



## Herbs for Pampering Your Valentine

### Aroma:

Our romantic lives are strongly influenced by odor. Pheromones, hormone-like substances secreted by most animals, are a vital part of the animal kingdom. Because of 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 are concerned, odor influences our choice of partner.

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 1	Recipe 2
Patchoulli-6 drops	Sandalwood-6 drops
Spruce-5 drops	Vanilla-5 drops
Vanilla-4 drops	Pepper (Black)-5 drops
Carrier Oil-4 tsp.	Bay-4 drops
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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.