



First Aid



Summer Time First Aid

During the summer months, it's important to be prepared for common ailments that can arise. Harnessing the power of herbs and essential oils can provide natural relief for basic conditions. Whether it's soothing sunburns, alleviating insect bites, easing muscle strains, or calming digestive discomfort, these natural remedies can offer gentle support when needed.

This guide will cover the supplies you will want to consider having on hand throughout the summer months. I trust this guide will be beneficial to you, your family, and friends.



COMMON SUMMER AILMENTS



SKIN

- Scrapes, bruises, cuts, rashes
- Insect bites
- Minor burns (including blisters and sunburn)

DIGESTION

- Digestive upset (nausea, cramping, etc)
- Parasites

IMMUNITY

- First sign of cold / cough symptoms

NERVOUS

- Panic attacks, anxiety, shock
- Headaches (including migraines)

MUSCULOSKELETAL

- Pain, cramps, muscle spasms, etc.

FLUIDS

- Fluids to relieve heat stress or dehydration

SUMMER FIRST AID KIT

The Basics



SUPPLIES FOR KIT

- Adhesive bandages
- Cleansing wipes
- Cotton swabs
- Gauze
- Non-adhesive bandages
- Surgical tape
- Packet of tissues
- Tweezers



ELECTROLYTES

Electrolytes play a crucial role in maintaining proper bodily functions, and their importance becomes particularly pronounced during the summer months. Electrolytes are minerals that, when dissolved in bodily fluids, create electrically charged ions. These ions help regulate essential functions like muscle contraction, nerve impulses, and fluid balance. When we sweat during hot weather or physical activity, we lose significant amounts of electrolytes, such as sodium, potassium, and magnesium.

Replenishing these electrolytes is essential to prevent dehydration, muscle cramps, fatigue, and maintain overall health. Consuming electrolyte-rich foods and beverages, such as sports drinks, coconut water, fruits, and vegetables, can help restore electrolyte balance and keep the body hydrated and functioning optimally, especially in hot summer conditions.



SUMMER FIRST AID KIT

Essential Oils



LAVENDER



Lavandula angustifolia

Lavender essential oil is indicated for:

- Stress-related digestive upsets, abdominal cramps, nervous stomach
- Muscular aches and pains, sprains, strains, muscle spasms, joint pain and stiffness, cramps
- Restlessness, insomnia, stress, shock, headaches, migraines, neuralgia, nausea, stress related disorders
- Burns, scrapes, inflamed skin conditions, sunburn, itchiness, insect bites, hives, open wounds or sores, poorly healing wounds, allergy (expressed on the skin)
- Anxiety, panic attacks



HELICHRYSUM



Helichrysum italicum

Helichrysum essential oil is indicated for:

- First aid remedy for bruises, strains, sprains, tissue trauma (may apply undiluted if needed)
- Neuralgia, pain, inflammation
- Joint pain



GERMAN CHAMOMILE



Matricaria recutita

German chamomile essential oil is indicated for:

- Use for stress-related digestive upset, general digestive complaints, gastrointestinal spasms
- Nervous irritability, mild sleep disorders, tension headaches
- spasms, cramps, plantar fasciitis, tendinitis, carpal tunnel syndrome, aches and pains, rheumatism, pain or swelling in joints
- Inflamed skin conditions, burns, dry itchy skin, cuts, scrapes, slow healing wounds, infected wounds; reduces weeping and supports tissue healing



SUMMER FIRST AID KIT

Essential Oils



Copaifera officinalis

COPAIBA

Copaiba essential oil is indicated for:

- Inflamed skin conditions, soothing to dry irritated skin, itchy skin
- Swollen joints, muscular aches and pains, arthritis, muscle cramps
- Neuropathic pain, neuralgia, peripheral neuropathy
- Sinus congestion, asthma, dry upper respiratory conditions
- Anxiety, tension, helps to quiet and center the mind



Boswellia sp.

