



Birch Essential Oil

*by
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Find out more at www.reformedbohemian.com



Birch Essential Oil

Birch essential oil has a woody scent. It's useful for all types of skin problems such as dermatitis, eczema and psoriasis as well as aiding circulation and easing arthritis, rheumatism and muscular pains.

About Birch

Birch essential oil is a versatile oil with anti-inflammatory, antiseptic, cholagogue, diuretic, diaphoretic, febrifuge and tonic properties. Which due to its astringent properties is great for skin conditions such as dermatitis, dull or congested skin, eczema and psoriasis. It is also great to add to shampoo to treat itchy scalps.

Due to its diuretic and diaphoretic properties Birch is also helpful in cases of poor circulation and helping to rid the body of toxins which can help with conditions such as oedema and improve the appearance of the dreaded orange peel skin of cellulite.

Birch is also an uplifting oil that has great depression busting properties helping to make it a valuable oil to have in your collection.



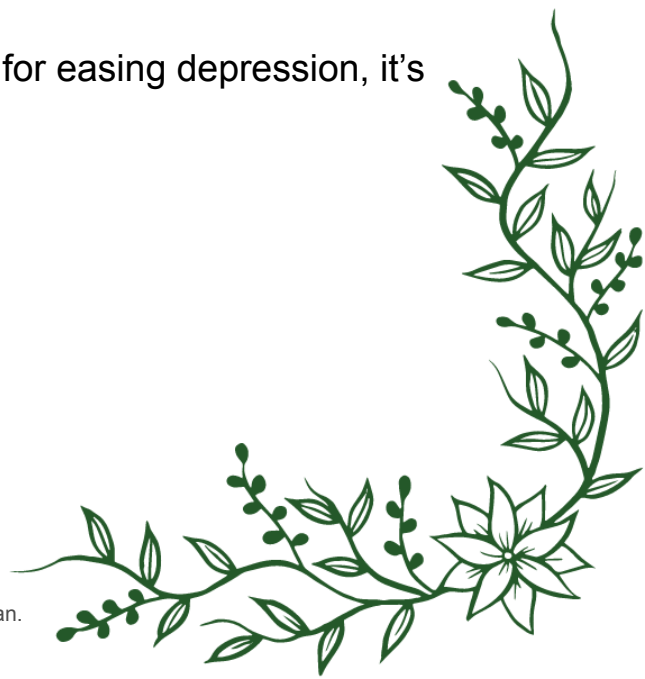
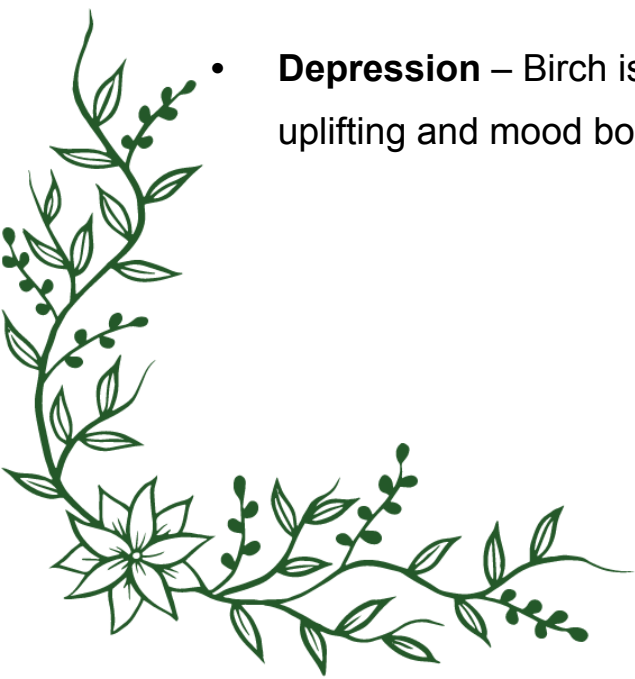
Healing Properties Of Birch Essential Oil

Birch essential oil has the following healing properties:

Properties

Anti-inflammatory, antiseptic, anti-depressant, cholagogue, diuretic, diaphoretic, febrifuge and tonic.

