



Serenity Suds
and Soaks

Handmade
Aromatherapy Products



AROMA-NEWS

Welcome to our Spring newsletter, for Serenity Suds and Soaks.

Spring is a wonderful time to relish our senses.

Nature is bursting with new growth and beautiful scents. Whether you enjoy a vigorous bushwalk, or just take pleasure in the beautiful aromas of jasmine in your street, it's a great time to shake off the cold and layers of winter and celebrate the warmth and growth around us.

As our lives are increasingly busy, we are sometimes spread thin with our multiple roles and daily stresses. My favorite antidotes to stress are nature and aromatherapy. Nature is a great healer, whether it be to soothe the soul with some peace and quiet contemplation on a bushwalk, lay under a tree and gaze up, or to use nature's gifts in the gentle art of aromatherapy.

Aromatherapy uses pure plant extracts, (from flowers, grasses, trees, herbs, fruits and leaves) to enhance our physical and emotional wellbeing. At 70 times the concentration of the plant they are extracted from, essential oils have a subtle but powerful effect on us.

Did you know that our sense of smell is processed in the same part of the brain- the limbic system- that is responsible for memory and emotion? This is so integral to who we are and is why our sense of smell can evoke such powerful emotions, and memories. We can be transported in an instant back to a childhood memory of a place or time.

It is amazing how something so -seemingly- subtle, can be so effective in enhancing and supporting our daily lives. Each essential oil has its own unique therapeutic properties. They help to balance and regulate our moods and emotions- different oils are noted for their stimulating, relaxing or uplifting properties.

The most versatile of oils- lavender- is well known for its uses to calm anxiety and relax, whereas peppermint oil can stimulate mental clarity and focus- great for use in the workplace or conferences.

If you are exhausted and flagging, try some grapefruit oil to revive and uplift your spirits.

If you are feeling particularly stressed and fatigued, why not try our wonderful 'Chill' massage and bath oil. It is a beautiful combination of essential oils designed to relax and ease tension- read more about it on our website, and our essential oils page gives some great information on the healing properties of a selection of the essential oils we use and love.

So- enjoy some of the benefits of aromatherapy in your daily life...

SPECIAL PROMOTION

To new subscribers of our newsletter- October orders of over \$60, receive a **FREE GIFT!!**

Look out for our next newsletter, for more aromatherapy news..

We welcome your feedback on what you would like our newsletters to cover, and stay in touch for any special offers coming up....