FRANKINCENSE

Frankincense essential oil is indicated for:

- Swollen joints, muscular aches and pains, arthritis
- Bronchitis, sinus congestion
- Inflamed skin conditions, hives, soothing to dry irritated skin
- Anxiety, tension, fear



Foeniculum vulgare

SWEET FENNEL

Sweet fennel essential oil is indicated for:

- Indigestion, excess gas, constipation, nausea, abdominal pain, indigestion
- Muscle spasms or cramps, general muscular aches and pains
- Bronchitis, coughs, flu, asthma, lung congestion



SUMMER FIRST AID KIT

Essential Oils



Mentha x piperita

PEPPERMINT

Peppermint essential oil is indicated for:

- Travel sickness, stomach upsets, cramping, dyspepsia, excess gas, flatulence with abdominal pain, nausea, vomiting, stomach cramps
- Spasms, muscular stiffness, aches and pains, tight muscles, pain, sprains, strains, bruises, can reduce swelling and pain
- Mental fatigue, tension headache, migraine, neuralgia, travel sickness, shock/trauma
- Clears the mind, stimulating, invigorating and uplifting



Melaleuca alternifolia

TEA TREE

Tea tree essential oil is indicated for:

- Diarrhea, enteritis, intestinal parasites
- Colds, flu, bronchitis, rhinitis, sinusitis, congestion, coughs, sore throat, bacterial or viral respiratory infections
- Abscesses, boils, cold sores, cuts, insect bites, rashes, infected wounds, ringworm, inflamed skin conditions, dermal mycoses (fungal infections)



Achillea millefolium

YARROW

Yarrow essential oil is indicated for:

- Muscle inflammations, aches and pains, stiffness, cramps
- Nervous tension, irritability, neuralgia, insomnia
- Inflamed conditions, burns, cuts, rashes, wounds, bruises, excessive bleeding, slows bleeding from trauma



SUMMER FIRST AID KIT

Essential Oils You may want.....



Nepeta cataria

CATNIP

Catnip essential oil is indicated for:

- Excellent mosquito repellent
- Calming for the autonomic nervous system
- Insomnia
- Relieves stress, anxiety, panic, and feelings of being overwhelmed



Salvia sclarea

CLARY SAGE

Clary sage essential oil is indicated for:

- Aches and pains, arthritis, rheumatism, shin splints, spasms, cramps
- Anxiety, tension migraine or headache, insomnia
- Reduces irritability, anger, mental fatigue, nervous anxiety
- Beneficial to relieve muscle spasms



AND OTHERS

- Citronella eo: mosquito repellent
- Eucalyptus eo: summer cold
- Blue Tansy eo: for allergies
- Lemon eo: always nice to add to ache and pain blends, nausea inhalers, and other formulations.



SUMMER FIRST AID KIT

Herbal and Carrier Oils



Calendula officinalis

CALENDULA HERBAL OIL OR CO2 EXTRACT

Calendula herbal oil and CO2 extract are indicated for:

- Wound healing/Tissue repair
- Inflamed skin conditions
- Cracked skin conditions
- Burns
- Insect bites
- Contusions

Calendula Co2 Extract: Use 1-3% as a part of the total carrier oil base.



Arnica montana

ARNICA HERBAL OIL

Arnica herbal oil is indicated for:

- Bruises, hematomas, contusions, traumatic injuries
- Sprains and strains; Hyperextensions
- Stiffness and swelling associated with trauma
- Joint stiffness
- First degree burns, including sunburns
- Superficial inflammation of the skin

Safety note: Do Not Apply to Open Wounds or Broken Skin. Arnica is considered to be toxic internally. Avoid all use if the client has allergies to other species within the Asteraceae family, e.g., ragweed, German chamomile, daisy.



SUMMER FIRST AID KIT

Herbal and Carrier Oils



Calophyllum inophyllum

TAMANU OIL

Tamanu oil exhibits antioxidant, anti-inflammatory, antifungal, antiviral, antibacterial.

Tamanu is indicated for:

- Wound healing, skin healing, as it promotes the formation of new tissue and accelerates healing and growth of healthy skin
- Pain relieving
- UV-protective properties: protect the skin from free radicals and photodamage
- Cuts, scrapes, burns, insect bites or stings, abrasions
- Sunburn, dry or scaly skin, blisters, fungal skin infections
- Reduces foot or body odor



Azadirachta indica

NEEM OIL

- Neem oil offers a range of benefits for summertime first aid and beyond. Known for its antibacterial, antifungal, anti-inflammatory, and insect repellent properties, neem oil can help treat and soothe various skin conditions commonly experienced during the summer, such as sunburns, rashes, and insect bites. Its natural repellent properties also make it effective in warding off mosquitoes and other biting insects.
- Additionally, neem oil supports overall skin health and aiding in the healing process of wounds and minor skin irritations.

Neem oil is an effective mosquito/insect repellent and may effectively address various parasitic infestations, such as chiggers, ticks, fleas, scabies, and swimmer's itch



SUMMER FIRST AID KIT

Herbal and Carrier Oils



OTHER CARRIER OILS



For summertime first aid, it would be beneficial to have one or two of the following carrier oils:

1. Baobab oil
2. Jojoba oil
3. Marula oil

These carrier oils can be used in skincare or body care formulations or as a base for roll-ons.



