



Serenity Suds
and Soaks

Handmade
Aromatherapy Products



AROMA-NEWS

Welcome to our first newsletter for 2008.

Our website was launched in Sept, 2007, and is an exciting development for our homegrown business and passion for aromatherapy. We welcome your feedback of the site and our products, and are happy to answer any queries by email or phone.

Well, the start of a new year is traditionally a time for great plans, intentions and resolves. Summer is a popular time to cleanse and 'detox' after all the excess and indulgences of the festive season. So, with that in mind- this newsletter will profile 2 essential oils that are particularly effective in detoxifying: juniper and grapefruit.

JUNIPER *Juniperus communis*

Juniper essential oil is extracted from the small purplish-blue ripe berries of this evergreen bush, by distillation, producing an oil with a strong, sharp, fresh, pine-like aroma. When you think of juniperberries perhaps gin and tonic comes to mind, so it is interesting that this oil is regarded as one of the best detoxifiers and diuretics!

Properties of this oil include

- diuretic
- antiseptic
- detoxifying

It acts as a stimulant to the kidneys, relieving fluid retention. Massaged into the skin, it stimulates circulation and is useful in cellulite treatments. It is a good tonic for oily and congested skin.

Note- a cheaper, inferior juniper oil is also extracted from the leaves and branches, so always look for juniperberry essential oil. Caution- not for use during pregnancy, or with severe kidney disease.

As with all essential oils (except lavender and tea tree), not to be used directly

on skin- always dilute with a quality carrier oil.

GRAPEFRUIT *citrus paradisi*

One of my personal favorites, grapefruit essential oil has a fresh, uplifting citrus aroma. It is extracted from the fruit rind by cold pressing. Grapefruit is a stimulating oil and revives the spirits, wonderful when you are tired or stressed. On a physical level, it acts as a lymphatic stimulant, assisting in treating fluid retention. Like juniper, it has detoxifying and diuretic properties, and is used in cellulite treatments. It is also a digestive stimulant.

A FEW 'DETOX' TIPS

*First thing in the morning, squeeze the juice of ½ a lemon in a glass of water – a great system cleanser.

*Drink lots of water, and enjoy seasonal summer fruits, berries and veges.

The brighter the colour, the higher the antioxidant content. Eg red and pink food, like tomato and watermelon are high in lycopene.

*Have regular massage to stimulate circulation and lymphatic system.

*Exercise- not only stimulates endorphins and improves our mood, it increases energy levels, and in stimulating circulation and lymphatics, it helps to rid toxins and waste.

*Happy thoughts= Happy molecules! Remember, our thoughts can be toxic too....be aware and look after your emotional health and well being as well as your body.

Our newsletters will be seasonal, so until Autumn.....

Enjoy your summer and keep up your resolves.

SUMMER SPECIAL

Try our detox scrub, with skin nourishing macadamia oil, French green clay, sea salt, and essential oils of juniper, lavender and grapefruit- a great exfoliant to remove dry, flaky skin and leave your skin so soft, smooth and silky. Mention this newsletter with your order and receive a FREE beautiful soap from our range.