

## Romance & Essential Oils

1. Set aside special time for a romantic interlude with your partner, and schedule it as a date. Send the kids to a friend's house, turn off the phone, hang a "Do Not Disturb" sign on the door and do whatever else is necessary to give yourself the privacy to focus on each other.
2. Prior to your date, take a few minutes to create a romantic environment. The setting for romance can be your living room, bedroom or private outdoor patio. Candles, especially pure aromatherapy candles, help set the mood. Scents can also be used in diffusers to infuse the air with fragrance.
3. A soothing bath is the perfect prelude to your date. Make the water warm enough to be relaxing, but not so hot that it makes you sleepy. Add 3 to 10 drops of essential oil (or a combination of oils) to the bath, along with 1/2 cup of Epsom salts to relax tense muscles and 1 cup of baking soda to soften your skin. Many of the aphrodisiac essential oils are very potent. It takes only a few drops to scent an entire bathtub of water. If you have a large tub, begin your romantic rendezvous by soaking together in the bath. Float a few rose petals in the water, and bathe by candlelight, as no romantic scene is complete without candles.
4. Finish your bath by toweling dry and massaging your body with a fragrant aromatherapy body lotion. Add 5 to 10 drops of your favorite essential oil blend to each ounce of unscented body lotion to create your own unique exotic fragrance. You also might consider exchanging an aromatherapy massage with your partner.
5. Additional romantic touches include fresh flowers, which can be used in creative ways. In Indonesia, ylang ylang flowers are scattered on the bed of newly married couples. Make a trail of flowers for your lover to follow, scatter rose petals on your bed or surround your bed with a garland of flowers.
6. Plenty of pillows for lounging, sensuous silk or chenille throws for staying cozy and your favorite mood-setting music all help cast a spell of romance.
7. Put 10-15 drops of your favorite romantic essential oils in a spray bottle with water, shake well, and mist your sheets and bedroom. Play some relaxing music that you both like.
8. After a hard day, soothe your partner's nerves with a head massage using essential oils. This action will ultimately help him / her relax, and is conducive to romance. Mix several drops of the oils of your choice into a teaspoon of almond and jojoba oils each. Rub this oil on your hands and then gently massage your partner's face. Rub outwards towards the ears. Next, use circular motions to massage the forehead and proceed to the back of the neck.
9. Make sure the room is comfortably warm — if you have a fireplace or woodstove, a massage in front of the fire is a luxurious experience. Create a comfortable place for massage with a thick pad or several folded blankets and pillows. Cover the entire massage area with thick, soft towels to keep the massage oil from staining fabrics or carpets. You can also purchase a massage table on ebay quite reasonably.
10. To make your own aromatic lingerie, add two drops of essential oil to the final rinse water when hand-washing; if machine-washing, add three to five drops to the softener section of your machine. (Add a couple of handkerchiefs for you and your lover to the scented rinse water of your lingerie; your workmates will never suspect that instead of having a cold, you're reminding yourselves of sensual delights!) If you put your lingerie in the dryer, put three to five drops of essential oil on a piece of cotton fabric and add to the dryer; use a light oil such as lavender or lemon, rather than a thick, resinous oil such as myrrh. You can also perfume your lingerie while it's in a drawer. Simply put six to eight drops of essential oil on squares of absorbent paper or other material and place throughout the drawer.
11. To scent your stationary or cards take a couple of cotton balls or cotton pads and sprinkle several drops of your favorite essential oil on the pads. Place the desired items in a plastic zipper bag along with the scented cotton and seal. Do this several days before you want to give or send the letter or card.

## **Romance Blend Massage Oil**

This blend has a beautiful romantic fragrance that is extremely uplifting, refreshing and arousing. It promotes the excitement of experiencing new heights of self-expression and awareness. It is also very nourishing and hydrating for the skin.

3 drops Geranium, 3 drops Rosewood, 2 drops Ylang Ylang, 1 drop Myrrh, 1 drop Black Pepper. Dilute in 1 oz of Apricot Kernel oil.

