

Thyme For Me/February

Aroma Therapies Spa/814-443-1217

TISSUE SALTS- I know some of you have been using the Bioplasma Twelve Cell Salts. If you are not familiar with them, their importance in healing is amazing. I have used them for sometime now and find them very useful in helping to speed up recoveries. They are not expensive and can be purchased at the spa.

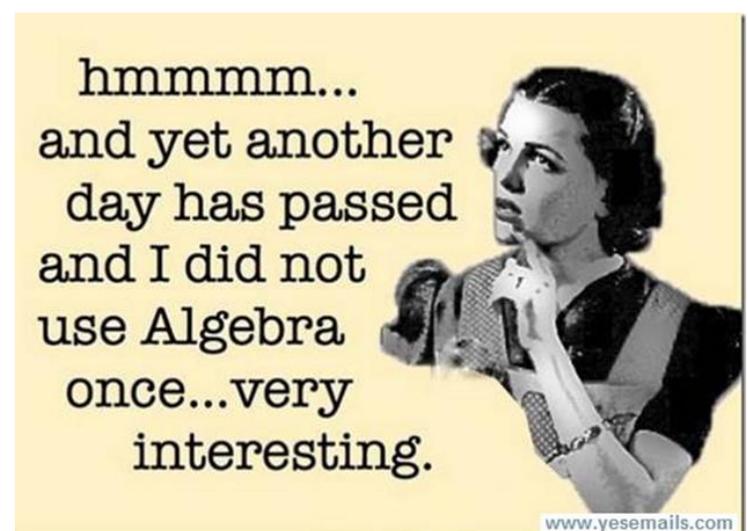


Relief of Colds, Headaches, and Simple Nervous Tension

Whether suffering from colds, headaches, nervous tension, or fatigue, your body may be lacking key minerals. Each Hyland's Bioplasma tablet contains the 12 cell salts that your system needs to restore a necessary balance that will bring symptom relief. You can count on Hyland's for relief of symptoms of colds, simple nervous tension, fatigue and headaches. Tablets are flavorless and dissolve immediately without water for no upset stomach.

A Combination of 12 Mineral Homeopathic Cell Salts*

Hyland's Bioplasma helps bring balance to your body by providing a combination of the essential 12 mineral cell salts that are vital to cellular health and function. Cell salts satisfy mineral imbalances in the body, stimulating the body's natural healing process. When your body lacks these important cell salts, you are more vulnerable to common health concerns. By replenishing them, your body is better prepared to treat illnesses and enjoy better overall wellness.





Clean and sweet, this elegant and cleansing diffuser blend is also a mood booster. Try

it out and tell me what you think! All three oils can be purchased at a savings of 10% off during February.

Relaxing Herbal Bath

Lavender	2 parts
Rosemary	1 part
Sage	1 part
Basil	1 part
Thyme	1 part

These herbs have been chosen for their soothing and relaxing qualities. Larger quantities of herbs are needed for therapeutic results.

Example: Thyme is used in therapeutic doses in an herbal bath when treating weakened strength caused from a bout with the flu or a virus. You would need to use 1/4 lb. in the bath. Use a small cotton drawstring bag and place 1/2 cup of herbal mixture into the cotton bag. Close the top. Put it in 1 quart of water and bring to a boil on the stove. Turn the heat on and simmer for 15 minutes. Let cool a little and pour into your bath water.

A therapeutic chamomile bath would contain 2 full ounces of the herb per bath. Chamomile baths are very soothing to the skin and the nervous system.

For defective circulation in the legs, varicose veins and supplementary treatment of bone fractures, comfrey baths are given. 3 ounces of leaves per bath.

Take your quart of herbal infusion and the bag and add it to the bath water. The bath water temperature should be between 90 and 100 degrees. The temperature of the water in the bath is VERY important! Too hot will be overly draining and too cold simply will not relieve the tension. This temperature range will equalize the body's circulation, reduce pain, and soften the skin. The herbs will promote a feeling of calmness, relaxation and inner stillness. ENJOY! Stay in about 15 minutes.

Note: The herbal bag may be emptied, washed, dried and stored for future use.

HYDROTHERAPY (water therapy) is one of the most simple yet effective ways to promote healings and tone the body and mind.

Salt Lamps are great for symptoms of Allergies & Asthma, relief of painful Sinus Headaches and they reduce frequency & severity of Migraine Headaches. They also improve Cognitive abilities. They come in different shapes and sizes. If your interested, let me know and I can show you some that are available to order.

