

Love is in the Air

I'm sure we all remember stories of "love potions" in movies or old wife tales. Of course, most of us dismiss these notions as pure fantasy. There is no substance, (or at least unknown to me) than can make someone fall in love with you right, but is there?

I do find essential oils an interesting substance in their affects on mood and atmosphere. Essential oils have been shown to have mood inducing properties. It is fascinating and illuminating to research the study of plant material on our lives. The aroma or application of essential oils can have profound effects on a group of people or an individual's mood. The particular combination of essential oils used can be dependent upon the situation or occasion.

In the spirit of "Valentine's Day" I have listed a group of essential oils that are known to have unique affects on our mood.

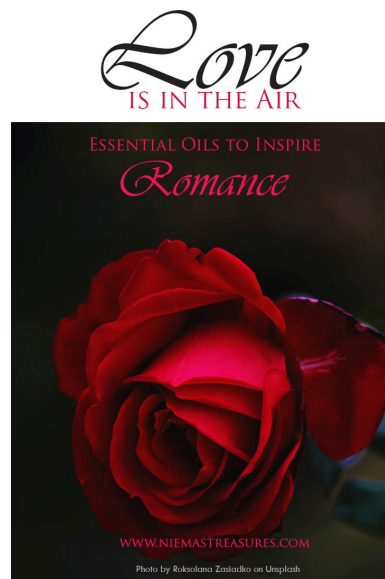
- Geranium tends to relax and creates a pleasant mood
- Sage is said to create a euphoric, masculine mood. It is relaxing and encourages conversation
- Sandalwood creates the same effect as sage, but in my opinion has a more pleasant aroma.
- Rose encourages romance and heightens the perception of extravagance on special occasions
- Ylang-ylang is oriental in nature, dominate and sensual.
- Citrus oils (Grapefruit, Lemon) and Ginger tend to be stimulants.

"By blending together 2 drops of sage, 2 drops of geranium and 1 drop of sandalwood" you get a solid foundation for a warm, relaxed evening with interesting conversation. Add citrus oils to refresh and stimulate. Prepare a romantic setting and by sure to add heat sources (candles, flower bowls). You can refresh the blend by adding 2 to 4 drops of each.

Typically you should blend your recipe with a carrier source to facilitate its use. Carriers can be water, oils (sweet almond, jojoba, argan, rosehip, coconut) or an unscented lotion or liquid soap. For the purposes of the blend suggested here, oil may work better. A good rule of thumb would be 6 drops of essential oil to 1 oz of carrier which is a 1% dilution. There are instances where higher dilution rates are appropriate, but 1% is a safe starting rate. Do not use undiluted essential oils on the skin. Always do a spot check on a small area of the skin prior to use to determine if any reaction occurs.

Essential oils can be somewhat daunting for the novice, but there is plenty of information out there to help understand the basics (<https://www.auracacia.com/community/essential-oil/understanding-the-basics>).

"Whenever you use essential oils, keep these safety tips in mind:



- Do not use essential oils undiluted on skin.
- Keep in mind that the absorption is increased on damaged skin.
- Test diluted essential oils on inconspicuous areas before general use.
- Use photosensitizing essential oils cautiously.
- Consult with a health practitioner before use if pregnant, nursing, suffering from any medical condition, or taking medication.
- Keep essential oils out of reach of children and pets.
- Keep essential oils away from your eyes.
- Do not use essential oils internally.
- Follow specific recommendations for dilution based on the person and application.
- Don't overuse essential oils.”

You may want to experiment with combinations and develop your custom blend. It may take time to find the right mix but what a pleasant exercise!

Auracacia. (2017). *Understanding the Basics*. Retrieved January 11, 2018, from www.auracacia.com: <https://www.auracacia.com/community/essential-oil/understanding-the-basics>

Worwood, V. A. (1991). *The Complete Book of Essential Oils & Aromatherapy*. Novato: New World Library.