

SUN SPRAY

We embrace the summer and all its warmth with open arms as the most vibrant and abundant time of year. The flora is in full bloom, thirst quenching fruits and veggies come into harvest, and the days are at their longest. It is the most 'yang' season – hot, expansive and full of energy. We can smell the summer florals releasing their alluring aromas and hear the faint hum of pollinators in the eve. Life becomes its most alive, and we owe it all to one cosmic force that allows us to thrive: the Sun. Because it lingers longer each day, we stay up later into the night, and because it heats up the earth, we can bathe in its blanket of light.

SUN SPRAY is a refreshing aqueous version of my newest All Over Oil blend dedicated to the solar body. This spray is like a sip of floral lemonade your skin can drink. The base consists of Hawaiian Lemongrass hydrosol, the infused water byproduct of essential oil distillation, with a bit of pure Hawaiian Lemongrass essential oil added to enhance the citrus tones. On top of that are Ylang Ylang essential oil and organic Lavender essential oil, to give floral depth and brightness respectively. The final touch – a Clear Quartz mini point charged in the Hawaiian sun – will help facilitate the free-flow of energy. The result is a light, hydrating mist to keep you fresh throughout those long summer days. Shake gently and spray onto your face, body, hair, clothing and the air around you to reinvigorate your space.

LEMONGRASS, the center ingredient of this blend, is a fragrant herb often used in cooking for its potent lemony scent. Originally native to southern India and Sri Lanka, Lemongrass now grows throughout the world's tropical regions. The plant looks very similar to its cousin Vetiver, another tropical aromatic grass with whom it shares a genus, and is known botanically as *Cymbopogon citratus*. While the green blades carry the scent, the strongest part is at the whitish base of the leaves where it meets the earth. Typically, Lemongrass gently astringes the skin to control oil balance (and therefore makes a great toner), is antimicrobial (to help prevent acne and treat skin infections), repels insects (so mist liberally in the outdoors), and reduces inflammation (your spray might be a little mild for painful areas, but worth a try). The oil is also known to have a calming and relaxing effect on the mind, so keep it on hand to cool your brain and being during the height of summer heat. The essential oil and hydrosol used in this blend are both distilled from locally harvested grasses just north of Hilo on the Big Island by Vetiver Farms Hawaii.

CLEAR QUARTZ finds its way into your Sun Spray in the form of a mini point crystal, cleansed with Hawaiian sun & water, to potentiate the blend and provide you with a beautiful tiny keepsake. Quartz is the second most abundant mineral in the Earth's crust, and is deeply interwoven into the mythology of many cultures worldwide – including ones relating to the sun. In prehistoric Ireland this mineral was known as 'sunstone,' and it was a slab of quartz that first enabled the sun to shine in a Navajo creation myth. The crystal is known for its ability to facilitate connection between the mind and the physical realm, thereby enhancing mental clarity and even encouraging clairvoyance. Clear quartz is also said to remove energy blockages within the body, allowing your energy to flow freely.

SUN & MOON ALL OVER OIL samples are also here for you to try! These are my two new blends that can be used literally 'all over' to nourish & soften your hair, hydrate & glisten your skin, refresh & perfume your bod. Both share a common base of Hawaiian Macadamia, organic virgin Coconut & organic extra virgin Olive oils. SUN features the same blend as your new spray, with Hawaiian Lemongrass, organic Lavender and Ylang Ylang essential oils to provide you with a dose of liquid sunshine regardless of the time of year. MOON is the scent of flowers in bloom on a warm Hawaiian night, with Hawaiian Sandalwood plus Jasmine & Pikake absolutes (two different types of jasmine both from the *Jasminum* genus). To use, start with a dropperful in your palms and work from root to tip of wet hair, or use just a bit to smooth out dry hair. Apply lightly to the face and liberally to the body to moisturize your skin. Adorn neck & wrists for a subtle perfume, and let yourself be enraptured by these tropically exotic scents!

BY INDIGO ELIXIRS

