

Thyme For Me/March

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HAPPY ST. PATRICK'S DAY

This month the spotlight is on TURMERIC essential oil. It has a warm, spicy, earthy, woody aroma. Although turmeric is widely known for its edible roots, all parts of the turmeric plant, including the flowers and leaves, are edible.

Turmeric is the main spice in curry. In ancient cultures it was used in cooking as well as religious and health purposes. It is beneficial both internally and aromatically. Use turmeric daily to promote healthy immune function and response along with healthy circulation. In addition to the many health benefits of turmeric essential oil, it acts as a great addition to your favorite savory meals.

Kathy's Blog

Plants are such powerhouses. They can bring a culinary dish to life, soothe ailments, and even improve mental health. There are countless varieties, all with specific strengths. You can grow them in your garden or indoors in pots—many can also be wild-harvested in your neighboring surroundings. Herbalism highlights the healing powers of these plants and plant extracts, and it often goes hand in hand with homemade bath and body recipes. What we put on our body is equally important as what we put inside it.

The Many Uses of Witch Hazel

Reduce Itching- Apply witch hazel to the affected area for instant relief.

Ease Swollen Eyes- Using a cotton ball, place on tired eyes for 10 minutes.

Treat Acne- Apply with a clean cotton ball anywhere you see breakouts, up to several times a day.

Soothe Mild Burns- Gently dab on burns to help reduce pain and prevent peeling.

Improve Skin Appearance- Apply to discolored skin and old acne marks to help fade their appearance.

Stop Dandruff- Using a spray bottle, spray on the scalp before showering, and wash out completely.

Prevent Razor Burn- Dab on recently shaved areas to prevent razor burn and ingrown hairs.

