



FRESH OFF THE FLOWER POWER PRESS

Spring 2018 - Detoxification

We did it! We made it through another cold, dry, Canadian Winter! We all deserve a pat on the back... and a detox.

Using essential oils in combination with your preferred method of internal detoxification (clean diet, herbal tinctures, etc) will help your skin to properly clear the toxins out.

Here are some of our favourite essential oils for detoxification...

Geranium Rose - Anyone who knows us, knows we are obsessed with our Geranium Rose! It is cleansing and balancing to the skin and promotes lymphatic detoxification. (It's also handy to have around at this time of year as the threat of ticks starts to loom once again.)

Pink Grapefruit - It wouldn't be a detox without some citrus action! Pink Grapefruit is astringent, it clears the pores and encourages the skin to effectively expel toxins. A salt scrub of Pink Grapefruit and Geranium Rose is an amazing treatment for cellulite.

Rosemary Highland - Just as it stimulates the mind, Rosemary stimulates the body. It gets things moving like nothing else, promoting circulation and detoxification. Use it with a dry brush in combination with the steam or sauna for max detox power!

Cypress - Besides smelling absolutely heavenly, Cypress is super effective in treating sluggish lymph, poor circulation and water retention. Try a detoxifying body mask of Cypress, Grapefruit, Green Clay and Matcha Powder (these and many other dry ingredients are now available on our website).



Inside Info

Pictured above is a very sweet little birdy, and Lemongrass.

Cymbopogon flexuosus is a great oil to have around as you become more active this Spring. It makes an amazing after-sport treatment because it improves muscle tone and relieves muscle tension.

It is balancing for those with excessive oil production or perspiration.

Our Lemongrass is Certified Organic and comes from Nepal. It makes a beautiful scent for both men and women.