CONTRAINDICATIONS FOR HERBAL & CARRIER OILS AND SALVES

There are situations when the application of herbal oils and salves is not recommended. Oils and salves help to hold in moisture and heat and are contra-indicated in weepy skin conditions, infections and fresh burns. Avoid the use of oils and salves on poison ivy rashes, weepy eczema, pimples, boils, fresh sunburn, and fungal and bacterial skin infections.

- Juliet Blankespoor (Herbalist and Educator - Chestnut School of Herbal Medicine)



SUMMER FIRST AID KIT

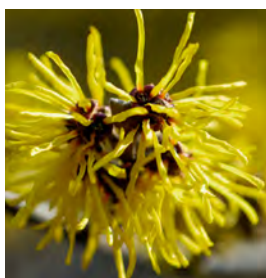
Hydrosols



Lavandula angustifolia

LAVENDER HYDROSOL

- Relaxing, soothing, and comforting: headaches, stress-related conditions
- Anti-inflammatory and antiseptic
- For infants in the bath or as a spritzer for diaper rash, sleep problems
- Muscular aches and pains, sprains, strains, sore or stiff muscles
- Minor burns (with aloe vera gel)
- Soothes bug bites, itchiness, inflammation, and irritation



Hamamelis virginiana

WITCH HAZEL HYDROSOL

- Witch hazel hydrosol offers several benefits for summertime first aid. Its astringent properties help soothe and reduce inflammation caused by insect bites, sunburns, and minor skin irritations.
- Witch hazel hydrosol can also act as a natural antiseptic, helping to cleanse and prevent infection in cuts, scrapes, and minor wounds.
- Additionally, its cooling effect provides relief from heat rashes and sun-induced skin discomfort, making it a versatile and valuable tool for summer first aid.



Matricaria recutita

GERMAN CHAMOMILE HYDROSOL

- Anti-inflammatory and cooling properties make it useful for various skin conditions, such as eczema, psoriasis, rashes, acne, sunburns, and other inflammatory conditions
- Calming and balancing to the autonomic nervous system; soothes or reduces feelings and symptoms of stress or anxiety
- Soothes bug bites, itchiness, inflammation, and irritation



SUMMER FIRST AID KIT

Other Supplies



ALOE VERA GEL



- Aloe vera gel is a popular natural remedy for summer-time first aid due to its numerous benefits and soothing properties. When applied topically, aloe vera gel can provide relief from sunburns, minor burns, and insect bites, thanks to its anti-inflammatory and cooling effects. Additionally, aloe vera gel is known for its moisturizing properties, which can help soothe dry, irritated skin caused by excessive sun exposure.

You may consider adding a preservative to aloe vera gel formulations when you add hydrosols. A recommended preservative, if desired, would be either Geogard Ultra™ or Leucidal® SF Max.



ACTIVATED CHARCOAL



- Activated charcoal is a specially processed form of carbon known for its highly porous structure. In first aid, activated charcoal is not only used orally but also applied topically on the skin for various purposes. When used topically, it acts as a powerful absorbent, drawing out impurities, toxins, and bacteria from wounds, insect bites, or skin infections. Its ability to adsorb harmful substances makes it beneficial in promoting wound healing, reducing inflammation, and preventing infection, making it a valuable tool in topical first aid applications.



GREEN CLAY

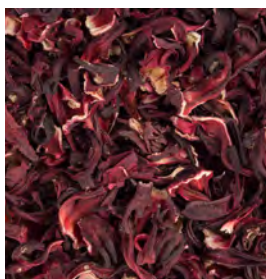


- With its distinctive molecular structure, French Green Clay stands out as an exceptional detoxifying component. Its ability to eliminate toxins, dust, dead skin cells, and other common skin impurities is remarkable. Additionally, this clay variant boasts a rich concentration of essential minerals such as calcium, potassium, silicon, and copper, which contribute to nourishing the skin.
- Used to treat insect bites, minor burns, and cuts.
- Additionally, its soothing and cooling effect helps reduce inflammation and relieve itching, making it a versatile and valuable tool in first aid situations.



SUMMER FIRST AID KIT

Cooling Herbal Teas



Hot days call for cool herbs. In the heat of the summer, there are many plant allies, some that may be growing near you, that can be utilized to cool us down. Here are my top three herbal teas for the summer months.

