



## **The Essences of Summer**

by Deb Larson

One of my favorite things to do in the summer is to play in my garden!! My love of flowers and gardening was a natural springboard for my study of aromatherapy.

More than just a fragrance, Medicinal essential oils have immense health benefits. It is said that essential oil is the life force, or the soul of the plant.

You may all know that Medicinal Essential oils have the ability to heal the body on a physical, mental, emotional and spiritual level, but did you know they have the ability to keep you cool on hot summer days, to soothe sunburn, to keep bugs away, relieve allergies and more!!

As a long time user of medicinal essential oils, I have incorporated essential oils into my daily summer routine. So whether you are gardening, at the beach, at the pool, camping, or just enjoying the great outdoors this summer, below are a few tips to help make your summer experiences more enjoyable with the added benefits of greater well being!!

During hot summer days staying hydrated is key. Try adding a drop of lemon, lime, grapefruit, peppermint or spearmint essential oil to your water. It will not only be a refreshing healthy drink, but will keep you cool, as well as an uplifting mood booster and energizer. The lemon, lime or grapefruit also act as a great detoxifier. Be sure to use a glass rather than plastic container, as plastic can break down.

When you spend too many hours in the sun, a great sunburn soother is to add a few drops of lavender, roman chamomile, or geranium essential oils to a few tablespoons of coconut oil and apply to your sunburn. Aloe vera gel is also a great carrier base for the sunburn application. You can also apply a few drops of lavender to a cool washcloth and use as a compress. This worked great for my granddaughter last year in Florida!!

A number of Essential oils act as a natural insect repellent! These include citronella, lavender, lemongrass, and lemon eucalyptus works great to ward off those pesky mosquitos!!

For a bug or bee bite, help take the itch or sting away with lavender, tea tree or roman chamomile essential oil. These essential oils also work well as a compress to soothe the itchy rash of poison ivy.

For allergy relief consider cypress, lemon or rosemary essential oils.

For stress relief try using lavender, cedarwood, chamomile or marjoram essential oils.

How do I use essential oils?

First, Breathe slowly and deeply, knowing the healing essence, the life force of the plant, is being absorbed into every cell of your body.

For application to your skin, if you are new to essential oils I would recommend using a carrier oil such as almond, oil, olive oil or coconut oil.

The warm summer months are also a perfect time to diffuse energizing and cooling essential oils. Some diffuser blend ideas include bergamot & wild orange, patchouli & geranium, and lemon, grapefruit & wild orange.

Certain Essential Oils require caution in the summer such as the citrus oils: orange, grapefruit, lemon, lime and tangerine. Use of these oils while in the sun may cause skin areas to burn faster. If pregnant or nursing you should check with your doctor before using essential oils.

Deb Larsen, a Certified Aromatherapist, offers over 10 years experience in the holistic healing arts assisting clients in one's healing and transformation of mind, body and spirit. Co-founder of Gem Essences, Deb is trained in various healing modalities including Medicine Wheel Rejuvenation, Reiki Master, Advanced Pranic Healing, Pranic Psychotherapy Healing, Pranic Crystal Healing, Medicinal Essential Oils, Crystal and Sound therapy through the use of tuning forks. Contact Deb at [larsendm@cox.net](mailto:larsendm@cox.net) or 216-401-7002 for an appointment or consultation.

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