosemary: Rosemary is the herb of love and remembrance. The essential oil is recognized as an aphrodisiac. It may also help with memory and concentration as it has been said to strengthen both the brain and the nervous system. It has been used to: fade varicose veins, help relieve fluid retention, aid the immune system in fighting infections, relieve headaches, fight nervous exhaustion, and to bring relief to respiratory ailments.

Rosewood: Woody aphrodisiac oil with an underlying deep, sweet, rose scent; rosewood can be steady, balancing and can aid concentration. It may help bring about a positive mood.

Sandalwood Oil: This rich, musky, wood is traditionally burnt as an aid to meditation. The essential oil is known for its calming and grounding effects. This oil has been recognized throughout history as having aphrodisiac qualities. Its deep scent helps to anchor blends. In aromatherapy it is used to help heal dry chapped skin, razor burn, and acne.

Sweet Orange: Sweet, fresh and fruity, this oil warms the heart. This popular scent is lively, yet calming. It's cleansing, and may help eliminate toxins from the body. It's great for healthy skin and circulation. Although not a traditional aphrodisiac oil, its cheer may help some couples let loose.

Tangerine: Like orange oil, this delicious citrus oil is a pleasure inducing relaxant. It's excellent for skin tone and is very purifying.

Thyme: This fresh, herbaceous oil is used to treat aches & pains, bruises, and poor circulation. It's an excellent scent for men and is often used in aphrodisiac colognes. It can be employed to treat headaches, sinusitis, and sore throats. It may be used as a preventative against colds and flu. It is said to revive both the body and mind.

Vetiver: This is another good scent for men. It is a smoky, woody resin that can strengthen the central nervous system, restoring balance and focus. It is sometimes employed to stabilize energy.

Ylang Ylang: This Intense Floral has had some rapturous results. It can help balance emotions; either energizing or relaxing depending on one's needs. It often helps ease nervous conditions such as depression and stress. Additionally, it's a wonderful general skin tonic.

Member service representative, Cher Koor, is a professional aromatherapist, writer, teacher and founder of Kameleon Healing, Inc. www.kHealing.com. She's created countless recipes for body, face, hair and home care. Her vast knowledge of essential oils and natural bases oils allows her to mix synergist blends and teach others to mix oils safely and effectively. Email Cher@kHealing.com for inquiries; or to order custom blends and/or raw ingredients for home crafting.

Three Techniques to Balance Mind, Body & Soul

Nutritional Healing, Herbalism & Aromatherapy

By: Cher Kore

There are several similarities between the sciences of Nutritional Healing, Herbalism, and Aromatherapy. They all draw from the earth. Many parts of plants have been used in both nutritional and external healing throughout history. These three disciplines are used to treat an array of ailments related to: digestion, the respiratory tract, the nervous system, circulation, the immune system, the heart, skin and hair. It is best to build a diet around whole foods and herbs to revive from the inside. Daily use of essential oils and other botanicals (including herbs) can treat the body from outside. Good health is the result of good habits. Eating well is essential. Herbs can be used to enhance the flavor and curative power of foods. They may also be applied in teas, tinctures, compresses, ointments, and more. Aromatherapy is a sect of Herbalism in which the essential oils of herbs, flowers, leaves, wood, roots, fruits, and spices are used medicinally. Each practice is easy to understand and use in daily life. All are enjoyable to employ. And, they can fascinate the creative, intuitive, and logical senses as much as those of taste, smell, and touch. Learn the basics of each and branch out from there. Remember, there is no magic pill that will offer you health, vibrancy, and the look of youth. However, there is a real routine that will lead you in that direction.

Ways to Utilize Aromatherapy

Aromatherapy is most often used externally. It allows essential oils (diluted properly) to enter the body through the skin (in body care) or lungs (when diffusing or steaming). Essential oils are known as "the life blood of plants" they hold multiple healing properties when used alone or mixed in synergistic blends. Aromatherapy can be of great aid for many physical and emotional conditions.

