



## FRESH OFF THE FLOWER POWER PRESS

### Winter 2017-2018 ~ Nature's Medicine

*With Cold and Flu Season upon us, it is the perfect time to be reminded of the many ways to heal and protect yourself and your family using essential oils.*

*This Winter's MVP's are...*

*Hyssop Decumbens - This is one of the best oils to have on hand for chest colds and flu, especially if you have children in the house. This variety of Hyssop is one of the strongest antiviral oils, yet safe and gentle for use around children. It is extremely effective for breaking up chest congestion and relieving 'wet' coughs. Used in combination with Tarragon this oils can help treat asthmatic conditions.*

*Thyme Linalol - This variety of Thyme is a broad spectrum anti-infectious agent, it can be inhaled to assist with most infectious illnesses. Our Thyme's linalol content makes it a gentle healer and the superior choice to Oregano Oil, which can be very aggressive to tissue.*

*Bay Laurel - Bay laurel is one of the most important oils in an apothecary to support immune health. Try applying a drop to swollen lymph nodes when you're coming down with something, and you'll see what we're talking about.*

*Spike Lavender - This variety of Lavender is a must to have on hand when someone in the house is sick. It clears the air of infection and assists with a speedy recovery from illness.*

*A number of The Aromatherapist Synergies are wonderful choices for this time of year - Cold & Flu, Breathe Free, Immune Boost, Lift Depression... the names pretty much say it all!*

*Once you go through one winter with the help of flower power - you'll never look back.*



### Inside Info

It wouldn't be a 'Nature's Medicine' Newsletter if we didn't feature *Picea Mariana*, aka Black Spruce (pictured above).

This wild certified organic needle oil hails from none other than this beautiful (sometimes chilly) country of ours! It is rare to find a Canadian that isn't instantly drawn to this oil. It's in our blood.

Black Spruce's main claim to fame is immune stimulation.

Massage across the adrenal area (low back) to restore immune function. A drop of Black Spruce in your morning shower will give you a burst of energy - even before your morning coffee!

Black Spruce is also used to treat respiratory infection, muscular aches, poor circulation and arthritic pain. Diffuse in your home to stop the spread of airborne infection.







## The Basics

### with The Aromatherapist

Not sure which area of Aromatherapy is most interesting to you yet? This course offers a broad overview and demystifies the use of essential oils. Let us show you how simple, fun and beautiful it is to replace the chemicals in your life with nature. With over 50 DIY recipes to choose between, you will have the opportunity to make and take home...

- ~ Simple pharmacy products
- ~ Your daily skincare regime
- ~ Personal scent
- ~ All your household needs
- ~ Ambient blends to balance mood, disinfect, stop the spread of germs and boost immunity

And all of it customized just for YOUR life!

**When?** Saturday, January 13, 11 am - 2 pm

**Where?** Flo Studio, 260 Waterloo Ave., Guelph

**Cost?** \$50 per person or \$85 for a pair







# THE PERSONAL PALETTE

**Molecules of Emotion, with The Aromatherapist**

It has long been known by Aromatherapists that essential oils can positively affect mood, and scientific studies are now providing significant evidence for such effects, as well as explanations of how they work. The chemical balance in our brains changes constantly. Every second of the day. Every thought that we allow to pass through our minds, everything we see, everything we hear causes an alteration that mediates emotion, whether slight or significant. Imagine if you could control that with something as simple and beautiful as natural scent? You can! Come and learn how.

**When?** Saturday, February 10, 11 am - 3 pm

**Where?** Flo Studio, 260 Waterloo Ave.,  
Guelph

**Cost?** \$100 per person





## **RAW SKINCARE: BODY & DETOXIFICATION**

with The Aromatherapist

Spring is the perfect time to shed the leathery snake skin of winter and detoxify the body. You could book yourself a trip to Thailand, and check into a beautiful, natural jungle spa or you could bring the spa to you. Making your own beautiful, fresh, organic skincare products has never been easier. All of the raw ingredients you need are at your fingertips in today's organic marketplace, we'll show you how to put them together to create the perfect balance for your skin.

**When?** Saturday, March 10, 11 am - 3 pm

**Where?** Flo Studio, 260 Waterloo Ave., Guelph

**Cost?** \$75.00 per person







# PRACTICAL AROMATHERAPY FOR MASSAGE THERAPISTS

with The Aromatherapist

Massage therapists know all too well how badly muscles can get knotted and bent out of shape, essential oils can help immensely! This is a training in the basics of integrating essential oils into a massage therapy practice. As well as learning the psychological and emotional benefits of essential oils in massage, therapists will learn the role they can play therapeutically for other systems of the body. We will also touch upon principles of blending, safe dilution ranges and a description of dermal reactions/sensitivities.

**When?** Saturday, April 14, 11 am - 3 pm

**Where?** Flo Studio, 260 Waterloo Ave., Guelph

**Cost?** \$75.00 per person

