

# Practical Potions

## An Aromatic E Course

### Unit 2 F

#### The Lamiaceae Family- The Devas of Versatility



# Learning the Properties of 90 individual oils.

**The tools to give you aromatic knowledge and build expertise.**

## **What leads to transformations?**

Each oil will have numerous benefits and features. If put to use they may all transform and delight.

Under each essential oil family, you will learn which essential to use for purposes, such as: colds, sinusitis, vaginitis, insomnia, increasing energy, disinfecting etc.

You will also learn about the personality characteristics of the oils. In the videos we will sometimes mention systems like: the enneagram, the Hippocratic system, Woorwood, Astrology and the Ayurvedic system.

Some of you may already know about these systems, at this point in your studies. Do not concern yourself with the details, but just make notes of what we say in the videos for your future reference.

You are getting a bonus peek into advanced aromatherapy, where we will develop these concepts further.

The comprehensive aspect of the Properties of 90 oils in introductory aromatherapy will increase the choices and options available in your health, home and beauty regimes. Learners will no longer have to go to the pharmacy for everything, but will be able to use the essential oils for many, simple complaints.

In each of the oil families you will learn about the properties of each essential oil studied. We have presented the essential oils in families for ease of remembering. Family members often have overlapping properties.

For most of the essential oils covered you will have a write up of properties, a short 3-10 minute video, a picture if available, your scent impression sheet to copy, paste and fill out and sometimes a recipe or photo.

\* Not every oil has an equal amount of information. Some of the oils will have been more researched than others. Some essential oils are more widely understood, available and The essential oil families are spread out, throughout the course.

# The Lamiaceae Family- The Devas of Versatility!

**Explore how useful this versatile family is for every day needs-**

Ditch your current, commercial toothpaste and try this instead. One of our students, Laura Pasacreta gave the class a sample of her creation. People adjusted it to their own taste and loved this recipe. Never use peppermint with children under 3. Always check for sensitivities and allergies before using. Make in a wide mouthed, jar and keep in a cool environment to encourage the mixture to solidify. If it is liquid some days, you can still pour a bit on your toothbrush.



**Transformational Step: Creating a Toothpaste or Tooth polish-**

## Peppermint, Myrrh & Coconut Oil Toothpaste

1/2 cup of organic coconut oil (antimicrobial, whitens teeth)

1 tsp. Neem oil (prevents growth of bacteria/yeast)

3 Tbsp Baking Soda (aluminum free)  
(breaks down stains, rebalances pH)

15 drops peppermint and essential oil  
(freshens breath)

5 drop myrrh essential oil (prevents  
dental infections, cankers, gingivitis)

Add pearl-sized drop to a dry toothbrush.

Helps to keep saliva alkaline-essential for healthy enamel



## Cinnamint-Sizzle Tooth Cleaner

For a dry, toothpaste you might also try:

3/4cup, (3 oz.) of baking soda

3 drops cinnamon bark,

10 drops spearmint or peppermint oil.

Whisk together well.

Store in individual containers, i.e. everyone gets their own.

**Cautions:** Never use with children under 3. Always test for allergies or sensitivities before use.



# Minty Deva Toothpaste

Now we will try a Formula. For this advanced recipe, you will need a scale to weigh the ingredients.



This formula will make 100g of toothpaste. (Use the % as grams). 14 grams are 14%. To make more than 100 grams, i.e.

250 grams, multiply each ingredient by 2.5.

## Ingredients:

### Phase 1

1. Xylitol – 14%
2. Vegetable Glycerine – 20%

### Phase 2

1. Xanthan Gum – 0.75%
2. Glycerin – 4.05%
3. Distilled Water – 21%
4. Spearmint or Peppermint Essential Oil – 0.8% (maximum)

### Phase 3

1. Calcium Carbonate(chalk) or Organic Arrowroot Powder 37%

### Phase 4

1. Cocamidopropyl Betaine – 3.8%

## Instructions

### Before starting make a simple Xylitol syrup

Heat equal amounts of Xylitol and water in a small pan.

Stir until Xylitol dissolves.

Pour mixture into a glass container and label.

Refrigerate.

**Instructions for toothpaste on next page**

## Instructions for Minty Deva Toothpaste

Now that you have your Xylitol Syrup you may proceed with the recipe.

1. Combine Phase 2 Ingredients- by mixing Xanthan gum with glycerin first, until it thickens slightly and add this slurry to water
2. Mix Phase 1 Ingredients and add the mixture to Phase 2.
3. Blend Well with an Immersion, (Stick style) blender.
4. Add the Phase 3 Ingredient to the mixture in 2 above and blend well
5. Add the Phase 4 Ingredient and mix well.
6. To Package into a squeezable container. Place mixture in a plastic, Ziploc bag. Cut a corner off- as in making pastry. Squirt into a squeezable container, such as silicone tubes you can buy on amazon.ca or at the dollar store.
7. Keep in fridge after one week.

Try Windypoint.ca in Calgary to buy some of these ingredients.



## **Exercise:**

**Choose one of the recipes and create a toothpaste or tooth cleaner for your own use. Analysis:**

What do you like about this toothpaste?

Is there anyway you would change to improve it in the future?

If you want a plain toothpaste for a sensitive mouth, or for children, leave out the essential oils. The oils in this mixture are zingy and aggressive-to make a milder blend, that still includes essential oils instead use 10 drops orange and 2 drops roman chamomile.

# Transformational Step

## Make a Lavender Deva Pillow Mist:

100 mls. purified water

3 mls. *Lavandula angustifolia*

Pour into a glass or metal spray bottle. Shake well.

Lightly mist the pillow and covers you sleep on before bedtime.



## Exercise:

### Create the Pillow Mist

What do you like about this recipe?

Is there anyway you would modify it for future use?



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