

Essential In-Touch

Healing Energy & Relaxation Therapy

MY HABITS FOR STAYING HEALTHY AND LOOKING GREAT

Happy New Year! I hope you all had a happy and healthy holiday season. This time of year brings with it colds, flus, other illnesses, and dry skin just to name a few. Instead of making resolutions that get forgotten after a week, this year create some new habits—healthy habits. Don't know where to start? To give you some ideas here are quite a few of mine:



- I drink 50-70% of my body weight in ounces of water each day. A few ounces every 15 minutes.
- Dry brush my skin 3-4 times a week and do a head-to-toe exfoliation once a week.
- Before turning off the shower I rinse with cold water to be alert for the day ahead.
- Exercise 3-6 times a week—pilates, yoga, walking, biking
- Eat healthy—including lots of fresh organic fruits and vegetables; cut out fast foods, processed foods, junk juices, sodas, coffee, dairy, and sugar. You really ARE what you eat and drink.
- Take great supplements and antioxidants daily.
- Read labels for everything and anything that I put on or in my body. Make sure to read “What Are You Putting on Your Skin?” on the next page. Find out how to read food labels by [clicking here](#).
- Use Young Living’s great products every day to take care of my body inside and out (physically, mentally, emotionally, and spiritually)—shampoo, conditioner, skin care, toothpaste, mouthwash, deodorant, bath gel, supplements, and therapeutic-grade essential oils.
- Do an internal cleanse twice a year. For more information on cleanses please talk with a physician knowledgeable about cleanses.
- See a naturopathic physician for medical advice and to help me find and treat the cause of physical problems. Dr. Karen J. Benton is a terrific Naturopath and has a great home health resource section on her website www.countrydoc.com.
- Keep a positive attitude and outlook.

INSIDE THIS ISSUE:

WHAT ARE YOU PUTTING ON YOUR SKIN?	2	<ul style="list-style-type: none"> • Meditate at least 5 minutes every day. Helps to focus my personal and business intentions for the day. • Wear an essential oil diffuser pendant every day. Click here for more information. • Read books that help me grow personally and professionally. • Take time to pamper myself on a regular basis. This can be as simple as a bath by candlelight or a relaxing foot bath with essential oils at home, or having a pedicure or massage at a day spa.
LAVENDER	3	<ul style="list-style-type: none"> • Take the time to help others by sharing what I’ve learned; volunteering my time; making donations to charitable organizations and small businesses.
CLASS SCHEDULE	3	<ul style="list-style-type: none"> • I enjoy many different crafts—sewing, crocheting, knitting. Hobbies are a great creative outlet and can be very fulfilling.
ESSENTIAL OIL BATH & BODY RECIPES	4	<ul style="list-style-type: none"> • Give thanks every day for who I am and what I have (wonderful husband, terrific family, great life, my growing business, doing what I love, etc.)

Obligatory Disclaimer: The information in this newsletter is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. Anyone suffering from any disease, illness, or injury should consult with a physician.

WHAT ARE YOU PUTTING ON YOUR SKIN?

What you put on your skin can affect your health either positively or negatively.

Take a look at the labels on all your personal care products (toothpaste, mouthwash, deodorant, antiperspirant, shampoo, conditioner, facial cleanser and moisturizer, body washes and lotions, etc.) and watch for these ingredients:



Propylene Glycol (PG) and Butylene Glycol: Found in antifreeze. Strong enough to remove barnacles from boats. The Environmental Protection Agency (EPA) considers PG so toxic that workers are required to wear protective clothing and to dispose of it by burying it in the ground.

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate: Detergents used in garage floor cleaners, engine degreasers, and 90 percent of cosmetics that foam. Animals exposed to SLS experience eye damage, depression, labored breathing, and even death.

Diethanolamine (DEA), Monoethanolamine (MEA) and Triethanolamine (TEA): Hormone disrupting chemicals that can form cancer-causing nitrates. In shampoo, shaving cream and bubble baths. Restricted in Europe.

Phthalates: Large group of chemical compounds used in cosmetics such as nail polish. Affects lung, liver and kidney in the developing testes of male embryos.

Triclosan: Synthetic antibacterial with chemical structure similar to Agent Orange. EPA registers it as a pesticide. In a class of chemicals suspected of causing cancer.

DMDM and Imidazolidinyl (Urea): Two of many preservatives often releasing formaldehyde that may cause many symptoms, including joint pain, allergies, depression, headaches, and chest pains.

Polyethylene Glycol (PEG): Carcinogenic petroleum ingredient that leaves the skin vulnerable to bacteria. In oven-cleaners and used to dissolve oil and grease.

