

Muscular Aches

For muscular exertion after exercise or simple over-use, a blend can be made using 7 drops **Lavender**, 7 drops **Juniper** and 8 drops **Rosemary** in 50 ml carrier oil (**Almond**, **Grapeseed** or **Apricot kernel**, for example). This blend can be used as a massage oil or up to 10 drops can be used in a bath. If you suffer from high blood pressure, substitute **Sweet Marjoram oil** for Rosemary.

Aching Feet

After a hard day at work, try a footbath. If the feet are swollen and puffy, use a few drops of **Peppermint oil** in cool water. If they are tired and aching, use **Geranium oil** in warm water. Soak for 30 minutes or so. For excessive foot odour, try a footbath containing a few drops of **Cypress oil**.

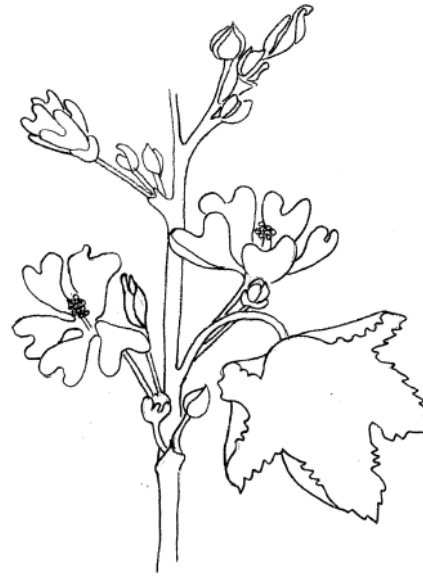
Hangover

We all get them from time to time! Try any of the following remedies; A few drops of **Rosemary** and **Juniper** in a warm bath.
Lavender massaged onto the nape of the neck
A cool compress of **Lavender** or **Geranium** laid across the forehead.

To make a Compress.

Run some water of the required temperature into a bowl, place a few drops of the appropriate oil onto the water; swish around lightly with the hand. Lay a folded flannel or small towel onto the surface of the water until it is wet through. Squeeze out lightly and apply to the affected area. As a cold compress becomes warm, or a hot compress cools, replenish from the bowl.

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Natural First Aid

from



The Simmering Cauldron

This leaflet lists some natural products which can be used for all the family.

Lavender Oil

This oil is healing and antiseptic. It can be used neat on minor cuts and grazes and is especially good for burns. It is one of the few oils that can be used neat on the skin, although dilution is recommended for babies. Two to three drops on the pillow at night will promote restful sleep, as will 3-5 drops in a warm bath before bedtime.

Tea Tree Oil

Another oil that can be used neat. This is one of the most anti-bacterial and anti-viral of all the oils. It can be used in a burner to help prevent the spread of cold and flu bugs in winter. **Tea Tree** can also be used on mouth ulcers (applied carefully with a cotton bud to the sore area). It can also be dabbed onto grazes and cuts which are likely to become infected, eg. cat scratches.

Aloe Vera (whole plant)

Extract of **Aloe Vera** can be bought in creams and gels, but why bother when the plant itself can be used? I recommend everyone keep a plant on their kitchen window sill, after all this is the place where you are most likely to burn yourself! When needed, simply snip off a leaf or part of a leaf and squeeze the thick, clear gel onto the burn or scald. The action of the gel is immediately soothing and promotes healing without scarring. It can also be used on cuts and grazes and can be beneficial on old scar tissue.

Echinacea

This can be bought in tablet form or taken as a tea. It strengthens the immune system against infection, and is especially effective against winter ailments. Take the dried herb in the form of a tea daily for six weeks, rest for two and then resume for another six weeks throughout the winter period. **Echinacea Augustifolia** is stronger and harsher, but many herbalists prefer **Echinacea Purpurea** which has a gentler but more sustaining effect.

Sage Tea

Dried or fresh, this herb can be made into a tea to be drunk to help prevent hot flushes during the menopause or as a gargle for sore and dry throats. See enclosed leaflet for how to prepare a herbal tea.

Common Aliments

Colds and Flu

A number of oils are beneficial to relieve symptoms, as follows;

Eucalyptus

Pine Sylvestris (other pine oils are toxic)

Cajuput

Tea tree

Any of these can be dropped onto a tissue and carried in a bag or pocket; a few drops can be placed on a pillow before sleep or evaporated in an oil burner. For a more concentrated treatment, a few drops can be placed in a bowl of hot water with a towel draped over the head (keep your eyes closed!) for a few minutes.

My favourite remedy is 3-5 drops of **Cajuput oil** in a warm bath, this I find an excellent restorative after dragging yourself through a day at work when suffering from a cold.

And, of course, don't forget the vitamin C! Despite the fact that 'scientists' have found that a supplement of this vitamin does not help to prevent colds, I'm sure that those of us who have tried it can attest to its effectiveness!!!

Travel Sickness

Peppermint oil can be dropped onto a handkerchief or tissue to be used as needed. If the sickness is a result of nervous tension, **Lavender oil** can be used similarly.