

# Recipes From The Stillroom

The stillroom was perhaps the most important room in a home. The stillroom recipe book was passed down from mother to daughter and training in the stillroom arts had direct relation to the value a young girl could bring to a marriage. Everything that sustained and added quality of life to the family might be found in the stillroom recipe book.

Today, with the increasing interest in aromatherapy, essential oils and other natural forms of health care, the arts of the stillroom are again gaining recognition and are truly the birthright of every woman.

Some Essential Oils are hard on the liver and not appropriate for children, the elderly, and those with debilitating disease. The recipes found below are designed to be non-toxic and well tolerated by children.

## After Sun Blend

- 10 drops Lavender Chamomile Blend
- 5 drops Geranium, rose
- 1 ounce Grape Seed Oil

Mix in PET bottle, label, and shake well before using. Use as a lotion after sun exposure.

## Anti-Infectious Room Spray (*great for sickrooms*)

- 25 drops Dispel Sickness *or* 25 drops Protector
- 4 ounces Distilled Water

Mix in PET bottle, label, and shake well before using. Spray into room, or omit the water and put the oils in a diffuser.

## Athlete's Foot

- 4 drops Lavender Chamomile Blend
- 10 drops Tea Tree
- 6 drops Thyme ct. linalool

Mix in a PET bottle and label. Apply neat to the infected area of the foot. You may also use 6 to 10 drops in a pan of warm water for a foot soak; soaking feet for 10 minutes.

## Basic Immune Support

- 1 drop Lavender Chamomile Blend
- 1 drop Wellness For Kids & Elderly Blend

Combine and apply daily, neat (directly from the bottle), to the sole of the foot.

## Basic Immune Support Massage Oil

- 6 drops Lavender Chamomile Blend
- 6 drops Wellness For Kids & Elderly Blend
- 1 ounce Grape Seed carrier oil

Mix in PET bottle, label, and shake well before using. As part of a preventive health maintenance program, use twice weekly as a body massage oil.

## Bath Blend

- 2 drops (baby) or 5 drops (toddler) Lavender Chamomile Blend
- 1 teaspoon goDésana Baby Bliss Shampoo & Body Wash
- Under 2 months use ½ teaspoon of goDésana Baby Bliss Shampoo & Body Wash with no added Essential Oils

Mix Essential Oils and Baby Bliss Shampoo & Body Wash together, and then swish the mixture into the water. Be careful not to get water in eyes.

## Bee Stings

- 1 drop Chamomile, german *or*
- 1 drop Helichrysum *or*
- 1 drop Lavender, fine *or*
- 1 drop Tea Tree

Any of the above Essential Oils can be applied neat, directly on location, to the sting. Do not combine or use more than one of the recommended Essential Oils.

## Calming Bath Blend (*3 years and up*)

- 1 (under 3 years of age) or 2 drops Lavender Chamomile Blend
- 1 (under 3 years of age) or 2 drops Mandarin, red
- 1 drop Geranium, rose
- 1 teaspoon of goDésana Baby Bliss Shampoo & Body Wash

Mix Essential Oils and Shampoo & Body Wash together. Swish the mixture into bath water, being careful not to get water in eyes.

*Calming Bath recipe is not appropriate for use with children under a year old.*

## Cradle Cap

- 5 drops Lavender Chamomile Blend
- 1 ounce goDésana Baby Bliss Massage Oil

Gently massage a small amount of this blend into scalp, carefully loosening the cradle cap. Wash gently with goDésana Baby Bliss Shampoo & Body Wash.

## Colds, Influenza, and Pneumonia

- 2 drops (1 drop for newborn) Ravensara

Apply to the sole of each foot over the lung reflex points, pad of foot, and beneath toes. Apply 3 to 6 times daily (1 to 3 times daily for newborn), for up to 4 days.

- 1 drop Eucalyptus radiata on each foot for small children, and 2 drops for older children

During a cold or flu, you can also use Eucalyptus radiata, neat, on the tips of the toes (sinus reflex points) and on the pad of the foot (lung reflex points).

## Cuts & Scrapes Cleansing Blend

- 10 drops Lavender Chamomile Blend
- 10 drops Tea Tree
- 5 drops Ravensara
- 5 drops Thyme ct. linalool
- 5 drops Eucalyptus radiata
- 4 ounces of distilled water

Mix in PET bottle, label, and shake well before using. Spray onto wound or cut, allow to air dry, and use a bandage when appropriate. Store in a dark, cool place. Appropriate for use with children over the age of 1 and the elderly.

## Diaper Rash Blend

- 6 drops Lavender Chamomile Blend
- 4 drops Tea Tree
- 2 drops Ravensara
- 1 ounce of Grape Seed carrier oil

Mix in PET bottle, label, and shake well before using. Apply with cotton ball to the affected area. Repeat with diaper change as needed. Can also be used for Balanitis, an inflammation of the penis head.

## Exam Stress Blend

- 1 drop Thyme ct. linalool
- 1 drop Ravensara
- 2 drops Lavender Chamomile Blend
- 10 ml Grape Seed carrier oil

Mix well and store in a glass cobalt bottle with orifice reducer lid. Massage into neck, back, and shoulders to reduce stress and help focus. You can mix 10-15 drops with 4 ounces of Distilled Water to create a spray mister.