- A malfunctioning nervous system can trigger: depression, anxiety, headaches, insomnia, and stress amongst its symptoms. Much success has come from treating nervous conditions with aromatherapy. Bergamot, grapefruit, neroli, and lavender are all effective against depression and anxiety; while rosemary, peppermint, and spearmint are excellent for headaches and exhaustion. Orange, ylang ylang, clary sage, and valerian can send you off to a happy sleep.
- The Immune system is responsible for protecting us against colds, flu, fever, measles, chickenpox and more. Excellent preventatives against these disorders are the oils of: eucalyptus, teatree, lavender, ginger, cinnamon, and countless others.
- Some common skin and hair complaints are: greasy skin & hair; acne; lackluster hair; dry skin; mature skin; dandruff; rashes & irritations; amongst others. Greasy skin, hair, and acne may be treated with the oils of: bergamot, geranium, juniper, rosemary and more. Mature and dry skin may benefit from the oils of balsam peru, lavender, carrot seed, patchouli, frankincense and others. The oils of rosemary, patchouli,

lavender, lemon, lemongrass and teatree may be recommended (depending on type of hair) for dull hair and/or dandruff.

- Many problems are associated with hormonal balance; such as: PMS and other problem with menstruation; lack of libido; menopausal issues; and yeast infections. To diminish a yeast infection while helping to ease its symptom the oils of bergamot, teatree, geranium, and myrrh are sometimes employed. Menopause may be made easier with the use of the oils of rose, jasmine, geranium and fennel. A bad period and/or PMS can be treated with lavender, chamomile, geranium, carrot seed and more. Cinnamon, jasmine, clary sage, nutmeg, black pepper, neroli, and rosewood are but a smattering of the aphrodisiac essential oils available.
- Muscles, joints, and circulation can all be benefited by aromatherapy. Sufferers of arthritis or rheumatism may benefit from oils such as: benzoin, chamomile, eucalyptus, marjoram, and rosemary. The oils of fennel, geranium, grapefruit, and juniper are recommended for both cellulites and water retention. Low blood pressure and general poor circulation may be treated with balsam peru, cinnamon, thyme, cypress, ginger and more.

There are numerous other ways to make use of aromatherapy in every day life. If you are interested in learning more about this science please email me at: Cher@KHealing.com

How to Heal with Herbs

As wide a science as Aromatherapy is, it came from the study of Herbalism. New research has shown that most herbs and spices are higher in cancer fighting antioxidants than many fruits and vegetables. As with other foods (see below) it is recommended to eat herbs and spices with a little fat to help your body retain nutrients. The medicinal power of herbs has been known since ancient time. Many civilizations have researched the herbs and spices grown within their own localities. Today, we can incorporate multiple methods of Herbalism into daily practice. Given the bounty of modern society, we are able to pick and choose amongst herbs and spices from: India, The Orient, Europe, The Middle East -- all over the world. By researching Indian culture it is theorized that curry and/or cumin may greatly reduce the risk of Alzheimer's disease. Studies of basil and ginger have shown they can help digestive disorders. And, it is widely held that garlic, onion, and ginger may act as preventatives against colds and flu. In fact, hundreds of herbs and spices have been studied and most show great promise in helping to heal many maladies. There are a number of techniques to utilize herbs. Teas are a wonderful way to ease some forms of nervous, digestive, and respiratory complaints. Used in foods and tinctures, herbs may strengthen the immune system and help build new cells. Herbal compresses may help heal wounds or open up sinuses. Masks, lotions, and other botanical treatments can revitalize skin and hair. Sachets and sleep pillows may enhance comfort and imagination. There are a lot of approaches to making herbs and spices a pleasant and healthful part of your life. It's also quite nice to cultivate your own herbs. I find gardening to be a healing experience in its own right. Whether you have a yard, an apartment porch, or just a few window sills you'll find you may be able to grow: basil, dill, rosemary, sage, thyme, peppermint, lavender and more. So many herbs grow well in New England. Some can withstand more than one season and others should be planted each year. By planting your own herbs you can insure that they are grown organically and with care. It may be corny, or a bit superstitious, but I believe herbs grown with love and attention have special curative powers. However, if you don't have a green thumb, purchase your herbs from a reputable organic market.

