



Serenity Suds
and Soaks

Handmade
Aromatherapy Products



AROMA-NEWS

Welcome to Serenity Suds and Soak's Autumn newsletter

In this issue:

- *some great recipes to calm a busy mind
- *essential oil profile- frankincense
- *fantastic special offer- great give-away!

Do you find it hard to "switch off" after work and settle the busy-ness of your thoughts? You are not alone! Our society and lives are so fast paced and over stimulated that it is no wonder it is difficult to unwind and relax. Essential oils are a simple and easy way to help promote relaxation. Many essential oils aid relaxation... a few to choose from include:

Lavender, neroli, ylang ylang, geranium, bergamot, frankincense and mandarin.

Three great ways to use these oils are bathing, massage and inhalation.

Aromatherapy baths work wonders as the warm water helps relieve tension in your body, while inhaling the aromatic vapours of the oils soothe your emotional status.

For bathing, simply choose any three of the above oils and use two drops of each - you can add to a little milk to disperse the oils, or Epsom salts are great to relax muscles. Add just before the bath is drawn and agitate the water to mix. If you prefer to shower - put 4 drops of essential oil on a washer and massage over your body.

Vaporisers, or oil burners, are great for home and the work place. Try this blend to alleviate stress and anxiety:

- 2 drops lavender
- 3 drops mandarin
- 3 drops geranium
- 2 drops of frankincense

Also, for times of nervousness - place 2 drops of neroli on a tissue and inhale.

Massage - using 15mls of carrier oil, such as sweet almond, add 7 drops of essential oils and massage into your neck, shoulders and arms before bed.

Profiling...Frankincense essential oil, boswelli carteri

Extracted from a small shrub, originating in the middle east, this oil is extracted from an incision into the bark and it yields a resin or gum, which is the essential oil.

Frankincense has been valued since ancient times for use in religious ceremonies and therapeutically for treating wounds. It has a warm, woody, spicy aroma. Properties *calming, comforting, regenerating, fortifying, slows the breathing and induces feelings of calm, soothes the mind, especially for states of anxiety and obsessive thoughts, deepens respirations and aids in meditation.

Other tips to unwind: give yourself time everyday for some peace and solitude- even just 10 or 15 minutes free of TV, phone, radio, interruptions. Take some guilt-free pleasure in doing nothing! Long term stress releases stress hormones, such as cortisol and adrenalin which, over time, take a toll on our physical well being. Take some time out for you!

SPECIAL OFFER

Now for our SPECIAL OFFER!!! For a limited time, we are offering FREE a 100ml lavender moisturiser, valued at \$16.95 with all orders over \$100.

Valid until April 30' 08.

NEXT ISSUE: OILS TO STIMULATE/ REFRESH AND REVIVE!!