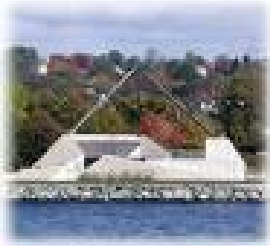


Newsletter Summer 08

What a great summer we are having! Everyone is enjoying the warm weather and the wonderful ocean breezes.

Here at Casaroma we have been known to take the occasional break on a bench overlooking the harbour.



World Peace Pavillion here at Alderney Landing

The weather was so great on our last **Living with Intent** class that we had our class at the World Peace Pavillion which is just a few yards away from the shop. What a lovely way to set our intention and discuss the state of the planet and her inhabitants. The six month class has ended now but the bonds forged between these special participants in it will last a lifetime.

Our Holistic Expo was a blast!

What an excellent way to celebrate our 10th anniversary. The speakers were interesting and informative and it was great to see so many old friends and make so many new ones.



Christine and Melissa having fun!

In the rotunda Lee's children and their friends looked after the snacks and drinks table while Maple Lanes Farms provided tasty and healthy grilled sausages and Margaret and Barbara Hogan refreshed us all with fresh fruit and muffins. Bette painted many happy faces and praised a myriad of youthful artists for their drawings. In the theatre itself were set up 30 exhibitors, each one offering great tips for healthy and vibrant living. Visitors happily chatted and wandered about enjoying the lovely atmosphere and each other.

Thank you, everyone, for what you brought to this magical day.

How fast the 10 years have gone by. As we look back to where we started and where we are now, we can only express the gratitude we feel for all of you for being with us along the way. We have made some marvelous friends and lifelong pals from this place. I know neither one of us would have missed this last 10 years for the world. & HERES TO ANOTHER FABULOUS 10 YEARS!!!!

Web Page Improvements on the way

One of the fantastic things that we have been doing behind the scenes since January has been preparing a new and updated website. Some of you have noticed that there have been lots of changes going on here. It is our goal now for this part of our growing season to grow our wholesale and retail clientele via the internet. We are so fortunate to have the clients that we already have and now we are ready and able to take on new clients worldwide.

We can ship anywhere in the world and we can ship any size you require. Whether it is 1 bottle of 5ml Lavender or 265 bottles of essential oils for resale we are ready to serve. Our catalogue is set up for you to browse and if you have any questions feel free to email us. We don't have a shopping cart yet but we can get your credit card over the phone or we can send your order C.O.D. There are lots of choices for you.

Holistic Health Show

Don't forget we are gearing up for another health show in October. We look forward to joining with Shivraj and Kundalini and their extended family for a wonderful weekend once again. More info on that to come.

SC10 /EPFX

Allana is having such a wonderful time with the SC10 /EPFX machine. This machine is working with the biofeedback frequencies and the body. Being able to have a tool to be able to help communicate with the body is always an exciting adventure.

BioPulsar

Allana is such a wonderful conductor when it comes to this machine. The amazing information that she gets out of this is truly magic and art put together. Give it a try you will be astonished at the results.

Featured Oil

Ginger:

We have received a lovely new ginger essential oil from Sri Lanka. It has a warm, sweet fragrance and has been a delight for us to play with. If you haven't tried this useful oil here are a few tips about it.

Ginger

Botanical Name Zingiber Officinale

Character Warm, Cheering, Comforting

Safety: **Non-toxic, non-irritant, may cause sensitivity in some**

individuals. It increases the absorption of herbs and drugs

Main Uses

Ginger is a **great digestive oil**. It helps with settling upset stomach, morning sickness, hangovers and travel sickness. It balances the digestive process and is good for both constipation and diarrhea.

It is also used to help **ease angina** and **stimulate circulation**

Ginger also **helps with memory** and is **warming to the emotions**. We use it to help with **muscle fatigue, low back pain and strains**.

Here is a favourite formula for travelers:

3 drops ginger

5 drops orange

1 drop peppermint

5 mls (1 teaspoonful) jojoba.

Blend these together and store in a dark bottle. Put a couple of drops on a tissue and keep it in your pocket or tuck it in your bra when traveling. A great help with nausea and travel fatigue. This blend of oils also works very well in a car diffuser to keep everyone alert and feeling great.

NOTE: If you are pregnant it might be best to omit the peppermint.

Classes at Casaroma

Don't forget to look at the class schedule

Everything is being moved around and we have some new classes starting

Our introduction classes are being changed slightly but will still be on Thursday nights

To view the dates and times of the Fall classes click link

<http://www.casaroma.com/romatherapy-classes.html>

Aroma therapy Correspondence course: is being set up to start in September. This class will meet every six weeks. Remember you must have levels 1 thru 3 in order to qualify.

Living with intent This course will help you take a look at yourself and your relationship with the whole in a very unique way. It is a very powerful class and life changing as well. This class meets every six weeks

Reiki: Lee is now teaching Reiki in her own unique style. Give her a call and ask questions

Mandella Classes: Taught by Kathy Roy with Allana Downie doing the Aroma therapy. A very thought provoking and magical time.

Subtle Aroma therapy: A whole class designed to energy and Aroma therapy.

We have some new classes coming in for the late fall.

Hope you are having a great summer. Enjoy every second of it

Lots of laughs and lots of love

Allana and Lee