Keys to good Nutrition

Most of us understand the importance of good nutrition. Whole foods like vegetables, fruits, legumes, seeds, roots, herbs, whole wheat, and brown rice are all recommended for good health. As with herbs and aromas, synergistic combinations of foods can be achieved for maximum health and satisfaction. A good daily diet can give us the look and feel of radiant health by: helping to detoxify the body; maintain & gain muscle tone; repair cells; and nourish all organs of the body. Oh course; there are certain foods to avoid. None of them would surprise us; fat and sugar laden foods; coffee; alcohol and salt should all be taken in strict moderation. Many people have food allergies which can cause headaches, nausea, and sometimes much worse. Often these allergies go unrecognized and the symptoms alone are dealt with. By changing eating patterns the problem can

be greatly reduced and sometimes even completely eliminated. There are foods which can help heal certain conditions. Vegetables are high in antioxidants, citrus fruits, legumes, and mixed seeds may all strengthen the immune system to help prevent colds and flu. It is recommended that people with heart conditions eat a diet which improves the blood vessels. This plan includes cold water fish; dark green and orange vegetables; wheat germ; and sprouted seeds. A poor respiratory system may be strengthened by eating mainly vegetable proteins (like tofu and beans); drinking juice diluted with spring water between meals; taking a sip or two of cider vinegar during each day (mix with 50% water); eating mixed seeds; and avoiding common allergens (such as citrus fruits, processed foods, and white flour). Skin may be made more beautiful by: drinking lots of water; eating many raw fruits and vegetables each day; and eating oily fish (especially salmon) at least three times a week. The right diet can take care of many a digestive dilemma. By eating lots of vegetables, seeds, and legumes with lemon juice and/or cider vinegar and avoiding foods high in sugar, fat, and cholesterol a stomach will function better. Nutritional healing is not a diet, although, it often results in weight loss for those who need it. It is a way of eating, cooking, and living that can contribute to innumerable positive changes for your body and mind.

Cher Kore is the Founder of Kameleon Healing Aromatherapy www.kHealing.com. She's created numerous recipes for body, face, hair and home care. Her vast knowledge of essential oils and natural bases oils allows her to mix synergist blends and teach others to mix oils safely and effectively. Email Cher@kHealing.com for inquiries; or to order custom blends and/or raw ingredients for home crafting.

Blissful Bedding

By: Cher Kore

What feels nicer than slipping into a clean, warm bed on a cold winter night? Scenting bedding may bring comfort, peace, relaxation, sweet dreams, amour and even more. By mixing ancient tricks with modern day methods we can make our beds magnificent. Peoples from ancient cultures (Roman, Greek, Egyptian) would scent sheets with sachets of common flowers and herbs like lavender or rosemary. Royalty had more expensive tastes and would use jasmine, roses, violets, cinnamon and sandalwood, as well as other costly spices. Today, we can create a bed like an emperor's, on a common-man's budget. There are a few techniques I find easiest and most effective. It's so simple to scent cotton puffs with essential oils (EOs), let them dry, and place them in the linen closet between the bedding. You may also put perfumed puffs inside your pillow case. Aromatherapy misters make for aromatic pillows, blankets and sheets. Simply take aim and spritz. They are fun to create and to use. Below find three simple recipes for synergetic essential oil combinations. Use these blends to either scent cotton balls or make a mist.

Recipes:

Sandman's Song: Like a lullaby singing you to sleep, this blend lends a hypnotic hand. It is designed to sedate, promote pleasant dreams, and create deep relaxation.

Ingredients:

20 drops Sweet Orange EO: Sweet, fresh and fruity, this oil warms the heart. The aroma of orange can be profoundly comforting when properly mixed.

10 drops Clary Sage EO: This heady oil is reputed to induce euphoria. Clary sage oil has been recommended to help control anxiety levels in the body. Its scent is said to create a sense of well-being and it is known to help us drift into sleep. It often induces enjoyable, colorful dreams.

5 drops Valerian EO: Highly sedative valerian oil has a rooty, medicinal scent which is an acquired taste. It blends well with clary sage, orange and other citrus oils to create an effective treatment for insomnia.

Recipe for Love: This blend is not made for sleep, but rather romance. This intoxicating combination may lead to increased libido, confidence, and optimism.

Ingredients:

20 drops Ylang Ylang EO: This intense floral has had some rapturous results. It can help balance emotions; either energizing or relaxing depending on one's needs. It often helps ease nervous conditions such as depression and stress. Its beautiful fragrance often works as an aphrodisiac.

13 drops Rosewood EO: Sweet wood oil with an underlying deep rose scent, rosewood can be steadying, balancing and can aid concentration. Its exotic bouquet brings on feelings of happiness and affection.

2 drops Patchouli EO: This thick amber oil is rich and earthy. It has a long history of use in attracting both men and women. It may act as a stimulant, so just a bit is recommended.