**Fever**

- 6 drops Eucalyptus radiata
- 1 pint of lukewarm water

Mix well and pour into glass bowl. Give child a sponge bath with the Eucalyptus water.

**Growing or Muscle Pains (10 years and up)**

- 5 drops Rosemary ct. verbenone
- 7 drops Lavender, fine
- 6 drops Eucalyptus radiata
- 5 drops Thyme ct. linalool
- 4 ounces Sesame carrier oil

Mix in PET bottle, label, and shake well before using. Massage 2 drops on achy joints, using very light pressure in an upward stroking movement and no pressure on the downward strokes.

**Head Lice Blend (do not use under age two)**

- 4 drops Lavender Chamomile Blend
- 4 drops Eucalyptus radiata
- 4 drops Thyme ct. linalool
- 2 tablespoons goDésana Baby Bliss Shampoo & Body Wash

Mix together and apply to hair, being careful not to get any into the eyes; leave on 10 minutes and then wash out. Comb hair with a fine-toothed comb. Repeat as needed.

**Insect Bites**

- Apply After-Bite, neat (direct from the bottle) onto the bite. Repeat as needed.

**Laundry**

- Add 6 to 8 drops of Lavender Chamomile, Protector, or Lemon to the rinse cycle or place on a washcloth and insert into dryer.

**Measles & Chickenpox Blend**

- 2 drops Lavender Chamomile Blend
- 1 drop Geranium, rose
- 1 drop Lemon
- 1 teaspoon Grape Seed carrier oil
- ¼ cup of Clay Vitality Detox Powder

Mix oils and clay together, and then add to warm bath while water is running. Let child soak for 10 to 15 minutes, keeping water warm.

**Monster Spray Blend**

- 10 drops Lavender Chamomile Blend **or** 10 drops Calm Blend **or** 10 drops Happy Blend
- 4 ounces of distilled water

Mix in PET spray bottle. Label and shake well before using. Spritz wherever your child thinks monsters could be hiding.

**goDesana's Exclusive Alexandria Brighton Collection Pediatric Safe Blends**

- |                          |                         |
|--------------------------|-------------------------|
| • After-Bite             | • Respi Relief For Kids |
| • Bug ProTech            | • Tooth Relief For Kids |
| • Burn Care              | • Toxbgone For Kids     |
| • Calm                   | • Tri Remedy For Kids   |
| • Ear Relief             | • Vitality For Kids     |
| • Eczema Relief For Kids | • Wellness              |
| • Happy                  | • For Kids & Elderly    |
| • Lavender Chamomile     | • Wellspring Of Life    |
| • Lavender Frankincense  | • For Kids              |
| • Lavender Ice           |                         |
| • For Kids & Elderly     |                         |

Use as directed, and adhere to Responsible Cautions found at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).

**Room Freshener**

- Diffuse 6 to 10 drops of Lavender Chamomile into room; limit diffuser to 15 minutes.

**Sleep Difficulty Blend**

- 20 drops Lavender Chamomile Blend
- 10 drops Mandarin, red

Mix in cobalt blue glass bottle with orifice reducer. Mix 10 drops with 4 ounces of Distilled Water to create a mister. For topical use, add 6 drops to 1 ounce Grape Seed carrier oil and massage onto child's back before bedtime. May also be diffused, or 1-2 drops can be put on a tissue and placed inside the pillow case.

**Stomach Ache, Nausea, and Colic Blend**

- 2 drops Lavender Chamomile Blend
- 1 drop Ginger Root
- 1 drop Mandarin, red
- 1 drop Marjoram, sweet
- ½ ounce Grape Seed carrier oil (1 ounce for children under 1 year)

Mix in PET bottle, label, and shake well before using. Massage onto the abdomen in a clockwise motion. Can also be applied to the stomach and intestinal reflex points on the foot, using 2 to 4 drops for each foot.

**Stuffy Cold Diffuser Blend**

- 3 drops Lavender Chamomile Blend
- 5 drops Eucalyptus radiata
- 3 drops Lemon

Diffuse into room while sleeping.

**Temper Tantrum Blend**

- 4 drops Lavender Chamomile Blend
- 4 drops Mandarin, red
- 2 drops Ylang Ylang Complete

May be diffused, or 3-6 drops can be mixed with goDésana Baby Bliss Shampoo & Body Wash. Swish into bath water; do not to get water in eyes. You may also mix with 4 ounces of Distilled Water to create a mister.

**Umbilical Cord Blend**

- 1 drop Tea Tree **or** 1 drop Myrrh
- 1 ounce Grape Seed carrier oil

Mix, label, and store in a cobalt blue glass bottle with orifice reducer. Use a cotton swab to apply a few drops daily in and around the newborn's belly button. Repeat 2-3 times per day at diaper change. Start using this blend the first day of birth.

**Vomiting & Nausea**

- 4 drops Ginger Root
- ½ ounce Grape Seed carrier oil

Rub over stomach in a gentle, clockwise direction. One drop of Ginger Root can also be inhaled from a tissue.



**For More Information:**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Consultant ID # \_\_\_\_\_

Web Address \_\_\_\_\_

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