



Serenity Suds
and Soaks

Handmade
Aromatherapy Products



AROMA-NEWS

October 2009

Welcome to our Spring newsletter. We are excited to have given our website a makeover and we hope you enjoy browsing the 'new look' site.

We are also very happy to now offer our beautiful range of handmade soy candles online. They have been very popular at our local markets and also in our retail outlets, so if you haven't yet tried soy candles, you are in for a treat.

Soy wax has the advantage of being a completely renewable resource— an eco friendly, biodegradable and sustainable product. The beauty of using soy candles is that they burn cooler, cleaner and slower than the paraffin alternative, so you get to enjoy your soy candle much longer and free of the toxic, black smoke that paraffin candles emit.

RECIPE— Refreshing Room Spray

100mls spring water
30 drops lime essential oil
20 drops pink grapefruit essential oil
20 drops sweet orange essential oil
15 drops atlas cedarwood essential oil
4mls solubiliser, or 1 teaspoon vodka

Mix together the essential oils and solubiliser/vodka in a spray bottle and shake well. Add the water and mix well. Spray a fine mist into the room.

Use a blue or amber bottle, to preserve essential oils quality. Enjoy!

Did you know it takes about 30 roses to make 1 drop of rose essential oil!

In skin care, rose essential oil has excellent hydrating properties, and is especially good for mature, dry and sensitive skin.

For centuries, rose oil has been associated with the heart, love, youth and beauty. On an emotional level, rose oil is beneficial for self nurturing, it soothes feelings of anger, sadness and anxiety.

In our next issue

Recipes for the silly season: a fab, festive oil blend for your home.

Look out for our **Christmas Soap**. We have started making it and it will be available online by Nov 1st.. Don't miss out— we sold out last year of this beautiful soap— essential oils used include orange, frankincense, mandarin and cinnamon.

It smells amazingly good.

SPECIAL OFFER

Online orders over \$70 receive 2 FREE beautiful handmade olive oil soaps.

VALID UNTIL DEC 1st '09

www.soaparomatherapy.com.au