HIBISCUS

Hibiscus (*Hibiscus* spp.) flower is often grown as an ornamental, but its uses extend past the beauty of its blooms. The petals make an excellent cooling medicine. A cold tea of fresh or dried flowers has a tart, sour flavor and a deep crimson color that is hard to resist.



MINT

Mint (*Mentha* spp.) may be the first that comes to mind for many. Whether it's spearmint, peppermint, or some other mint varietal, the menthol content in these mint plants will help you to experience a cooling sensation. While mint won't actually work to cool down your body temperature, it will trick your mind into thinking it is. Plus, it is delicious as an iced tea.



ROSE

Rose petal tea, with its delightful aroma and taste, works wonders in beating the summer heat by providing a cooling effect on both the body and mind. The natural properties of rose petals help alleviate any feelings of warmth and restlessness, offering a calming sensation. Additionally, the tea can be enhanced with a touch of honey, making it a deliciously refreshing beverage to enjoy during the hot summer months.



LEMON BALM

Lemon Balm (*Melissa officinalis*) is a cooling herb that can reduce heat in the body and mind. It is quite the balm for hyperactivity and anxiety. As you may know (or have guessed at this point), it has a lovely lemony flavor and makes a great summer lemonade; with a bit of honey added, it is so delicious. This plant is a great addition to any garden, though watch out; it does like to spread.

Now that you know which plants you can use to cool down, consider making a sun tea with them, which is so easy! All you have to do is place some fresh or dried plant material in a clear container, perhaps one of those with the spout, and let the sun heat the water to extract the plant's medicines. After a hot day in the sun, add some ice cubes to the tea, maybe some sweetener of your choice, and enjoy the fruits of your labor.



SUMMER FIRST AID KIT

Wound Cleaner



Calendula/Myrrh Wound Cleaner



In my earnest endeavor to protect my son, Soren, from the unavoidable mishaps that often befell him when he was a young one, I fashioned this simple wound cleaner. It stands as a testament to his resilient nature, as his knees bore the occasional wounds sustained during his routine bike rides, scooter rides, and the occasional stumble while running.

In a 2 ounce spritzer or dropper bottle combine:

- 6 ml of calendula tincture
- 3 ml of myrrh tincture

Fill the remainder of the bottle with witch hazel, calendula, lavender or German chamomile hydrosol. (or a combination of 2 or 3 of these hydrosols)

Shake prior to each use.

Spray on cuts and scraps and let air dry or place a dropperful onto a sterile cotton pad and clean wound. Apply at least 2-3 times a day or as needed while wound is healing. You can add essential oils (1% dilution) into this mix as desired. Consider essential oils such as myrrh, tea tree, German or cape chamomile, and/or lavender.

I have also used this myself to gain relief from chigger bites that become incredibly itchy and inflamed.

NOTE ON MYRRH: *Commiphora myrrha* is used for its antiseptic and anti-inflammatory properties. It is specifically useful for topical treatments for the mouth and throat infections: e.g. gum disease, mouth ulcers, tonsillitis, and gingivitis. It is bitter and astringent. Myrrh is also used to treat wounds and ulcers.



ALL HEAL SALVE RECIPE

1/2 oz tins or glass jars

This recipe makes 4 – ½ ounce tins + a little extra. 3% dilution of essential oils

- ½ ounce (7.08gm) beeswax (shaved or cut into small pieces)
- 2 Tbsp. Calendula herbal oil
- 2 Tbsp. Tamanu oil
- 12 drops Helichrysum essential oil
- 15 drops Frankincense
- 30 drops Lavender essential oil



Steps to make:

1. Measure and weigh carrier oils in a glass beaker.
2. Weigh essential oils together in a small glass beaker (5ml). Be sure to TARE between each essential oil.
3. Weigh beeswax using a small bowl.
4. Fill the bottom pot of the double boiler with 1/4 of water. Place top pan on. Place the double boiler onto medium heat and heat water to just below boiling.
5. Add in wax and let slightly melt before adding in carrier oils.
6. Add in carrier oils and stir ingredients together until well combined.
7. Once the wax and carrier oils are melted, remove from heat.
8. Add in essential oils. Using a metal or glass stirring rod, stir essential oils quickly into the salve mixture.
9. Pour salve into jars or tins.
10. Place cap on jars or tins.
11. Allow the salve to harden.

Check salves to make sure you like the texture and that the aroma is of desired strength based on the goals of the salve.