- **Skin care** – Birch can be used to soothe skin conditions such as dermatitis, dull or congested skin, eczema and psoriasis thanks to its astringent and antiseptic properties.
- **Hair care** – Birch can be added to shampoo to treat itchy scalps and dandruff due to its astringent and antiseptic properties.
- **Circulation and detoxification** – Birch can be used as a diuretic and diaphoretic oil Birch can be used to improve the appearance of cellulite and relieve the symptoms associated with oedema.
- **Muscle aches and pains** – due to its anti-inflammatory properties Birch can help ease pain associated with rheumatic and arthritic conditions.
- **Depression** – Birch is an effective tonic for easing depression, it's uplifting and mood boosting.



Ways to use Birch Essential Oil

Diffuse

- Birch essential oil can be used in diffusers or oil burners. Using Birch essential oil in this way is particularly beneficial in relieving muscle aches and pains such as that associated with arthritis and rheumatism. It's an uplifting oil which can be used to ease feelings of depression and boost low mood.

Diffuse 1 - 3 drops of Birch essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles and pain associated with arthritis and rheumatism. Birch is a great detoxifying oil that can be used to improve the appearance of cellulite and relieve symptoms of oedema. The aroma of the oil is uplifting and mood boosting helping to ease feelings of depression.

Adults - up to 7 drops of Birch essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops Peppermint essential oil in 1 tbsp of carrier oil.



Bath

- Birch essential oil can be added to a warm bath to relieve muscle aches and pain associated with arthritis, rheumatism and to soothe skin conditions such as dermatitis, dull or congested skin, eczema and psoriasis. It can also help improve the appearance of cellulite and ease feelings of depression as the oils disperse into the air.

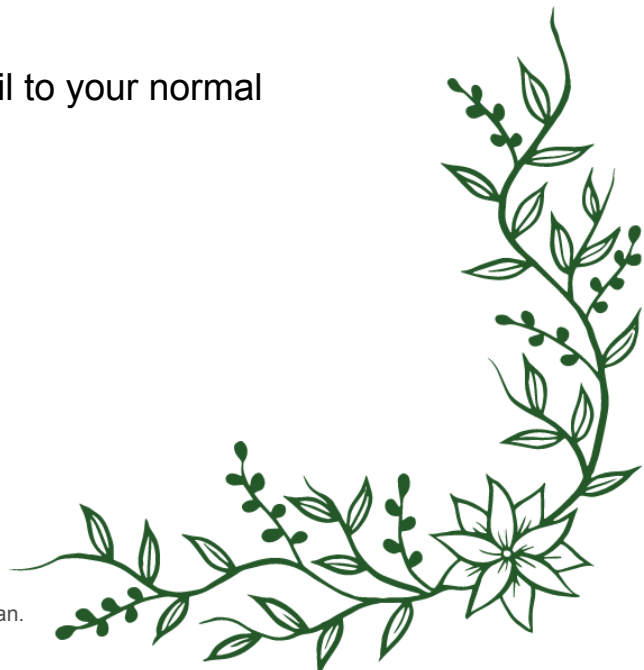
Add 1 - 3 drops of Birch essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.

Shampoo

- Add a few drops of Birch essential oil to your normal shampoo to increase the circulation to the scalp which can improve hair growth. It also acts as a general conditioner and tonic for the hair and scalp, helping with issues such as dandruff.

Add 10 – 12 drops of Birch essential oil to your normal shampoo.



Cream

- Adding a few drops of Birch to a base cream is a great way of harnessing Birch's antiseptic and anti-inflammatory properties to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema, and muscle aches and pains such as those associated with arthritis and rheumatism. It can also help to improve the appearance of cellulite.

Add up to 12 drops of Birch essential oil to 30 ml of base cream.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Birch goes particularly well with oils such as:

- Benzoin
- Jasmine
- Sandalwood
- Rosemary



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

It is advised not to use Birch during pregnancy.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Birch is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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