

"Living Simply"



“Every breath is a giveaway dance between you and the plants.” - Susun Weed

Become Your Own Aromatherapist!

By Faith Spencer | Wellness Ambassador

Did you know that everything you've ever smelled is permanently stored in your memory bank? The sensational aroma of Grandma's cookies. The smell of rain when it starts to fall. You know. You have your favorite smells that make you feel comfort and joy. You also have smells stored that make you feel bad or sad like rotten eggs, that awful sulfur smell. A blown-out candle when your romantic evening is over. All of these aromas and odors make up part of your aromatherapy DNA and create either a positive or negative memory response.

Making up one of the vital five senses, (I think we have six, but we'll save that for another time), the power of aroma affects your daily life in every way. Most of us take our sense of smell for granted. If we couldn't smell, we couldn't relate to the adage of "stopping to smell the roses", nor would we be able to decipher danger as in smelling smoke from a raging fire.

A big part of Living Simply is to enhance our daily lives with aroma, choosing uplifting aromas when we're feeling down or relaxing aromas when we need to unwind. The power of Aromatherapy is in your hands and you can be your own Aromatherapist! We can help you custom blend powerful aromas that will enhance everyday life. We can even bring this Aromatherapy knowledge to your ladies' luncheon or community group event with a hands-on custom blending workshop!





Creating a "Dreamsicle" aroma is one of our favorite essential oil combinations for Summer. Try blending Tangerine and Vanilla for an energy-packed aroma. Refreshing in a bath or shower or even an aroma diffuser to brighten up your space! Here's some other ways for you to embrace aromatherapy for yourself!

AROMATHERAPY IS IN SESSION

HIGH-PURITY ESSENTIAL OILS ARE POTENT AROMATHERAPISTS.

PUT THEM TO WORK FOR YOU!



MAKE SCENTS

create your own aroma by layering complementary oils



SOAK IN NATURE

infuse your bath with a few pure-fect drops of oil



GO SKIN DEEP

infuse your skin with aromatic oil after showering



TAKE A DEEP BREATH OF FRESH AIR

oil your wrists and breathe in for a mid-day pick-me-up



GET VERRY SLEEPY

massage your scalp with a soothing oil before bedtime



STEP OUTSIDE

massage tired feet and relax with a refreshing oil



FLIP YOUR HAIR

scent your strands in your favorite oil



JUST BREATHE

awaken your senses before yoga with a few drops on your skin

Aromatherapy Summer Tea

Here's what you need:

4 cups Iced Aveda Comforting Tea

1 cup of white grape juice

1 peach (chopped)

Make it a cocktail by adding your favorite Prosecco!