*If, while pouring, the salve begins to harden, simply place the pot back onto the hot pot (can turn the heat back on if needed).

MOSQUITO REPELLENT

Our Favorite All Natural Mosquito Repellent

- 15 drops Patchouli
- 10 drops Cedarwood
- 12 drops Lemongrass
- 10 drops Geranium
- 12 drops Peppermint
- 2 ounces of Spring, Distilled water or Lavender hydrosol or 50% Neem / 50% jojoba carrier oils

How to make:

Combine all ingredients in a 2 ounce spritzer bottle (either glass or aluminum). Shake well. It is now ready for use!

How to use:

Shake before using. For natural mosquito repellents, you need to spray liberally all over. Just be sure to close your eyes when spraying hair and/or neck. You can reapply as needed, approx. every 2-4 hours or after getting wet.



MOSQUITO REPELLENT #2

For Young Ones: 6 months to 5 years old

- 7 drops Patchouli
- 5 drops Cedarwood
- 8 drops Lemongrass or Citronella
- 5 drops Geranium
- 2 ounces of Spring, Distilled water or Lavender hydrosol or 50% Neem / 50% jojoba carrier oils

How to make:

Combine all ingredients in a 2 ounce spritzer bottle (either glass or aluminum).

How to use:

Shake well prior to each use and spray immediately.



SUNBURN GEL

Ingredients:

- 1/2 cup aloe vera gel
- 1 tbsp German chamomile hydrosol
- 1 tbsp Witch hazel hydrosol
- 1.5 tbsp Calendula herbal oil
- 5 drops German chamomile essential oil
- 7-10 drops Lavender essential oil

Steps to make:

1. In a glass measuring cup or bowl combine aloe vera gel, hydrosols and herbal oil together. Use a stainless steel whisk to mix ingredients.
2. Add essential oils and whisk until well combined.
3. Apply to areas of sunburn, inflamed skin or on hives. Cooling, anti-inflammatory, relieves stress from itchiness or pain too!
4. Be sure to label, store in a glass jar and keep in the refrigerator!

SUNBURN GEL #2

2oz jar or glass bottle with pump lid

- 2 ounces aloe vera gel
- 1 Tbsp. lavender hydrosol
- 10 drops Lavender eo
- 6 drops German chamomile eo
- 4 drops Helichrysum eo

Combine all ingredients together.
Keep in cool area.

Apply liberally after coming inside from the sun.





SUMMER SKIN PROTECTIVE OIL

2 oz bottle with pump lid

- 45ml Tamanu
- 15ml Hemp seed oil or Raspberry seed oil
- 2ml Sea buckthorn pulp CO2 extract
- 1/4 tsp. Rosemary CO2 antioxidant

To make:

1. Combine carrier oils into bottle and add Rosemary CO2 antioxidant.
2. Place lid on bottle and shake until well combined.

Apply before going out into the sun.

This formula does not have SPF but can be used to prevent sun damage to the skin. This is not a suntanning oil. Wear protective hat and clothing to avoid excess sun exposure.

COOLING SUMMER SPRAYS

4 oz spray bottle

- 2 ounces Lavender hydrosol
- 1 ounce German chamomile hydrosol
- 1 ounce Lemonbalm hydrosol

4 oz spray bottle

- 2 ounces Lavender hydrosol
- 2 ounces German chamomile hydrosol

4 oz spray bottle

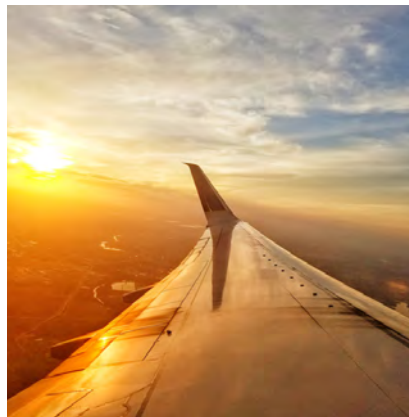
- 2 ounces Lavender hydrosol
- 2 ounces Cucumber hydrosol



TRAVEL SICKNESS INHALER

One metal or plastic personal inhaler tube or a 5ml bottle to make smelling salts.

- 10 drops Lavender eo
- 10 drops Peppermint eo
- 5 drops Lemon eo



TUMMY UPSET OIL

1 oz bottle

- 30ml Jojoba oil
- 15 drops Sweet fennel eo
- 10 drops Lavender eo
- 7 drops Lemon eo

Combine all ingredients in bottle and shake well.
Apply to stomach and lower back to soothe upset stomach.

