

Newsletter February 2009

Getting Ready...

Halifax will be the centre of much activity this summer. Along with our welcome influx of tourists who join us every summer (check out the link below to see why) <http://www.halifaxinfo.com/coming-to-visit.php> we are expecting a visit from the Tall Ships and Kiss! Should be something this year for everyone

Summary of Some of Halifax's major events:

- [Halifax Comedy Festival](#)
Festival features Canadian and American stand-up comedians in venues around Halifax, with all shows being taped by CBC Radio and Television for broadcast.
- [Atlantic Jazz Festival](#)
A major event on the Canadian music scene, the TD Canada Trust Atlantic Jazz Festival in Halifax is Atlantic
- [International Buskerfest](#)
This festival takes place on the streets of Halifax from the 9th to the 19th of August. Street performers from all over the world come to Halifax for this fun and exciting ten-day event along the waterfront.
- [Nova Scotia International Tattoo](#)
Held at 1800 Argyle Street, you'll find the world's largest indoor variety show.
- [Halifax Harbour Festival](#)
The Halifax Harbour Festival is a new event that gives residents and visitors the chance to get out and enjoy a range of family activities on the harbor.
- [Tall Ships Nova Scotia Festival](#)
Ships from around the world will join many of Canada's finest sailing vessels to form the largest international gathering of world-class Tall Ships® in North America.
- [Halifax Highland Games and Scottish Festival](#)
One of the most popular events of its kind in Canada, the Halifax Highland Games and Scottish Festival celebrates Scottish history and culture.

Join us for Lunch!

Starting on Feb. 17 we will have lunch time entertainment in the market! Monday to Friday from 12:15 to 12:45 there will be sampling, demonstrations and music to lighten your day. Bring your lunch, pick up a delicious snack at O liver's ordine in style at Ducky's on the Waterfront. Drop in and say Hello while you are here. We would love to see you.

WhatsNew?

Field testing is now complete on our new Body Builder Hair Care. It got great reviews from our testers. This is a pre-styling spray that builds body and conditions the hair using aloe vera and avocado oil. We are currently offering it unscented or

with lavender or jasmine essential oils, but, of course, you can have it custom made with any essential oil of your choice.

On The Way

Currently in the field for testing we have a new cleansing cream, cleansing milk and aftershave lotion. We'll let you know if they make the cut!

In Our Thoughts

Clay masks, body scrubs, sea baths...

In Your Thoughts

Is there something that you would love to have made for you but can't find? Just let us know and we will do our best to come up with something for you.

Featured Oil Niaouli Melaleuca Viridiflora

Niaouli oil is extracted from Melaleuca viridiflora (also known as Melaleuca quinquenervia) of the Myrtaceae family.

Native to Australia, New Caledonia and the French Pacific Islands, good quality oils are also available from Madagascar and Egypt. The oil is steam distilled from the leaves and shoots of the tree and has a clear, penetrating odour.

Safety: Although most aromatherapy literature characterizes this oil as non-irritating, non-toxic, and non-sensitizing, we do not recommend it for young children or for pets due to its high 1,8 cineole content.

Common Uses:

Mind: Stimulating, reviving, clears head, helps concentration

We like it as part of a study blend. Try it with lemon in a personal scenter.

Skin: good in a cleanser for oily skin and acne, it is also a good addition to a disinfectant blend for boils, bums, cuts, insect bites etc. We add it to some of our moisturizers and body blends as it seems to help firm tissue and tighten loose skin.

Immune: This oil is good at the beginning of an infection. It is said to increase white cell count and so would help with shaking off colds, flu or whatever bugs are currently roaming your environment.

Respiratory: Niaouli is often combined with ravensara and/or tea tree for bronchitis, coughs, sinusitis, sore throat, and laryngitis. It is a good respiratory oil although, as

mentioned, perhaps a bit strong for more delicate constitutions. Use in diffusion or as an inhalation it is a very effective oil.

Fun Recipes To Try

Tropical Paradise Get-a-way bath

2 drops jasmine - (if you really need to get away quick, use jasmine sambac)

1 Drop ylang ylang

1 drop vanilla

Add this blend to 2 tablespoons of sea salt (we like either dead sea or tropical salts) or 1 tablespoon of unscented bubble bath.

Add your blend when the tub is about half full, close the door, turn off the phone, send the kids to a friend's house for an hour (you can reciprocate the favour with their Mom) put on some relaxing music, light a candle or two, get in the bath and just let all that tension dissolve.

Stimulating Detox Blend

This is a great way to boost your metabolism and get you started on a busy day

6 drops of grapefruit

2 drops juniperberry

1 drop peppermint

1 tablespoon jojoba or fractionated coconut oil.

Add the oils to the carrier and wear on a personal scenter or use in a roll on vial.

NOTE: If you are on a medication that prohibits the use of grapefruit you can substitute lime essential oil.

We love hearing from you so send us your questions or suggestions any time at

casaroma@eastlink.ca.

Wishing you health, wisdom and prosperity,

Lee and Allana