

Ingrid Kleindienst-John

Buchbacher Straße 91
2630 Buchbach b. Ternitz
Handy 0676/6125100
E-Mail: ingrid@kleindienst-john.at
www.kleindienst-john.at



The recipes

Compress against muscle aches with the hydrosols of *Abies alba* or *Thymus serpyllum*, mixed in water.

Lotion against muscle aches

50 ml basic oil (I prefer St. John's worth oil) mix up with the following essential oils
4 gtt. *Juniperus communis*
2 gtt. *Rosmarinus ct. cineol*
6 gtt. *Citrus paradisi* (Grapefruit)
and then mix with 50 ml hydrosol of *Abies alba*, *Thymus vulgaris* or *Lavandula angustifolia*

Compress against strains with *Helichrysum italicum* hydrosol.

Compress for infected wounds: take *Cistus ladaniferus* hydrosol.

Compress against Herpes simplex: *Melissa officinalis* hydrosol.

Compress for tired eyes: *Rosa damascena* hydrosol

Compress against headaches:

20 ml *Melissa officinalis* hydrosol
3 gtt *Citrus limon* essential oil
1 gtt *Melissa officinalis* essential oil
Shake well before use and put this compress on your forehead to ease the pain!

Compress against monthly menstrual complaints:

2 gtt *Achillea millefolium* essential oil
2 gtt *Chamaemelum nobile* essential oil
should be mixed with 1 teaspoon of *Jojoba-oil*
Then mix this up with 2 spoonful *Sandal wood (Santalum album)* hydrosol
Soak a little towel with this lotion and put on your belly. Place on this a thermophore, not too hot, but hot enough to feel fine, wrap yourself into a plaid and rest for one hour - you will suddenly feel better!

Lotion against haemorrhoids

Melt 2 g bees wax, 5 g lanolin anhydr., 2 g cacao butter in a glass, put in 25 ml of St. John's worth oil, 4 gtt cypress essential oil, 4 gtt myrtle essential oil, 2 gtt. sandal wood essential oil. In another glass warm up 20 ml Hamamelis or *Cistus ladaniferus* hydrosol, mix carefully together and fill up in a glass. Then put carefully on your disease 3 times daily.

Mini-bath against Cystitis: use the hydrosol of *Santalum album*, *Thymus vulgaris* or *Cedrus atlantica*, if you like make combination with the essential oil of *Citrus bergamia* (if you do so, shake it well) and put into a mini-bath.

Mini-bath at vaginal infections: take the hydrosol of *Santalum album*.





Vampire-Spray

5 ml Vodka, 4-5 gtt *Lavandula angustifolia* essential oil, 95 ml hydrosol of *Lavandula angustifolia*.

The children of our family call this "Anti-Vampire-Spray" and use it every day, before they go to bed.

Spray or Diffuser: Against running noses (from 2 years on)

25 ml hydrosol *Myrtus communis*

25 ml hydrosol *Abies alba*

If you want, put into your diffuser 2 gtt *Thymus vulgaris ct. linalool*

Children's sore throat (only, if they are able to spit the water!)

1 teaspoon salt

4 gtt *Citrus bergamia* essential oil

2 gtt *Melaleuca cajeputi* essential oil

50 ml hydrosol of *Myrtus communis*

50 ml hydrosol of *Salvia officinalis*

For one application you put only one spoonful into a glass with warm water.

For girls to feel like a princess - face lotion

50 ml *Rosa damascena* hydrosol

40 ml *Orange blossom* hydrosol

10 ml ethanol

2 ml D-Panthenol

4 gtt *Aloe vera*

For boys against pimples

50 ml *Melaleuca alternifolia* hydrosol

40 ml *Hamamaelis virginiana* hydrosol

10 ml ethanol

2 ml D-Panthenol

5 gtt *Aloe vera*

Tonic for cleaning your face

5 ml Vodka

10 ml *Bellis perennis* hydrosol

10 ml *Sambucus niger* hydrosol

10 ml *Hamamaelis virginiana* hydrosol

Facial tonic against tired skin, without alcohol

10 ml *Mentha piperita* hydrosol

10 ml *Salvia officinalis* hydrosol

10 ml *Rosmarinus ct. cineol* hydrosol

Facial mask

Put two or three tablespoons with clay into a bowl and mix with two or three tablespoons of hydrosol. You will get a fine paste. Put in two drops of essential oil, put it on your skin and relax. After a few minutes wash your skin and make a splash with your favorite hydrosol.