HEADACHE GEL

1 oz jar (glass or PET plastic)

Fill jar with aloe vera gel and add:

- 7 drops Lavender eo
- 10 drops Peppermint eo

Stir with metal or glass stirring rod until well combined.

Apply to forehead, neck, and temples to soothe and relieve headache.



PANIC ATTACK INHALER

One metal or plastic personal inhaler tube or a 5ml bottle to make smelling salts.

- 10 drops Lavender
- 8 drops Neroli or Petitgrain
- 7 drops Sweet orange or Mandarin

Use inhaler as needed throughout the day.



ANXIETY RELIEF ROLL-ON

1 roll-on bottle

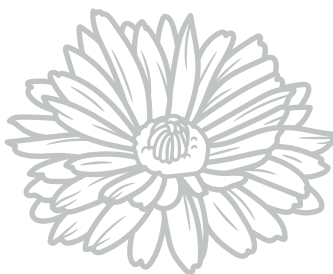
- 10ml Jojoba oil
- 3 drops German chamomile eo
- 6 drops Lavender eo
- 3 drops Frankincense eo

How to make:

1. Place drops of essential oil into roller bottle and gently swivel to combine essential oils.
2. Add in jojoba oil.
3. Place insert in bottle and cap.
4. Gently shake to combine all ingredients.

Roll-on is now ready for use.

Apply to wrist, neck, and chest as desired and needed.



LEG CRAMP/SPASM OIL

1 oz bottle

- 25ml Jojoba or other carrier oil
- 5ml Arnica herbal oil
- 10 drops Lavender eo
- 7 drops Clary sage eo
- 5 drops Peppermint eo

How to make:

1. Place drops of essential oil in bottle and gently swivel bottle to combine essential oils.
2. Add in carrier and herbal oil.
3. Cap and shake.

Apply as needed.



ITCH RELIEF ROLL-ON

One Roll-on bottle

- 6ml Calendula herbal oil
- 4ml Jojoba or Sunflower or Tamanu oil
- 2 drops German chamomile (*Matricaria recutita*)
- 4 drops Lavender (*Lavandula angustifolia*)
- 3 drops Helichrysum (*Helichrysum italicum*) (or Frankincense – *Boswellia carteri*)

How to make:

- Place drops of essential oil into roller bottle and gently swivel to combine essential oils.
- Add in jojoba oil (or other carrier oil).
- Place insert in bottle and cap.
- Gently shake to combine all ingredients.

Roll-on is now ready for use.

Apply to bug bite to reduce itchiness, support healing, and reduce inflammation.

CLAY POULTICE

Creating a poultice using green or bentonite clay is a simple and effective way to harness its therapeutic benefits. Poultices are known for their ability to draw out impurities, reduce inflammation, and promote healing.

To make a poultice, follow these steps:

1. In a non-metallic bowl, mix green or bentonite clay powder with enough water or hydrosol to create a paste-like consistency.
2. Apply the clay paste directly onto the affected area, such as a wound, insect bite, or skin irritation.
3. Cover the clay with a clean cloth or gauze to hold it in place.
4. Leave the poultice on for about 20-30 minutes or until it dries.
5. Gently remove the poultice and rinse off any remaining clay.

The poultice helps to draw out toxins, reduce inflammation, and soothe the area. It can provide relief from insect bites, minor burns, cuts, and skin infections. Regular use of poultices with green or bentonite clay can aid in the healing process and promote overall skin health.



ACTIVATED CHARCOAL POULTICE

To make an activated charcoal poultice, follow these steps:

1. In a non-metallic bowl, combine activated charcoal powder with a small amount of water to form a paste.
2. Apply the charcoal paste directly onto the affected area, such as a bug bite, minor burn, or skin irritation.
3. Cover the poultice with a clean cloth or gauze to keep it in place.
4. Leave the poultice on for approximately 20-30 minutes, allowing the charcoal to work its detoxifying magic.
5. Gently remove the poultice and rinse off any residue.

The poultice's benefits lie in its ability to absorb toxins, impurities, and bacteria from the skin. It can provide relief from insect bites, skin irritations, and minor infections. Activated charcoal poultices can aid in reducing inflammation, soothing discomfort, and promoting the body's natural healing processes.

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NEED SUPPLIES?



Explore Our Shop!



Our Shop, Distill Aromatics, carries handmade herbal oils and hydrosols made from plants we grow or wild harvest on our farm at Puppy Creek in Stuart, VA. Other aromatic and herbal supplies available too!

Retreats this Autumn



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