



Serenity Suds
and Soaks

Handmade
Aromatherapy Products



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AROMA-NEWS

AUTUMN 2010

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Welcome to our Autumn Newsletter.

This month celebrates Earth Hour on Sat 27th March at 8.30pm.

Earth Hour started in Sydney in 2007, as a global initiative of the WWF(world wide fund for nature),and since then has been adopted by many countries around the world., to take a stand against climate change. For further details see WWF website.

Our special promotion this month is a FREE SOY CANDLE, with all online orders over \$65. valid until March 31st

Aromatherapy in the workplace

Essential oils can be used to stimulate our minds, aid concentration, improve productivity and create an instant welcoming ambience.

It takes only seconds for an aroma to enter our nose and reach the part of the brain associated with emotion and memory.

The Japanese have for many years, have been vaporising essential oils through air conditioning units to increase productivity, and decrease errors.

Essential oils are concentrated plant extracts and have wonderful antiseptic and antibacterial properties- great to vaporise for a healthy workplace.

In any workplace, essential oils can be used to energise and stimulate productivity and relaxing aromas can be used to reduce stress and tension.

Essential oils to boost energy

To boost energy vaporise zesty, citrus oils. These include lime, grapefruit, orange, lemon, lemongrass and mandarin. These oils also aid to lift your mood and are stimulating.

Traditionally, rosemary is used to aid memory and concentration. Basil is great for mental clarity and decision making. Peppermint is useful in meetings and conferences to aid focus and concentration.

Revive flagging spirits in your workplace and create an ambience that is conducive to your well being and your work.

An electric burner is a work safe option to vaporise your oils.

Check our website regularly for our monthly specials with your online orders

We value your custom and like to thank you with our regular special offers