Parobens: Found in underarm deodorants and other cosmetics. These chemicals have been discovered in breast cancer tissue.

Alcohol, Isopropyl (50-40): Drying, irritating solvent that strips skin of moisture, creating vulnerability to bacteria and viruses. Made from a petroleum derivative also found in shellac and antifreeze.

Mineral Oil: Coats skin like plastic, interfering with ability to eliminate toxins. Promotes acne and slows down skin and cell development. Causes premature aging of skin.

FD&C Color pigments: Synthetics from coal tar that deposit toxins on skin. Absorption into body can cause depletion of oxygen and death. Animal studies have shown almost all are carcinogenic.

Fragrances: Many toxic and carcinogenic. Some contain animal urine. Cause a host of symptoms and affect the nervous system.

There are alternatives - Young Living has a complete line of personal care products that are completely free of harmful chemicals! To learn more about these products, attend an essential oil class or contact Michelle at 360-263-1306 or michelle@healandrelax.com. Also check out the essential oil bath and body recipes on page 4 of this newsletter.

Remember, carefully read the labels on all personal care products before purchasing or using.

For a list of other chemical to look for go to www.tfbasics.com/learning_more.html.

{ *Your Greatest Wealth is Your Health!* }

LAVENDER

(*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing -- physically and emotionally.



1. Rub Lavender oil on the feet for a calming effect on the body.
2. Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.
3. Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
4. Put 2-3 drops of Lavender oil on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops of Lavender oil with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
8. To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
9. Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area.
13. Rub 2 - 4 drops of Lavender oil over the armpit area to act as a deodorant.
14. Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
16. Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
17. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. Place a few drops of Lavender oil on a wet cloth and throw into the dryer, which will deodorize and freshen your laundry.
19. Put a drop of Lavender oil on a cold sore.
20. Diffuse Lavender oil to alleviate the symptoms of allergies.
21. Spritz several drops of Lavender oil mixed with distilled water on sunburn to decrease pain.
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

HOW TO USE ESSENTIAL OILS TO CREATE HEALTH AND WELLBEING



Sit back, relax, and soak your feet while experiencing and learning about essential oils.

- Learn what essential oils are
- How they work
- The importance of therapeutic grade oils
- Various ways of using essential oils
- Guidelines for safe use
- Take home a sample of an essential oil

Toast to your health with
NingXia Red, a naturally
delicious nutrient infusion!

Winter Class Dates:

January - 8th, 20th
February - 4th, 12th, 17th
March - 4th, 12th, 17th

Saturdays & Sundays at 2pm, Fridays at 7pm

Space is limited.

To reserve your spot contact Michelle at
360-263-1306 or michelle@healandrelax.com

Healing Energy & Relaxation Therapy

Using healing energies to help the body heal itself.

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I truly believe that the body, on all levels—physical, mental, emotional, and spiritual, is an amazing machine and it can heal itself if given the proper tools. That's why I'm sincerely dedicated to bringing honest, quality services, products, and classes to everyone so they will have the tools to heal themselves naturally.

Services: Raindrop Technique, Reconnective Healing™, Personal Reconnections™, Reiki, VitaFlex, and Customized Wedding Ceremonies

Products: Therapeutic-grade Essential Oils and Essential Oil Diffuser Pendants

Classes: Essential Oils, Raindrop Technique, and VitaFlex

Learn more about essential oils at
oils4healing.younglivingworld.com

ESSENTIAL OIL BATH & BODY RECIPES

SALT GLOW

1/4 cup Kosher salt
1/4 cup Epsom salt
1/4 cup sea salt
2 oz. Hazelnut or Jojoba oil

Approx. 20 drops of essential oil of your choice (can use a blend of oils).

BODY & DUSTING POWDER

3/4 cup arrowroot powder
1/4 cup cornstarch
25 drops of essential oil

In a blender or with a mortar and pestle, mix very well.
That's it!!!

BATH SALTS

3 parts Epsom Salt
2 parts Baking Soda
1 part Sea Salt

Mix together and add:

Essential Oils as desired (approx. 10 drops per 1 cup of Epsom Salt)

ALMOND / OATMEAL EXFOLIATING FACE SCRUB

1/2 cup raw almonds
1/2 cup ground oatmeal

20-25 drops of essential oil of your choice Grind almonds to a fine texture in a food processor or grinder, add ground oatmeal and essential oil and mix well.

Wet face. Add 1 tsp. of the scrub to your palm and moisten with water; apply to face. Massage in a circular motion over face and neck. Rinse well with cool water. Use as a regular face wash or as needed to exfoliate.