Use as a massage oil. Avoid eye contact. Never use water to dilute or rinse, only any pure vegetable oil.

## **Relaxing Massage Oil**

Sandalwood, lavender and clary sage create a deeply relaxing blend with a sensuous scent.

6 tablespoons almond oil  
2 tablespoons jojoba oil  
20 drops sandalwood essential oil  
15 drops lavender essential oil  
5 drops clary sage essential oil

Mix oils together in a tightly capped bottle. Shake well before using.

## **Edible Body Butter**

1/4 cup cocoa butter (shea butter may be substituted)  
2 teaspoons light vegetable oil (sesame, olive, safflower, canola, olive, or almond oil work well) (you may use a combination of oils to equal 2 teaspoons if you prefer)  
1 teaspoon vitamin E oil or enough capsules to equal 1 teaspoon  
5-10 drops essential oil of your choice except Jasmine

## **Whipped Body Cream**

2 T. beeswax  
1 T. jojoba oil  
1 T. mango butter  
1 T. cocoa butter  
1 T. coconut oil  
1 T. honey powder (optional)  
½ t. essential oil of your choice except Jasmine

1. Combine all ingredients except the essential oil in a large heatproof glass measuring cup with a pour spout. Place the mixture in a hot water bath until the waxes are completely melted. Remove from heat. Stir together to make sure they are evenly combined.
2. Begin stirring with an electric mixer on medium speed. You will see the mixture begin to thicken as you blend it. Continue mixing until Whipped Body Cream is thick and rich. I have found that blending for anything less than 10 minutes or so does not allow enough time for this mixture to become stable. Mixing for less time than this could result in separation.
3. Pour into clean jars. If a jar, use a cosmetic spatula to dispense this so you don't add bacteria from your hands. If you want, you can add whatever preservative you prefer to extend shelf life (such as Vitamin E). If you do not use a preservative, your cream should last up to 2 weeks if you have used fresh ingredients and if you dispense it with a clean utensil (like a cosmetic spatula) and store it in a cool, dry place.

## **Romantic Bath Salts**

2 cup Epsom salts

1 cup Sea salt

10 drops of sandalwood essential oil

5 drops of ylang ylang essential oil

10 drops of rose essential oil

In a large bowl mix salts first, then add the other ingredients slowly. Mix well.

## **Passion Massage Oil**

Sandalwood, rose and patchouli create an exotic scent that lingers on your skin for hours.

6 tablespoons almond oil

2 tablespoons jojoba oil

25 drops sandalwood essential oil

10 drops rose essential oil

5 drops patchouli essential oil

Mix oils together in a tightly capped bottle. Shake well before using.

**Edible Massage Oil** can be made with all natural, vitamin fortified oils that will be completely absorbed by the skin, leaving it soft, supple and revitalized. Lightly scented with the aphrodisiac flavors of your choice.

1.5 oz of Almond, sweet oil

1 oz of Grapeseed oil

1 oz of Apricot Kernel oil

.5 oz of Sunflower oil

1/2 tsp. of any combination of essential oils except Jasmine

4 oz dark glass bottle

Makes 4 oz. Mix all ingredients and pour into a 4 oz. glass bottle. Heat oil in its container in a warm water bath prior to massage. (DO NOT MICROWAVE). Best kept in refrigerator. Shelf life: 2-3 months.

## **Basic Massage Bar**

A convenient alternative to massage oils is a massage bar, which melts at body temperature and can be smoothed directly onto the skin. Massage bars are simple and fun to make. You'll need a soap mold, which can be found at any craft store. Heart-shaped molds are a perfect choice for Valentine's Day.

3 oz. beeswax

3 oz. coconut oil

3 oz. sunflower oil

essential oils of your choice

Melt beeswax and cocoa butter together in top of double boiler. When melted, add sunflower oil and stir until completely mixed. Stir until mixture cools slightly before adding essential oils, about

1 teaspoon. Pour into molds and let harden.

