

PAMPERING HERBALS FOR YOU AND YOUR VALENTINE

Aroma:

Our erotic life is greatly influenced by odor. Pheromones, hormone like substances, are a natural part of the animal kingdom. Due to these pheromones, a male butterfly is aware of a female butterfly within a six-mile radius. A male dog knows when a female dog is in heat within a 2-mile radius. As far as human beings go, odor will influence our partner choice. The olfactory membrane is the only place in the human body where the central nervous system is exposed and in direct contact with the environment.

Here are a few recipes for you and your mate's olfactory membranes:

Lovers Massage oil:

Recipe one

Patchouli 6 drops
Spruce 5 drops
Vanilla 4 drops
Carrier oil 4 tsp.

Recipe two

Sandalwood 6 drops
Vanilla 5 drops
Pepper (black) 5 drops
Bay 4 drops
Carrier oil 4 tsp.

Start at the shoulders and neck working down to the abdomen. Allow the oil to soak in for 30 minutes.

Bedroom Mist Spray or Linen Spray:

Lavender 50 drops
Ylang Ylang 50 drops
Citronella 30 drops
Sandalwood 20 drops
Pure water 4 oz.

Mix all ingredients into a misting spray bottle and shake before spraying the room or linens.

Body Spritzer or Room Spritzer:

2 oz. Distilled Water

2 oz Vodka

20 drops fragrance oils i.e. Rose, Sandalwood, Patchouli, Ylang Ylang

Another recipe of fragrance is: 1 tsp each of lavender, lemongrass and ylang ylang.

Exotic Fragrance Perfume:

10 milliliter of 100 proof Vodka or you can also mix into carrier oil like Grape seed or almond.

Patchouli 12 drops

Geranium 3 drops

Ylang Ylang 2 drops

1 drop Cinnamon leaf or bark

Mix fragrances into the oil and apply to the skin.

Bath Oil:

Geranium fragrance will balance the mind, body and spirit

Pour this mixture under running bath water,

12 drops geranium

1 oz sweet almond oil

Before Bed Bath Oil:

3 drops Lavender

2 drops Ylang Ylang

2 drops Grapefruit

1 oz Sweet almond oil

A word of caution, with all oils please beware, the porcelain surface will become slippery.

Lamp rings, diffusers, vaporizers and candle lamps

Rose Otto: Romantic and uplifting

Rose Absolute: An economical alternative that is romantic, supportive and uplifting.

Sandalwood: Relaxing, centering, sensual

Ylang Ylang: Sensual euphoric

Ylang Ylang extra: Sensual, alluring and euphoric

Patchouli: Soothing, exotic, sensual

Jasmine absolute: Calming, relaxing, sensual, exotic and romantic

Romance Bath Salts:

2 cups Epsom Salts

$\frac{1}{2}$ cup dried Rose petals

3 Tablespoon Baking Soda

25 drops Rose essential oil

Combine all ingredients in a large bowl and stir well. Pour into an airtight jar. Pour a handful into the running bath water. If you do not like the flower petals in the bath you can bundle your hand full into a wash cloth that you have tied with a rubber band or put in all in a muslin bag tied with a string.

Chocolate Bubble Bath: (do not eat)

1 cup unscented bubble bath

$\frac{1}{3}$ cup unsweetened soy milk

3 oz. Dark chocolate

Optional: add some cinnamon for a stimulating bath.

Heat soy milk and add chocolate. Stir until melted, taking care not to boil.

Allow this mixture to cool. Mix with the bubble bath.

Pour a small amount under running water and enjoy.

Raspberry Vanilla Bubble Bath: (do not eat)

8 oz unscented liquid soap

2 oz distilled water

8 oz vanilla fragrance oil

6 drops raspberry fragrance oil

2 drops of red food coloring. (be careful. This could stain some bath fixtures)

Mix all ingredients together and store in a jar with a tight fitting lid. Pour a small amount under running bath water and enjoy.

Rosemary Gladstar's

Aphrodite Super Aphrodisiac Balls

Black Cherry Liqueur

1 Tb. Or 2 Tb Guarana

Bittersweet Dipping Chocolate

3 parts pumpkin seed, powdered

2 parts Siberian Ginseng, powdered

1 part Ginkgo or Gotu Kola powdered

1 part Ginseng powder

$\frac{1}{2}$ part Spirulina or Super Blue Green Algae

1 cup sesame butter (tahini)

$\frac{1}{2}$ cup honey

then add coconut cocoa powder, raisins, chocolate, carob chips and granola, roll in carob powder.