

# ESSENTIAL ESSENCE NEWS



Issue 3 / June 2017

## WHAT'S NEW

### Sinus Clear Blend for Diffusers & Aroma Inhalers



Essential Essence Sinus Clear contains a blend of pure eucalyptus, tea tree & lavender essential oils to help soothe & clear blocked noses and sinuses. Add a few drops to your diffuser or personal inhaler for instant relief. During June/July 2017 you are offered the chance to purchase this new product (diffuser blend plus inhaler) for only \$8.00. This is a saving of more than 25% off the normal retail price. Normal postage rates apply. Phone Jacinta on 0425 812 873 or email [enquiries@earomatherapy.com.au](mailto:enquiries@earomatherapy.com.au) to place an order.

Welcome to Essential Essence News Issue 3. The focus of this month's newsletter is to provide you with some ideas on how to use essential oils to maintain your physical and mental vitality through herbal healing during the winter months

## AROMATIC HEALING

To maintain a healthy body and strong immune system a balanced diet rich in fruit and vegetables and regular exercise is extremely important. When faced with colds and flu and other winter ailments essential oils can be used to help ease the severity of symptoms, prevent the spread of infection, increase circulation and lift your mood. To achieve this essential oils can be added to diffusers and personal inhalers, they can be used during steam inhalation, be incorporated in foot soaks and baths and be used as surface disinfectants and/or room sprays. They can also be added to carrier oils and be applied directly to the skin via massage to soothe muscular aches and pains.

Blends containing oils such as eucalyptus, rosemary, sage and thyme can be have remarkable anti-bacterial properties. Steam inhalation of oils such as sage, pine and eucalyptus may be useful in providing respiratory relief. Blends incorporating black pepper are great for increasing blood circulation.

## FORMULATION OF THE MONTH

This month we have 2 formulations for you to try:

### 1) Soothing Bath Blend

To soothe tired sore muscles rest for 15-30 min in a warm bath containing:

- 3 drops pine
- 4 drops sandalwood
- 4 drops of marjoram

Mix the essential oils with one teaspoon of milk or vodka before adding to bath water to ensure they disperse properly when added to the water.

### 2) Essential Oil Decongestant

Add 3 drops of pine and 3 drops of eucalyptus to a basin or bowl containing boiling water. With eyes closed place a towel over your head and inhale the vapours in through the nose and out through the mouth for a few minutes.

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