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Recipes from the Stillroom

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A Collection of Aromatherapy Recipes: From the Still Room

Introduction

Women as healers and care-givers for their families and communities pre-date written history. From time immemorial, women were expected to give birth, nurture, heal, protect, provide for and spend their days steeped in the tradition of the wise women before them, caring for themselves and their families – and quite often, the entire community. The skills a woman brought to her marriage would very well determine whether or not that family would live in comfort, have enough to eat, stay well and prosper. The things we have come to accept as the comforts and necessities of life were placed entirely in the realm of womanly arts.

The woman's arts reached their peak during the late middle ages till the early part of the last century, in the time of the stillroom. The stillroom was a room separate from the kitchen but usually within close proximity which contained a still. Unlike the large outdoor stills used for making alcoholic beverages, the stillroom still was a smaller and simpler version used to distill herbs to extract their essence for use in medication, cosmetics, salves and many other household uses.

The stillroom was perhaps the most important room in a home, especially the more wealthy manor houses, where the lady of the manor – with the help of the servants, may have to minister healing to everyone living on or working for their land. In these times, the nearest doctor, if there was one, could be several miles away and accessed only by horse or worse still, on foot, thus requiring a manor house and later a homestead to be self sufficient. The stillroom and the special women who worked there were revered and valued for their knowledge and skill, as they sustained the health and well-being of those in their care, often totally responsible for saving and prolonging their lives.

The stillroom recipe book was passed down from mother to daughter and training in the stillroom arts had direct relation to the value a young girl could bring to a marriage. The word "recipe" originally referred to a medicinal formula, and a recipe book for the stillroom



may contain everything from medicinal recipes to cough syrups, cosmetics, cordials, liquors, liniments, perfumes, pomanders, food preservation, jams and jellies, wool dyeing, candle making and soap making. Everything that sustained and added quality of life to the family might be found in the stillroom recipe book. Family recipes were closely guarded secrets much like some of the favorite recipes passed down from our ancestors are today. Grandma's famous pie crust or turkey gravy recipe becoming a family legacy passed to the next generation.

Today, with the increasing interest in aromatherapy, essential oils and other natural forms of health care, the arts of the stillroom are again gaining recognition and are truly the birthright of every woman. Whenever you make a simple herbal recipe, scent a homemade candle, enjoy a potpourri from your own herb garden, make an herbal vinegar or preserve food, you are participating in the preservation of the tradition of the woman's arts and the legacy from the long-forgotten stillroom.

When the stresses of our fast-paced lives makes us long for the simpler times, take out your stillroom recipe book, select a favorite recipe and step back in time. Join the many women who have gone before you, feeling the connection with these women who have preserved the traditions, celebrations, and warm family memories we enjoy today.



Chapter One

Entryway

Fragrancing the home has become an important trend for interior decorating. It allows us to personalize our space and is as important to people as their color scheme and furnishings.

Aroma, above all else, impacts how we feel when we enter a space. It can make us instantly feel welcomed, relaxed and eased.

Often, in our decorating, the entryway gets overlooked. Many of us come home to an entry with carpet or tile, maybe a stairway or hallway, but with little décor.

The use of Essential Oils in your entryway not only allows you to personalize the scent that greets us when we walk thru the front door to our homes, but also help to kill bacteria and germs that may be floating in the air.

The entryway is the first impression we make on those who come to visit. What does your entryway say about you?

There are no hard and fast rules for which Essential Oils you choose, the main thing is to surround yourself with scents that you enjoy and that have an uplifting effect on your mood.

Fragrant Room Sprays: To set the ambiance of your home you can keep an assortment of room fragrance sprays in your entryway. This is a great way to greet your guests when they come to visit.

You can change the feel of your home by trying out different room sprays; each one imparts its own particular mood into the environment. Try several and see which ones your family enjoys the most.

You may want to display 4 or 5 bottles in a basket on a table in your entry, that way they are handy to use when you arrive home or spray just before guests enter your home.



Stillroom Recipes for Your Entryway

Mix in 4 oz. cobalt blue PET or glass misting spray bottles. Label. Shake gently before each use.

Home Room Spray

There is nothing else quite like this spicy citrus blend to fill your home with a clean, refreshing and nostalgic aroma. To create and attract contentment and a sense of 'Ahhhh . . . I'm home' as you walk in the door, or as guests arrive.

Ingredients:

4 oz. Distilled Water

20 Drops Home Essential Oil Blend

Directions:

Mix. Store in cool, dry place. Shake gently before each use.

Intuitive Room Spray

A fresh, bold, rich-balsamic, and woody scent, this blend is perfect when you want to connect with Mother Nature, and your own intuitive nature. Use to create and attract a reflective, open environment in your home, and to encourage deep intuitive receptivity and connection.

Ingredients:

4 oz. Distilled Water

20 Drops Intuitive Essential Oil Blend

Directions:

Mix. Store in cool, dry place. Shake gently before each use.

Calming Room Spray

The sweet, floral, citrus smell with a hint of the aroma of apple makes this a favorite home spray. Use to create and attract a feeling of calm, peace and welcome relaxation in your home. This is also a perfect misting spray to use in bedrooms to calm rambunctious children, or to help adults unwind from the cares of the day.

Ingredients:

4 oz. Distilled Water

16 Drops Lavender Chamomile Essential Oil Blend

4 Drops Red Mandarin

Directions:

Mix. Store in cool, dry place. Shake gently before each use.

Comfort Room Spray

A fresh exotic citrus aroma with spicy undertones. Use to create and attract an uplifting, grounding and harmonious environment in your home.

Ingredients:

4 oz. Distilled Water

16 Drops Harmony Essential Oil Blend

4 Drops Red Mandarin

Directions:

Mix. Store in cool, dry place. Shake gently before each use.

Citrus Room Spray

A fresh exotic citrus aroma with spicy undertones. Use to create and attract an uplifting, grounding and harmonious environment in your home. Use lemon misting spray to support left-brain study. Use orange misting spray to foster creativity and artistic expression. Blend BOTH for a whole-brained study and artistic environment.

Ingredients:

4 oz. Distilled Water

20 Drops 20 drops of Lemon or Orange essential oil

Directions:

Mix. Store in cool, dry place. Shake well before each use.

Cherished Place Room Spray

This blend is ALWAYS a crowd favorite! Use to enhance the warmth, nurturing sense and comfort of any room in the house. It's another welcoming aroma that will soon become a family favorite! Many of us use this blend as our own personal fragrance!

Ingredients:

4 oz. Distilled Water

20 Drops Cherished Place essential oil blend

Directions:

Mix. Store in cool, dry place. Shake well before each use.

For More Information: