

# September News....

Wow! What a busy month we have this time. We are getting ready to start our classes.

The Aromatherapy in Depth course is starting September 28, (remember the level 3 is the pre-requisite for this one). It looks like we are going to have a fun group. People are still confirming so the total number is not in yet but it's looking good. We will be meeting every six weeks and we will be taking a much more in-depth look at aromatherapy. We learn over 50 different essential oils, carriers, anatomy, physiology and much, much more.

Living with intent starts Sept 14. This class will again meet every six weeks. This is a very intense class about self-discovery. What are your core values? Your core beliefs? How are you dealing with your personal life and how you can enhance it?

Introduction to Reiki: September 11, 6pm -9pm. An evening to learn about Energy healing and what that actually is and how and why it works.

Reiki Level 1: September 16 and October 28: This is the First of 3 or 4 levels in Reiki. It will introduce you to the history and power behind this type of energy healing. This is a powerful course and not one to be taken lightly as with this comes responsibility.

Along with all of these we still have our usual classes that focus on the introduction to Aromatherapy. These are a 5 part series that will give you enough information to keep you, your family, your clients and your pets safe in the area of Aromatherapy.

As the summer rolls to a close and we start to get into the coolness of the autumn, don't forget to give thanks for the wonderful summer we have just had. We always think in events when we try to decide if it was a good summer or not and often we think from our minds and not our hearts. It is truly a time to give thanks for all of the wonderful things that have happened in these last two months.

How amazing were the flowers that bloomed everywhere you looked? The incredible shade of green that the trees gave us just because they could! Did you take pleasure from that? And the rain Oh MY God!!!! How does the sky never run out! It came in buckets! It came in tractor trailers! It came in cruise ships

just so it could fall around us to be with us, what a privilege. The rain made nature's amazing colours so bright and vibrant. Who knew you could mow the grass so often ( ah the smell of freshly mowed lawns.... is there anything better?)

So maybe when you think back to your summer you will remember that you snapped a few great photos. Think about the things that made your heart jump for joy. Think about the things that made you smile and laugh so much that your jaw hurt. Take a moment and give some thanks back to nature for providing you with such a show that a thousand standing ovations could not express how incredible it was. Put a few photos around to remind you of the lightness and joy. Remind yourself to experience lightness and joy everyday. It is what powers us as human beings. We must have joy and bliss otherwise we start to fizzle out and frankly who wants to be drained and fizzled and cranky all of the time. You have the power to choose. Light and delight or dread and the darkness.

Hope your September is filled with Joy:

To help with the self-esteem of going back to school or work

Try a blend of Ylang Ylang and Jasmine

Ylang Ylang and Lemon

Ylang Ylang and Lavender

Here is some information about these oils

Ylang Ylang, aka *Cananga odorata*, is a relatively safe oil but it has a strong and heady fragrance so a little goes a long way. Perhaps it is most effective when dealing with low self-esteem, depression or anger. It also has a balancing effect on hormones so it makes an ideal addition to a blend to help teens handle going back to school. It helps also with balancing oil production in the skin - again a real help for teens. We use it in our Teen Skin face wash and our Blemish Cream.

Lavender, or *Lavandula Angustifolia*, is most helpful for healing and relaxation. It is a very safe oil and can be used with anyone with the possible exception of moms-to-be in the first trimester of pregnancy. It is great as a sleep aid, and is wonderful for all skin types. We like it in a Linen Spray to be used when making the beds. It's also the main ingredient of our Cool Down, a good muscle rub for the aches and pains that sometimes follow the first few times back at the gym.

Lemon, Citrus Limonum, has a fresh, clean scent that helps us to start the day with a boost of energy. The only caution here is that it should not be used on skin that is to be exposed to sunlight or tanning beds. Often used as an immune booster as well, this oil will help us to adjust to closed in spaces and recycled air after our summer of outdoor freedom.

There are many ways to be able to use these oils

- 1) Make them into a scent to be able to wear all day long. (most places do not notice you are wearing anything too strong)
- 2) Put them in a scent ball for your room or on a tissue and tuck it into your pillow case at night
- 3) Make them into a shower gel for your morning shower, or night time bath
- 4) Scent your clothing or books with them so you get a whiff of the scent all day long

Just keep the safety rules in mind while you are making your fantastic products..

Do not use the oils internally

Keep them out of the reach of children

Do not use them undiluted on the skin

Keep them away from your eyes.

Keep them away from open flame

Check the safety precautions listed for the individual essential oils before using.

I hope this helps your September be the most incredible one yet

Love and Light

**Lee and Alana**