Fresh Air Formula: This mix is particularly nice between washings. It deodorizes; kills germs and dust mites; and gives bedding a clean feeling. It can be effective at preventing many germ related ailments.

Ingredients:

15 drops Eucalyptus EO: This clean, camphoraceous oil acts as an antiseptic and antiviral. It has been used to kill dust mites and repel bugs. Its scent may open up sinuses and aid many common respiratory complaints.

15 drops Pine Needle EO: Forest fresh, pine needle oil has powerful deodorizing qualities. It strengthens the immune system and works as an expectorant, antiseptic, and restorative. Thus, it's great to use in sick rooms.

15 drops Lime EO: The bright scent of tangy lime lightens this blend. Lime oil is often employed to help fight infections during the cold and flu season and may act as restorative and general tonic.

How to mix and Prepare Recipes:

Preparing each Blend: Drop each oil in a recipe into a small tinted glass bottle. Put top on and shake well. Scent will intensify overnight. Should stay good for at least a year. Use 4-6 drops on each cotton puff.

To Make a Mist: Combine 15-20 drops of a recipe with 2 oz of distilled water in a fine mist spray bottle. Shake well and use immediately or up to six months later.

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Scents, Salves, & Supplements for Stunning Skin

By: Cher Kore

The science of skincare can be simple. One need not get facelifts, Botox, or chemical peels to keep skin looking young and radiant. There are everyday habits that do wonders, such as: proper diet, water consumption, and protection from sunlight. The next step is to use proven natural remedies to fine tune your flesh to its most balanced, beautiful state. The proper use of essential oils (EOs), moisturizers, and dietary supplements may make you happy, healthy and glowingly gorgeous.

Scents: EOs must be properly diluted when used on skin. Add 15-20 drops of an EO or EO blend to 4 ounces of fixed oil (see salves below). Use about 6 drops in a bath (fill tub with water and oils, mix, then step in). Or, combine about 14 drops with 8 ounces of liquid castile soap to wash with.

Benzoin: Thick rich resin used for healing: cuts, chapped skin, and inflamed or irritated skin.

Carrot Seed: Warm and earthy, this oil revitalizes and tones. It is used to help skin problems such as eczema, psoriasis, rashes, slack skin and more

Cedarwood: Warm, woody oil with honey overtones, cedarwood oil helps with a variety of skin issues including dermatitis and eruptions.

Chamomile (Roman & German): These oils are recommended to heal inflammation and for cell regeneration.

Geranium: Dry with a rosy undertone, geranium oil is wonderful to help to heal cuts & wounds. Its astringent action makes it ideal for controlling oily skin.

Lavender: Highly floral and mildly herbaceous, lavender is considered the most versatile essential oil. It may be used on all skin types and helps to prevent scarring and premature aging.

Patchouli: This sweet amber oil is rich and earthy. It's used to heal cracked dry skin and for wrinkle control.

Ylang Ylang: This gorgeous floral oil makes a wonderful general skin tonic.

Salves

Shea Butter: The shea nut comes from the Karite tree in Africa. This butter made from it is renowned for fading stretch marks, and maintaining elasticity in skin.

Sweet Almond Oil: This popular massage oil base may be mixed with essential oils. It's great for most skin types and is known to soothe, soften, and fortify skin.

Joboba Oil: This light non-greasy oil is quickly absorbed into skin leaving it supple and elastic. It is an excellent fixed oil to mix with essential oils.

Rosehip Seed Oil: Rosehip seed oil comes from the seed of a wild rose. It is a good additive to give your base oil extra complexity and healing properties. It rejuvenates the skin and is highly respected for its tissue regenerating properties. It is used for burns, wrinkles and to help fade scars.

Evening Primrose Oil: This nourishing fixed oil is rich in vitamins and minerals. It's excellent for moisturizing dry skin and aiding against premature aging. It treats eczema, psoriasis, and dermatitis. It may be used as the primary base oil, or as an additive.

Vitamin E. Oil: This viscous oil is generally mixed with olive oil so it will be pourable. It can penetrate below the skin's surface to revive damaged skin cells. It's employed to help skin overcome the harmful effects of the sun as well as: healing wounds, cuts, abrasions, and to minimize scars.

Supplements

Multi-vitamin: One multi-vitamin taken with food and a teaspoon or so of healthy fat (like Olive, Flax Seed or Evening Primrose oil) is a good insurance policy against vitamin deficiency and dull skin. Of course, a good daily diet is best, but we all miss something we need every now and again.