Spray against depression feelings

3 gtt *Orange blossom* essential oil
1 gtt *Jasmine sambac*
30 ml *Basilicum* hydrosol
20 ml *Melissa officinalis* hydrosol
Shake well before use and spray around you!

Skin lotion

You have to heat (please not more than 55°C!) 80 ml almond oil together with 20 g Emulsan. In a second glass warm up 180 ml Melissa hydrosol. Then mix it all together and put in some 16 gtt D-Panthenol and up to 40 gtt essential oils (I use for that 20 gtt Grapefruit, 6 gtt Lavender, 6 gtt Sandal wood).

Aftershave lotion for your man

40 ml Cypress hydrosol
40 ml Myrtle hydrosol
1 point of a knife of Allantoin
After you mixed this, put in 1 point of a knife Xanthan,
20 ml Ethanol
5 ml Fluid Lecithin Super
2 ml Almond Oil
up to 10 gtt essential oils of your choice.
Mix it up for a few minutes with your hand mixer, so there should not be any little lumps in.

Body splash "Summerlove"

Mix up the following hydrolates:
50 ml Myrtle
25 ml Rosemary
25 ml Peppermint
and fill in a spray-bottle.

Another freshening spray:

5 ml Vodka
10 gtt Grapefruit essential oil
30 ml *Abies alba* or *Pinus cembra* hydrosol
15 ml Lemongrass hydrosol

Deo-Spray

10 ml Vodka
1 spoonful apple vinegar
4 gtt *Aniba rosaeodora* essential oil
2 gtt *Rosemarinus ct. cineol*
5 gtt *Citrus paradisi*
40 ml preferred hydrosol

Deo-Roll-On

25 ml Vodka
10 gtt essential oils of your choice
25 ml hydrosol of your choice
1 point of a knife Xanthan, 2 ml D-Panthenol, 2 - 3 ml Aloe Vera gel
Mix it up for a few minutes to avoid little lumps, then put in a Roll-On.





Shower gel

70 ml Hydrolate of your choice - warm it up to 30° C
7,5 ml Sanfteen
3,5 ml Betain
25 ml collagen surfactant (= Tensid)
15 drops of D-Panthenol
1 spoonful Rewoderm
15-20 drops of essential oils
Mix it all together, ready to use!

Tooth paste

60 ml hydrolate of Peppermint, Sage, or Mentha citrata
5 ml natural Glycerine
10 gtt of essential oil of your choice (take Peppermint, Bergamot or Orange, e.g.)
Some white clay, to make it a paste.
Mix it for a few minutes to avoid building lumps and then fill it into a box.

Good time for learning

Mix up
10 ml Rosemary hydrosol
10 ml Lavender hydrosol
20 ml *Abies alba* hydrosol
and give it into your diffuser to clear the atmosphere of your room. Learning will be easier then.

Here is a spray for your clothes box:

First mix up 30 ml Vodka with the following essential oils:
5 gtt lavender
5 gtt cypress
2 gtt rosemary cineol
2 gtt peppermint
and then give into your bottle 70 ml lavender hydrosol.

Spray against fleas for your pet

First mix
2 ml ethanol or Vodka
2 gtt *Lavandula intermedia*
2 gtt *Juniperus virginiana*
2 gtt Bergamot
and then fill the spray bottle up with
50 ml hydrolate of lavender
50 ml hydrolate tea tree
Never spray this mix directly on your pet! Please spray on your hand and then wipe the fur softly and carefully. Mostly they like this treatment!

Cooking

Children like this **summer punch**, made of
1 l apple juice,
5 spoonsful of rose hydrosol,
1 handful summer flowers (please take only eatable ones)
let this for approx. 3 hours and then finish it with 1 l mineral water

