



Serenity Suds
and Soaks

Handmade
Aromatherapy Products



AROMA-NEWS

Welcome to Serenity Suds and Soaks' Winter '08 newsletter.

In this issue:

- * Oils to stimulate, refresh and revive
- * Essential oil profile- peppermint
- * Recipes for your burner and a massage blend

In previous newsletters, we have focused on oils to calm, relax and soothe. Many people are drawn to essential oils for these wonderfully nurturing benefits. Essential oils are equally effective in reviving and stimulating your senses, mind and spirits.

The Japanese have long recognised and used essential oils in the workplace - to stimulate staff and increase productivity. Research has shown that subjects working in a pleasant ambient odour set higher goals, and were more likely to employ an efficient strategy, than subjects working in an unscented room.

A study in Japan monitored 13 key punch operators 8 hours a day for 1 month. When the air was scented with lavender, errors dropped by 21%, with jasmine by 33% and with lemon by 54%! The Japanese have developed an environmental fragrancing system that delivers scents through air conditioning ducts.

Oils that traditionally are used to stimulate and revive include: **rosemary, basil, lemon, lemongrass, peppermint, black pepper, eucalyptus, grapefruit, pine, ginger.**

Rosemary is known for improving memory and concentration. To aid study and concentration, I find basil and rosemary a wonderful combination. Want to freshen your home and clear the air - try lemongrass and grapefruit in your burner.

Profiling: Peppermint essential oil.....mentha piperita

Mints have been cultivated since ancient times for a wide variety of medicinal uses.

Extracted from the whole flowering herb, peppermint has been used in eastern and western medicine.

Its' uses include digestive and respiratory complaints, muscular stiffness and pain, and headaches. With its high menthol constituent (approx 40%), it has a distinctive, sharp, fresh aroma.

Properties of peppermint essential oil include:

- Analgesic (pain relief), antiseptic, anti-inflammatory, antispasmodic, and antibacterial.
- Digestive uses - well known to soothe digestive spasms, cramps, colic, nausea. The high menthol content and antiseptic properties makes it useful as a chest rub during colds.
- Respiratory uses - colds, sinus congestion, congestive headaches.
- Muscular uses - analgesic and antispasmodic properties make it a useful rub in muscular pains, tension, stiffness and strains.
- Mentally - it stimulates and refreshes, improves mental clarity and focus - making it great for offices and workplaces.
- Skin care - used in dilutions of 1%, or less, it can relieve itching and skin irritations. It is cooling, refreshing and antiseptic - making it wonderful in foot creams. (see our special offer!).

Precautions - not for use in pregnancy.

As for all oils (except lavender and tea tree) do not apply directly to skin - dilute to 1%.

RECIPES

Study aid recipe

For your burner - Rosemary 4 drops/ peppermint 2 drops/ basil 2 drops.

Muscle relief recipe

In 50 mls of sweet almond oil, add 10 drops peppermint essential oil and 15 drops marjoram essential oil. Use as a rub for muscular aches and pains.

Tip - for tension headaches - rub 1 drop of peppermint oil - diluted in base oil - into your temples and back of neck. Lavender oil can also be used for headaches.

SPECIAL OFFER

Now for our **SPECIAL OFFER**: All orders, over \$100 receive **FREE** 100mls of peppermint foot cream - a rich nourishing balm with cocoa and shea butters and a treat for winter.