



Stress Busters

To **de-stress**, put 4 drops of chamomile and 2 drops of bergamot and sandalwood onto a handkerchief or napkin. Breathe in deeply through your nose and out through your mouth for a few minutes.

If you need a **pick-me-up** rub a drop of peppermint on your temples and you'll feel instantly awake.

Store these next two blends in a 2ml colored glass bottle and keep with you in your bag, in your car, at the office or while you're traveling.

Breathe easy by blending 20 drops of lavender, 5 drops of tea tree oil and 15 drops of frankincense. Try this **happiness blend** to help lift you out of the winter doldrums; 25 drops of bergamot and 15 drops of geranium.

Choosing Your Oil

So how do you choose the oil that's right for you? The simple answer is to go by your nose. To relieve stress you might opt for orange, ylang ylang or chamomile. Lavender will restore balance and soothe. Jasmine is uplifting and sandalwood has been used as an aphrodisiac. Rosemary, eucalyptus and peppermint are all stimulants and can be used to rejuvenate and re-energize if you're feeling sluggish or unfocused. The scent will more or less attract you and experts say that we intuitively gravitate towards what we know will help us. Have fun and experiment. It's important to remember that not all essential oils are created equal. Be sure to only buy oils that are 100% pure and natural.

Discover the world of essential oils and use them to be the vibrant healthy you that you are meant to be.

Aromatherapy is the Indian Ayurvedic science dating back 3500 years. An ancient form of healing that uses the art of blending essential oils. Steam or water distillation is used to extract the oils from the flowers, leaves, stems and roots of plants. The oil not only holds the true fragrance or perfume of the plant it was drawn from but also carries with it all of the healing and medicinal properties. A small dose goes a long way -- one drop of essential oil equals roughly thirty cups of herbal tea in terms of concentration.

What differentiates essential oils from fragrance oils or store bought perfumes is their purity and therapeutic gains. Many perfumes and fragrance oils are made up of artificial ingredients while essential oils are 100% natural and offer an infinite amount of healing mental and physical benefits. This normally happens through breathing in the oils and applying them directly to the skin in a diluted form, blended with a carrier oil (sweet almond oil, apricot kernel oil and grape seed oil).

When the oil is absorbed into the body through massage or inhalation, it travels to the lymphatic system and the lymphatic system then circulates it into the blood stream. The oil then goes to work on the body by correcting imbalances. You can reduce inflammation, fight infection, create an antiseptic environment for your body to heal, assist your cells in functioning properly, calm your nerves, ease your anxiety, relax your muscles, clear up troubled skin and much more.

There are countless ways you can reap the all-natural benefits of using essential oils to beautify, rejuvenate and enhance your well being from the inside out. Here are just a few tips:

Relax

Create your own spa experience in the comfort of your own bathroom. Add five to ten drops of oil into your **bath** for a luxurious experience. Fill the tub with hot water, lay back and relax. Let the restorative healing properties of lavender oil wash over you or the stimulating properties of peppermint oil perk you up.

Make your own **massage oil** by adding 1 drop of your favorite scent for every ml of carrier oil.

Can't sleep? Try this as a solution for **insomnia**. Run cold water over a pair of cotton socks and wring them out. Dab a couple of drops of lavender oil onto them and then put them on followed by a pair of woolen socks over top. Crawl into bed and leave them on for a half hour or all night if you fall asleep. This works surprisingly well.

Beautify

If you have a big day coming up – a job interview, a wedding, an evening affair or you just want to pamper yourself, these quick and easy solutions will give you a last minute make-over and have you looking gorgeous in no time!

For **pimples**, spot treat them with tea tree oil. Australian tea tree oil is the best. This will reduce inflammation and kill bacteria. Tea tree oil is also excellent as a disinfectant and can be used for minor blisters, burns, cold sores, infected wounds, insect bites, and rashes.

To get a **healthy glow** start by washing your face with warm water and a wet cloth that has been dabbed with your favorite essential oil. This will open up your pores. Next use a small amount of sea salt or oatmeal mixed with a few drops of warm water and massage the mixture into your face for 2-3 minutes in an upward motion using circular movements. Rinse and moisturize.

Give yourself an at home **facial** by putting 8 drops of essential oil like lavender, eucalyptus or chamomile in a bowl of nearly boiling water. Place your face over the bowl and breathe in deeply for 8 to 10 minutes. To intensify the benefits place a towel over your head and use as a hood to capture the steam. Wipe off excess moisture with a cotton pad and gently apply a facial toner. Be sure to drink plenty of water afterwards.

Add 5 drops of oil like sandalwood or frankincense to a clay **mask** and leave on as directed.

For an **all in one-nail treatment** use rosehip oil. This nourishing oil contains prostaglandin to strengthen your nail cells, stimulate growth and increase circulation, vitamin C to prevent infections and fatty acids to rehydrate. Finish off by gently buffing your nails for a luminous shine.