Omega 3 Fatty Acids from Fish Oils: This supplement is important for skin to be at its best. One 500 mg capsule is all that is needed. It's also great to eat coldwater fish which supply these oils. This helps heal conditions such as: severely dry skin, eczema, dermatitis, cracked heels, thick patches of skin and more. It is highly recommended for people with heart conditions and has a wealth of additional nutritional benefits.

Omega 3 Fatty Acids from Flax Seed Oil: If you are strict vegetarian, extra flax seed oil is a good substitute for fish oil. It may be taken as a supplement or mixed into dressings and sauces. In addition to healing rashes and dry skin, there has been some study that suggests flax seed oil has antiviral properties which prevent cold sores and shingles.

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Staying Awake, Alert and Aware with Aromatherapy

By: Cher Kore

September reminds me of the start of school. Whenever I begin a job or project in September everything seems fresh and new. All Septembers are not the same. With the wonder of autumn also comes anticipation about school or stress from daily demands. Aromatherapy is an easy way to get going and get stuff done. Many

essential oils can help including: Basil, Eucalyptus, Peppermint, Pine Needle, Rosemary, Garden Sage, Spearmint, Teatree, Thyme, Lemon, Lime, and many more. Below are easy to follow recipes to help keep you on your toes and highly productive this season.

On-The-Ball Essential Oil Blend: Use for diffusing, inhalation, or home-mixing. This blend is designed to keep you attentive. It's great to use while studying or doing important work.

Ingredients:

50 drops Basil: Basil's bright scent can heighten focus. It is known to bring comfort to body and spirit. This oil is great to use when studying; in an important meeting or interview; or anytime you want to remain sharp and alert.

50 drops Rosemary: Rosemary is the herb of love and remembrance. It often helps with memory and awareness. It has been used to: aid the immune system in fighting infections, relieve headaches, fight nervous exhaustion, and bring relief to respiratory ailments.

25 drops Pine Needle: With a clean, turpentine-like aroma, this oil works as an expectorant, antiseptic, and restorative. It may help with fatigue and stress and is used to strengthen the immune system against colds and flu. It's scent often helps with motivation and concentration.

50 drops Garden Sage: This oil was used by the American Indians as a cleansing agent to banish evil spirits. Legend tells it brings wisdom. This oil has a unique herbaceous tone which is said to clear the mind, helping with focus and attentiveness.

25 drops Thyme: This fresh herbal oil can be employed to treat headaches, sinusitis, and as a preventative against colds and flu.

35 Lime: The powerful scent of sweet, tangy lime oil can pep us up. It is often employed to help fight infections or to act as a restorative.

1 oz Tinted Glass Dropper Bottle

Preparation and Usage: Drop essential oils into the bottle. Shake. Let ingredients marry in the bottle for at least 24 hours. Shake a few times during this process. Use blend in a tea light diffuser. Add a little water while diffusing. There are many recipes to mix this blend in including: mist, soap, cologne, bath and more (email Cher to learn how). Should last at least a year unblended and stored in a cool dark place.

Ready Spray: Use this mist for quick perk-me-ups before tests, interviews, appointments-- whenever you need a boost.

Ingredients:

5 drops Eucalyptus: Camphoraceous eucalyptus oil may help ease headaches and respiratory ails. It often opens up sinuses and can be used to strengthen the immune system against common ills

4 drops Lemon: Lemon's citrus scent brightens this blend. It has gentle awakening properties and is often used to ease stress.

2 drops Peppermint: Awakening Peppermint may help relieve: headaches, nervous stress, nausea, exhaustion and the common cold.

3 drops Spearmint: This essential oil is the gentlest of all the mints. It works as an antiseptic, decongestant, and expectorant. Its scent is said to be comforting to the head, thus it is often employed for tension and migraine headaches.

1 drop Teatree: Teatree oil is used to rid the air of disease. Much of what is known about the healing properties of teatree oil was learned from its long history of use by the aboriginal people of Australia. Scientifically it is shown to be active against bacteria, fungi, and viruses.

2 oz Distilled Water: To use as the base for the spritz.

2oz Fine Mist Spray Bottle

Preparation and Usage: Drop essential oils into the bottle. Add distilled water. Shake well. May be used immediately or up to 6 months later. Mist to freshen: air, clothing, body, car, and more.

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