

Hello, this is A.D.



He is an aromatherabee.

He collects plants, leaves, fruit, seeds and flowers and makes them into essential oils which can be used to help people. All the creatures know of his special gift for making them feel better and often call on him to get one of his little amber bottles full of wonderful and sometimes unusual smells.



### Aromatherabee Lavender



Knock, Knock. A.D. opens his front door to see a little brown mouse.

“Hello Mrs Field Mouse, it is nice to see you, how are you today?” says A.D.



“Oh, A.D, I need your help. Grandpa and Grandma Mouse have come to stay with us to help with the new babies. Grandpa snores, Grandma cannot sleep and gets up all the time to make herself a drink and the babies get disturbed by both of them so I cannot get any sleep. This is making us all grumpy. Do you have anything which will help us?”

‘Leave it with me Mrs Mouse; I am sure I will be able to help you. I will bring it to your nest’

‘Thank you A.D., I will see you later’

Mrs Mouse went back to her family while A.D. checked his special book. His special book tells him what oils are good for different conditions and ailments. It also tells him what plants he needs to collect, how to get the oil out of them and where in the World they come from.



One of his favourite oils is made from Lavender. The pretty purple flowers smell gorgeous and the aroma from them can help in a lot of different ways. His book tells him that this is very useful for anyone who is having difficulty sleeping; it can also be used to help the babies get to sleep if Mrs Mouse uses just a single drop in their bedroom. It also tells him that he can help Granddads’ snoring by using



Thyme, a herb he grows in his garden.



There are lots of different types of Lavender but the one he wants grows in France. He looks at his globe and finds where he needs to go. France is a large Country which lies below England on the globe, just across the English Channel.

This is much too far for a little bee to fly but AD has a magic mirror which can transport him wherever he needs to go and back again.



He grabs his bag and says the magic words; "Lavender plants, my oils to deliver, take me to France magic mirror" There he can collect the Lavender he needs to make Lavender 40/42 for Mrs Mouse. Whoosh, tinkle, whoop! He sails through the mirror and emerges in a beautiful lavender field in France. He sniffs the air and



smells the relaxing fragrance as it drifts on the gentle breeze.

As he buzzes along looking for the best plants from which to take his sprigs he becomes aware of another buzz close by. Peeking out from behind the stems of lavender he cannot see anything to make the buzz. Suddenly a voice makes him jump. 'Bonjour,



je mappelle Louis'

'Hello, I am A.D. from England'

'What are you doing in my field?' asks Louis.

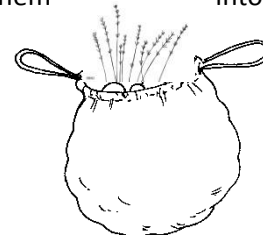
'I am an aromatherabee and I collect special plants, leaves, fruit and seeds to make essential oils which help my friends feel better'

'Ooh, that sounds interesting, but why have you come all the way from England to my field? Is there no lavender in your fields?'

'My book says that you grow the best Lavender for Lavender 40/42. A really useful Lavender which has lots of properties to help heal people in different ways. '

'Then I will help you find the finest plants' says Louis and leads A.D. over the clouds of purple flowers to the part of the field which Louis says has the very best plants.

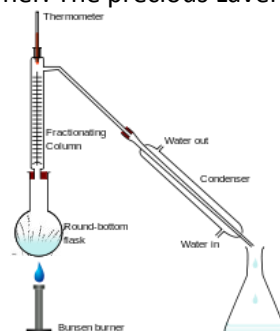
Using his pointy tail A.D. snips off the sprigs of lavender and pops them



into his bag.

You need lots and lots of sprigs to make a small amount of oil so when he has collected enough he thanks Louis and says goodbye. 'Merci Louis, au revoir' 'Au revoir A.D. et Bon Voyage'. Says Louis. Waving his wings A.D. returns to the spot where he had arrived through the mirror and says the magic words to get him home. Whoosh, tinkle, whoop! A.D. is back in his home with his treasured bag of Lavender.

A.D. gets to work. He now has to get the lavender out of the plant. He puts the lavender into the round bottomed flask and lights his burner. The precious Lavender liquid collects in the funnel flask.



The smell in his kitchen is lovely, but strong, so he opens his window and lets the scent float out.

A.D. has another note book which his mum gave him. She had been an aromatherabee too. The book tells him how to mix different oils to make blends. The oils work well together for even better results. One of the blends in his book is called Sweet Dreams, a mixture of Lavender with Marjoram. He decides that this will be good for Grandma as both oils will help her to relax but in different ways.

A.D. makes up the Sweet Dreams for Grandma, the Thyme massage rub for Grandpa and the Lavender for Mrs Mouse and the babies. He pops them into his bag and sets off for Mrs Mouse's nest.

As he buzzes slowly up the track he follows the scent that has floated from his house. Looking up into the trees he sees Squirrel lying on a branch relaxing, robin is sitting enjoying the sunshine and by the rock at the side of the track the ants have all stopped for a nap. Even Mr Frog is resting on a lily pad in the small pool.



A.D. smiles, all the creatures are relaxing because of the Lavender.