

# Thyme For Me/June

Aroma Therapies Spa/814-443-1217

## IT'S ALL ABOUT THAT HAIR-

The secrets to strong and healthy hair.

Summer heat and water activities can do a number on your hair. Follow these tips and DIYs to keep your hair feeling healthy and looking gorgeous all summer long.

- COMB FROM THE BOTTOM UP
- TREAT YOUR SCALP
- DO AN APPLE CIDER VINEGAR RINSE
- BLOW DRY WITH LOW HEAT
- RINSE WITH COLD WATER
- SKIP A WASH
- GET A TRIM
- APPLY A HAIR MASK

EAT WELL AND STRESS LESS

## USE ESSENTIAL OILS-

When added to your regular hair care routine, essential oils can work wonders on your hair and scalp. Aside from their aromatic benefits, essential oils can cleanse the scalp and help keep the hair looking strong and healthy. Here is a list of the best essential oils for beautiful hair and a healthy scalp.

- Clary Sage
- Ylang Ylang
- Jasmine
- Geranium
- Rosemary
- Sandalwood
- Melaleuca
- Peppermint
- Roman Chamomile

## Hot Oil Hair Treatment

(Every 2-4 weeks)

- 1 tablespoon olive oil
- 6 drops of Peppermint essential oil
- 4 drops Rosemary or Melaleuca essential oils
- 2 teaspoons jojoba oil
- 2 tablespoons coconut oil

In a medium saucepan, bring 1-2 cups of water to a boil. Reduce to low heat and keep water on a simmer.

Place all ingredients, but essential oils in a heat-proof bowl and place in the pot of simmering water. Let the oil heat up and simmer for about 5 minutes.

Remove oil from heat. You want the oil nice and warm, but not boiling hot. Add essential oils. Tip: Make sure to cover your shoulders in case of oil staining.

Dip your fingertips into the oil and gently massage the oil from scalp to the ends. When all the oil is used, cover your hair with a shower cap.

Shampoo your hair. Tip: You may need to shampoo your hair twice; using a conditioner is optional.

Tip: For best results, add a hot damp towel over the shower cap. Leave it on for 30 minutes.

## Rosemary Lavender Hair Rinse

- 4 cups water
- 3 tablespoons apple cider vinegar
- 5 drops Rosemary essential oil
- 5 drops Lavender essential oil

Bring the water to boil in a large pot and remove from heat.

Cool and then add vinegar and Lavender and Rosemary essential oils.

Pour into a glass jar, seal, and shake. Let sit for at least 2 hours (Leaving it overnight is also recommended). Strain.

When ready to use, pour a little over your hair and massage into your scalp. Rinse with cool water.

## Geranium Hair Mask

1-2 egg  
2 tablespoons honey  
2 tablespoons olive oil  
5 drops Geranium

Mix eggs with olive oil. Add in honey and Geranium and mix until creamy. Apply mask from roots to ends of your hair until completely covered. Cover your hair with plastic wrap or a shower cap and leave for 30 minutes to 1 hour. Rinse with warm water and shampoo until hair is no longer sticky. Use conditioner if necessary.

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Find your inner joy with this delightfully bright blend. Bergamot, Douglas Fir, and Lemon will liven up your home. As a bonus, it smells like the Aroma Therapies Spa where this blend will be diffused all month! All three essential oils, will be discounted 10% during the month of June.

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## KATHY'S BLOG

### PURGATION OR CATHARTIC THERAPY

This therapy is very effective in helping many people with chronic constipation. Chronic constipation is one of the number one problems in today's society. It is caused by improper eating habits, not drinking enough water (colon dries out), lack of exercise, stress, improper eating conditions, and many other causes too numerous to mention. The main thing to remember here is that constipation and a sluggish colon are NOT the disease. They are merely the symptom to another problem. As well as using the herbs to help remedy either acute constipation or chronic constipation, the diet needs to be modified, as well as any bad habits that might be aggravating the condition.

It is believed by some of the leading Holistic Health Practitioners that all diseases stem from an impure colon. This impure colon comes from a long chronic misuse of various

habits, such as poor eating habits, no fresh foods, etc. I agree to a certain point. I would place the colon second to blood, but they both should be clean. Either one that is toxic will cause disease. Our body works as a unit and all systems help one another.

In the Herbal Purgation Therapies there are different types of bowel stimulating herbs:

1). Aperients: These are slow working herbs that help build and reinforce the proper peristaltic action of the colon. They can be used over long periods of time, say 4 to 5 months. The most popular one is called Psyllium Seed. This is what you find in the store brand of laxative called Metamucil. Psyllium Seed is a purely vegetable product, with no harmful side effects. When soaked in water or liquid the seed gives out a substance like jelly which lubricates the intestines. It acts like a colon broom, sweeping gently through the colon and helping to remove debris and toxins. Because of its demulcent qualities it is exceptionally good for colitis, ulcers and hemorrhoids. It creates a soft stool. The important thing to remember when trying Psyllium is to make sure that you increase your water intake. At least another 8 ounce glass of water for each dose you take. Psyllium Seed Husk is traditionally ground and mixed in with a favorite drink, such as orange juice. A normal dosage would be a teaspoon in a cup of fluid. It doesn't mix that well, so a shaker is really handy. If you don't have a shaker, then mix it vigorously for 15 seconds. Don't wait longer than a minute to drink it, or its demulcent qualities will already be going into effect and your liquid will be turning to jelly! Psyllium is not a harsh laxative and it takes time to work. Plan to take it regularly for a week at a time. It can be taken up to three times a day, and this moderate cleansing therapy will clean the colon and remove putrefactive toxins. The dosage for children is half a teaspoon. It is especially good for elderly, weakened condition too. Psyllium is an excellent way to stimulate the colon and help an ailing body to eliminate bacterial and viral infections. It is an amazing thing to me, that in only two generations, the laxative therapy for illness has been forgotten. I am sure that many of you can remember our grandmothers prescribing such things as castor oil for many ailments. More times than not, a person can go visit their family doctor and they will never discuss whether the bowels are acting normally. Many people don't know what normal is any more. Everybody is a little different, but generally one or two bowel movements a day is healthy and normal. I have noticed an interesting phenomenon with some forms of cold infections. It seems that the colon becomes very sluggish. Maybe this is because the person's regular routine is off, or they are not getting the same exercise, but never the less, it is enough to notice. It only makes sense that when the body is fighting an infection, the sooner it can go through the better. So, at the first onset of the sniffles, or mucous, take a mild laxative and keep the body system flushing. Now this does not apply to the kind of infections that trigger diarrhea (nature already is evacuating the toxins).

Next month I'll talk about another Aperient that can be used to rid the colon of toxins.