## **Massage Bar #2**

½ c. cocoa butter

1/8 t. Vitamin E Oil

1 T. coconut Oil

25-35 drops of essential oils

1 mold

Melt cocoa butter over very low heat and add the coconut oil. Remove & add the vitamin E oil & EOs. Stir well and add to your mold. Place in freezer to quicken the hardening. Keep in a cool place. Let harden for 1 week before using.

**Lavender Whipped Cream** (remember men loved the scent of pumpkin pie and lavender, so put this on top of your homemade pumpkin pie!)

Don't overdo it — just a drop or two is sufficient.

1/2 pint whipping cream

2 teaspoons maple syrup

1 to 2 drops pure essential oil

Whip cream, adding maple syrup and essential oil as the cream starts to thicken.

### **Exotic Nights Bath**

Coconut milk creates a rich, moisturizing bath and leaves skin silky smooth. Ylang ylang is a heady, exotic scent that is lightened by orange.

2 drops ylang ylang essential oil

3 drops orange essential oil

1 can coconut milk

Combine essential oils with the coconut milk and add to a tubful of warm water.

### **Natural Non-Toxic Lubricant**

Place a drop or two of your favorite essential oil(s) in a little coconut oil. It is a fabulous natural oil that is solid at room temperature but liquefies as it touches the human body, making it an excellent natural lubricant.

### **Romantic Massage # 1**

Cedarwood - 2 drops

Clary Sage - 2 drops

Orange - 1 drop

Vanilla 10% - 5 drops

Almond oil - 1 ounce

### **Romantic Massage # 2**

Jasmine - 2 drops

Orange - 2 drops

Sandalwood - 2 drops

Ylang ylang - 1 drop

Almond oil - 1 ounce

### **Aphrodisiac Bath**

Jasmine - 4 drops

Ginger - 4 drops

Neroli - 4 drops

Clary Sage - 6 drops

Black Pepper - 1 drop

Mix all oils in a cup (8 oz) of milk and add to a hot bath.

### **In the Mood for Love**

Rose - 2 drops

Sandalwood - 3 drops

Jojoba oil - 1 - 2 tablespoons

### **The Ultimate Love Oil**

is vanilla essential oil -- especially in combination with cocoa butter. The vanilla and cocoa combination has a tradition as an irresistibly arousing scent that goes back at least to the Aztecs, and, it has a strong appeal for both men and women.

### **His & Hers Valentines Day Perfumes**

**Inamorato** (A man with whom one is in love or has an intimate relationship; Italian: *innamorato*; to inflame with love; to enamor)

2 drops Coriander

3 drops Lime

4 drops Sandalwood

**Inamorata** (a woman who loves or is loved; Italian: *innamorata*; female sweetheart or lover; mistress)

3 drops Bergamot

2 drops Jasmine

3 drops Sandalwood

## Romance Oils and Their Properties

**Bergamot:** Classically beautiful; uplifting and enlivening; coaxes away stress and sadness and gently eases the flow of sensuality. Good for those who are inhibited by insecurity or shyness. Helps promote self-assurance and composure to seek love, feel love and show love. Elevates mood, builds confidence and encourages spontaneity.

**Black Pepper:** Intriguing and exciting. Has been used as a stimulant in the East for over 4,000 years and was recommended by the Romans to strengthen male sexual performance. It is dark, dusky and mysterious and exudes romance. Promotes stamina, increases mental alertness and concentration. For lovers who wish to banish lethargy. Stimulates energy and increases desire.

**Cedarwood:** Fortifying. Relaxes the mind. Builds confidence. Fortifies commitment. The woody, sensuously pleasing scent of cedarwood inspires a quiet strength and an inner calm and confidence. Particularly in times of turmoil, the fragrance of cedarwood helps fortify a couple's commitment to remain faithful to love.

