

ESSENTIAL ESSENCE NEWS



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WHAT'S NEW

Red Clay Organic

Face Mask \$15



The Essential Essence organic face mask contains only natural ingredients including sandalwood, turmeric and French red clay. Mix with water or rose water to form a paste before applying. Rinse off with warm water after 10-15 min to leave skin looking youthful and radiant, and feeling refreshed and toned. Orders for the French red clay organic face mask and many other new great products can now be made via the web site or by calling 0425 812873 or emailing: enquiries@eearomatherapy.com.au

SKIN CARE USING AROMATHERAPY MOISTURISERS

Welcome to Essential Essence News Issue 4. This month's newsletter is all about aromatherapy moisturisers.

Your skin accounts for more than 16% of your total body weight. Its primary function is protection by preventing the body from being invaded by bacteria and chemicals. It helps to regulate body temperature by sweating and it keeps the brain informed of changes in the environment to make us aware of whether we are hot or cold, or experiencing pleasure or pain.

Drinking plenty of water to keep hydrated on the inside and topical application of moisturisers on the surface of our skin are important factors in ensuring it remains healthy. You probably already put moisturisers on your face and body every day so why not consider creating your own moisturisers using aromatherapy and carrier oils? This way you can eliminate the harsh chemicals and alcohols often found in shop-brought products and make products to suit your own unique requirements. Essential and carrier oils can be used to hydrate skin, create a better complexion, reduce wrinkles and stretch marks, and to aid regeneration after trauma such as that caused by knocks and excessive sun exposure.

Give your favorite body moisturiser a boost. Try adding up a couple of drops of rosehip oil to 20-30 mL moisturiser. Rosehip hydrates and nourishes dry skin and has a mild pH. High in the essential fatty acid *gamma linolenic acid*, rosehip is a good all-rounder to promote glowing, healthy skin and is suitable for all skin types. For a deeply penetrating, all over moisturizing oil try making a blend of 25 mL of jojoba with 5 mL wheatgerm oil. For a lighter facial moisturiser try using grape seed oil without any additives. Coconut oil can be used as an effective make-up remover and face and body moisturiser.

FORMULATION OF THE MONTH

Scar & Stretch Mark Reduction Blend

To 45 mL of rosehip & 5 mL of wheatgerm oil add 8 drops of lavender and 6 drops of neroli oil. Mix ingredients well. Massage into skin as required. Use as a natural and effective treatment to help increase skin elasticity and to assist in reducing the appearance of scars and stretch marks.

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