

# Making Sprays & Working with Essential Oils

with Jessica Hueser & Elli Reilander

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*\*Disclaimer\* This presentation and the following recipes are for educational purposes only. If you have a medical concern, please consult with a licensed healthcare practitioner. When working with herbs and plants, do not ingest or work with anything that you are unfamiliar with.*

## **Introduction**

Essential oils, also known as volatile oils, are a very concentrated herbal extract of a constituent known as terpenes and phenylpropanes. In general, plants rich in volatile oils are very fragrant (think of all the culinary herbs!). The controlled use of essential oils as medicine is called aromatherapy. Essential oils are antimicrobial, and some are antiviral, sedative, and antispasmodic. Essential oils are VERY concentrated and need to be used responsibly because there is risk of toxicity. Before experimenting with essential oils refer to the resources listed below or contact a certified herbalist, aromatherapist, or licensed healthcare practitioner. As a general rule, essential oils should always be used diluted in either water or a carrier oil.

## **Safety**

- Essential oils should never be taken internally unless directed by licensed healthcare provider.
- Do not use essential oils undiluted unless instructed by a knowledgeable professional.

## **Steps**

- Equipment:
  - Measuring cup
  - Funnel
  - Distilled water
  - Essential oils
  - Optionals: witch hazel, floral water
- How to make a spray:
  - Measure size of container
    - If you do not know ahead of time, ensure bottle is clean and fill bottle with water
    - Measure this amount and take note of it!
  - Measure water needed for specific recipe (and any other additional liquids)
  - Use funnel to pour water into bottle
  - Add essential oils
  - Cap, label, and shake before every use!

## Recipes

- Preparing a Natural Insect Repellent:
  - ½ Distilled water
  - ½ Witch hazel
  - Combination of essential oils:
    - 7 - 10 drops for 60 mL
    - Lavender, Eucalyptus, Tea Tree
- Preparing Room Sprays:
  - ⅔ Distilled Water (or 100% Distilled Water without using optional floral water)
  - ⅓ Floral Water (optional)
  - Combination of essential oils:
    - 5 - 10 drops for 60 mL
- Preparing a Steam Bath:
  - Add herbs or essential oils to the bottom of your bowl and pour boiling water over top. Place bowl on table and cover for 5 minutes. Sit comfortably in front of the bowl. Put your head above the bowl, then cover your head and the bowl with a large towel (making a tent). Steam for as long as you can handle it.
  - Dilution Guide:
    - 8 - 10 drops for 500 - 1000 mL

## Recipe Resources:

- <https://theherbalacademy.com/crafting-a-natural-bug-repellent-with-essential-oils/>
- The Boreal Herbal by Beverly Gray
- <http://wellnessmama.com/2565/homemade-bug-spray/>

## Bottling:

- For sprays, best to have mist top as cap
- Choice between plastic or glass
  - Plastic
    - Advantage: light weight, easy to transport, non-breakable
    - Disadvantage: volatile oils might adhere to side of plastic, volatile oils can diminish over time being stored in plastic
  - Glass (amber)
    - Advantage: volatile oil strength is maintained over time, volatile oils are suspended in solvent over time
    - Disadvantage: heavier, can break

## Dosing:

- Sprays
  - Shake before each spray, spray as much as you would like!



## **Herbal Resources:**

### **Books:**

- Advanced Aromatherapy: The science of essential oil therapy - Kurt Schnaubelt, PhD
- Aromatherapy: A Practical Approach - Vicki Pitman

### **Great Vancouver Area Stores:**

- Saje Natural Wellness (<http://saje.ca/>) - various locations
- Finlandia Pharmacy, 1111 W Broadway, Vancouver, BC V6H 1G1
- Gaia Garden Herbal Dispensary, 2672 W Broadway, Vancouver, BC V6K 2G2
- Quiddatas, 1906 Commercial Dr, Vancouver, BC V5N 4A7
- Voyageur Soap and Candle, 19257 Enterprise Way #14, Surrey, BC V3S 6J8
- Honeybee Center,
  - Two locations:
    - 4125 Main Street, Vancouver, B.C. V5V 3P6
    - 7480 - 176 Street, Surrey, B.C. V3S 7B1

## **Katzie First Nation Health Center**

### Location:

- Band Office: 10946 Katzie Rd, Pitt Meadows, BC V3Y 2G6
- ***Depending on your location, your travel route may include tolls***

### Contact Information:

- Receptionist: Amie Angel
- Phone: [604-465-8921](tel:604-465-8921)

### Naturopathic Clinic:

- Anyone is able to book an appointment at Katzie First Nation Health Center for Naturopathic Services
  - 1st Priority Booking will go to Katzie First Nation Members

## **About Jessica & Elli**

**Jessica Hueser (Cree)** (<http://jessicahuesernd.com/>) is a member of the Lac La Ronge Indian Band, from Northern Saskatchewan. Her journey in naturopathic medicine began after completing a Bachelor of Science degree in Biochemistry from the University of Saskatchewan. She is an active part of her community volunteering and participating in Pow Wows, soccer, and Culturally Relevant Urban Wellness (CRUW). She continuously finds ways to practice and share knowledge from traditional Aboriginal cultural and medicinal practices. Jessica is currently in her 4th year at Boucher Institute of Naturopathic Medicine.

**Elli Reilander** ([www.themedicinalkitchen.com](http://www.themedicinalkitchen.com) and follow her on Facebook [www.facebook.com/themedicinalkitchen/](http://www.facebook.com/themedicinalkitchen/)) has always had a connection with nature. Growing up surrounded by the Salish Sea and in the Coastal Temperate Rainforest, it was no surprise that she enrolled in natural sciences at the University of Victoria. During that time Elli worked as an educator with several organizations including, Seaquaria In Schools, SeaChange Marine Conservation Society, and onboard BCFerries as a Coastal Naturalist. After completing a Bachelor of Science degree she went on to work as a Senior Park Naturalist in Goldstream and Rath Trevor Provincial Parks. This was where she became fascinated by the rich history and diversity of the traditional and natural medicines that surrounded us. Elli is currently in her 4th year at Boucher Institute of Naturopathic Medicine and is passionate about bringing together her love of nature, medicine, and education.