**Chamomile:** With a scent as comforting as a lover's soft caress, chamomile excels at calming anger and anxiety, particularly in those who find it difficult to relax and let go, who over-work and out-perform, but often end exhausted, irritable and discontented. Reduces irritability and tension; relaxes mind and body.

**Clary Sage:** Intoxicating. Decreases shyness and inhibitions and increases a sense of elation, even euphoria. Like an earthly seductress, the sensual, slightly musky scent of clary sage is full of possibilities. It awakens a powerful desire to overthrow constraints and set the spirit free. It helps a couple abandon the rules and make fantasies real. Excites imagination; increases desire.

**Geranium:** Fragrant and full of fun. Fresh and floral with a slightly rosy tinge, geranium is one of the major oils of perfumery. Raises the spirits. Calms emotions. Strengthens inner confidence to enter (or re-enter) the social or romantic scene. Helps create an air of ease and contentment. Elevates mood.

**\*Jasmine:** The fragrance of jasmine is erotic and irresistible. This exquisite oil is gathered from Jasmine flowers only at night when the scent is the highest. It's long been considered to have aphrodisiac properties and has an emotionally warming, sensuous scent that soothes away stress and general anxiety, leaving you with a calm, uplifted and relaxed mood. Jasmine is quite concentrated so use it only in small amounts. Dissipates tension and increases a sense of self-worth. Decreases inhibitions.

**Lavender:** Soothing and stabilizing. This is one of the most versatile of all the essential oils. Lavender is useful in lots of ways--it's both relaxing and refreshing, uplifting and calming, balancing and refreshing. Whether you are feeling stressed and tired or just need a boost to your feminine spirits by feeling pretty, lavender is *the* oil to use. Promotes a sense of calm contentment.

**Neroli:** An exquisite, elegant even regal fragrance of femininity and grace. A fragrance of seduction; enhances communication and communion with another. It relaxes the mind and body and increases desire. Softly stirs sensual awareness; relieves shyness and inhibitions.

**Orange:** The fragrance of orange helps foster a more relaxed and optimistic approach to living. Particularly beneficial for demanding high-achievers. Elevates mood; encourages spontaneity. Refreshing and reviving.

**Patchouli:** This earthy, exotic, passionate fragrance cannot be ignored. Because it is so soothing to the skin and has a strong base, it is used in many perfumes and high priced skin care products. Frees the imagination, concentrates the mind and decreases inhibitions. Used as a liberating aphrodisiac for centuries. Provocative and passionate. For an exceptional Romantic blend, use Patchouli with Sandalwood, Lavender, Rose or Ylang Ylang.

**Pine:** the crisp, woody fragrance of pine is energizing and invigorating. Promotes feelings of well-being and happiness. Used as an aphrodisiac for centuries, it excites a thoroughly male sexual reaction – and a similarly powerful female response. Invigorating.

**Rose:** Effortlessly seductive. Rose has long been considered the Queen of Oils and prized for its sensuous and aphrodisiac properties. It's no accident that roses are the universal flower symbol for love. Rose enters and expands the heart—nurturing, calming and building the inner confidence to trust in the power of love. Its exquisite aroma can easily overpower other essential oils so use in small amounts when blending. Increases desire. It is probably the most expensive essential oil there is.

**Sandalwood:** This oil has been used as much as 4000 years ago as a perfume and aphrodisiac. It sharpens the senses, increases the imagination and builds confidence. Relaxes the mind and body and excites the imagination. It has a rich, sweet, woody aroma that is very sensual. Creates an exotic, soothing base that blends wonderfully with rose, jasmine, lavender, ylang ylang and especially patchouli.

**Ylang Ylang:** One of nature's most reliable aphrodisiacs. Sweeps away fears and inhibitions. Decreases inhibitions and increases desire. This exotic, smooth and sensual oil promotes relaxation and lifts your spirits. Influences sexual energy and enhances relationships. Balances male-female energies. It is used as a base note in many commercial perfumes and blends well with just about all other essential oils.

\* not to be taken internally

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