



# November News

## *What's new*

**Inside this issue:**

*What's new*

*Water*

*Aromatherapy-Cinnamon*

*Gratitude*

*Client Feedback*

**Gift Certificates available**

Did you know foods in your pantry can not only nourish you internally they can also make natural skin care products?

Come to a class and learn what to use and get recipes to cleanse, exfoliate and make your skin more healthy. Nothing in your kitchen will go to waste.

Also you will learn to make a sugar hand scrub that you

can give as a gift or keep for yourself.

Date: Monday, Nov.22

Location: East Columbia 50+ Center. 6600 Cradle-rock Way.

Time: 5-7 pm

Cost: \$10.00

Materials fee:\$5.00

To register call:

410-313-7680

**Offer of the Month**

Christmas Blends: 10% off  
Christmas Comfort—This blend of essential oils makes your house smell as though you were baking

Christmas Tree: Have your house smell like you have a real tree.

## *Water— Why should we drink it*

You hear it all the time, drink 6 to 8 glasses of water everyday. It seems an easy task considering all the liquids we drink in the course of a day. But how much of that is plain water? When I ask my clients how much water they drink the usual response is “not enough.”

Water is the basic component of our body. If you look at the numbers our body is made up of up to 75% water. Separately the composition of water in the

parts of our body is as follows Brain - 75%, muscle-75%, fat-50%, blood-83% and bones-25%

The function of water in your body is life sustaining it brings nutrients to and eliminates waste from cells. It helps the body to maintain a constant temperature. It also maintains muscle tone. It suppresses appetite and helps the body metabolize stored fat. In fact drinking water can help you loose weight. It also keeps the

It also keeps the body hydrated and aids the functions of the liver and kidneys. This prevents kidney stones from forming, also keeps your skin and hair healthy.

If you do not drink enough water begin with 1-2 cups a day and gradually add a cup until you are taking in 6 to 8 cups. When you exercise the body will need more water.

Water is the best thing you can do for yourself because it affects the entire body.

**Special points of interest:**

- Class-How to make skin products from your pantry
- The importance of drinking water
- Gratitude
- What clients have to say

## Gratitude - A new attitude

### COUPON

10% off Aromatherapy  
Holiday Blends

If you cannot use this coupon  
pass it to a friend.

Thanksgiving is coming up and that always brings us to focus on the things in our lives that makes us grateful. What would happen if we practiced gratitude on a regular basis? A few years ago I was reading a book that said it would change the way your life is perceived. We generally focus on what needs to be fixed or the things we desire, but if we begin to focus on the things that are good in our lives we

begin to see many things that we take for granted.

The book suggested to keep a gratitude journal. Everyday list five things that you are grateful for, the more you do it the longer the list becomes. Even when you have a bad day it doesn't mean that you can't be upset about it but when you find something in that day that you can say I am grateful for it makes the day a little better. Reduces the

stress by taking your mind off the negative and focus on the positive. You feel better about your life and yourself because you see more of what you have achieved than what you still have to do.

This simple exercise of gratitude can change your life, so go out and get yourself a journal and see what transformations it could bring.

## Cinnamon Essential Oil

"Cinnamon was used by the Greeks and Romans as a medicinal aromatic herb"

Latin name: *Cinnamomum zylanicum*

The essential oil of cinnamon is distilled from the leaves and bark of the tree. It is yellow to brown in color and has a spicy, warm scent.

Cinnamon was used by the Greeks and Romans as a medicinal aromatic herb. Cinnamon was one of the principal ingredients used by the Egyp-

tians for mummification. It was considered a precious commodity for trade.

Today it is used as a flavoring agent and spice in a wide variety of foods. Also used in dental preparations and in toothpaste and mouthwash.

The leaf oil is used in aromatherapy and should not be used on skin because it may irritate. The best uses

of the essential oil is to diffuse during cold and flu season. Uses:

Cold & Flu season:

Diffuse 8-10 drops in water.

Cleaning: 1 cup baking soda mix 10 drops Cinnamon and 10 drops Lemon. Use to clean sinks and tubs.

Diffuse 5 drops of Cinnamon to help reduce stress.

## Client feedback

"I absolutely fell in love with reflexology. I started going for migraines, after about a month of regular sessions they became less frequent and after 4 months they were almost gone." JH

"I have used different modalities that you offer and

wanted to let you know how helpful they have been.

When under stress reflexology and chakra balancing has helped with my inability to sleep and has given me a deep sense of relaxation. I have used aromatherapy blends when I had pneumo-

nia and it helped with congestion. I have also used blends for arthritis and stress, all with positive results." JK

"During my first session of reflexology I was amazed that my sinus started to drain and clear" BW