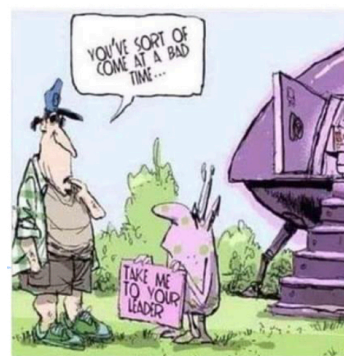


Thyme For Me/November

Aroma Therapies Spa/814-443-1217



Clear & Calm is a blend of Bergamot and Douglas Fir. Together, these two amazing oils help promote calmness and feelings of clear airways and easy breathing. I use two of each in my diffuser. Bergamot and Douglas Fir are 10% off during the month of November.



Kathy's Blog

Stimulation Therapy-

This therapy is used to stimulate the system and help the body overcome acute conditions. It will stimulate internal organs and help speed the working of other healing herbs. A great many of the herbal formulas contain 10% to 15% of a stimulating herb. They sometimes refer to these herbs as carriers, as they "carry" the other herbs quickly through the body. Make no mistake, these herbs have potent medicinal qualities of their own.

Stimulating herbs are used when there is poor circulation and sluggishness in the body. It is especially helpful in the onset of colds or flu. This therapy is good when there is weak digestion. Low back pains often respond well to Stimulation Therapy as well as some cases of mild depression.

The Chinese use the simple remedy of five slices of ginger with the sliced whites of five green onions in a tea. One of the oldest remedies for congestion in the chest is a counter irritant Mustard Plaster placed on the chest. A layer of waxed paper or cloth is placed on the chest, followed by a paste made from mustard, water and a little flour. So much blood is brought to the chest through the plaster's irritating effect that the skin's surface starts to burn. This treatment draws the blood away from the congested area and stimulates the congested area to heal. My grandparents used these natural remedies, and others, such as an onion poultice that was used to rid my aunt of pneumonia.

A good stimulating tea can be made using a half ounce of ginger, 1 tsp. of cumin, 1/2 tsp of licorice root powder and 1 tsp. of angelica. Simmer together for 15 minutes in 3 cups of water. Strain, add honey to taste. Drink 1/2 cup warm every two hours for chills, bad digestion and gas.

FALL/WINTER 2021 CLASS & WORKSHOP SCHEDULE

SPOTLIGHT ON CINNAMON BARK- Yummy culinary herb

We'll discuss the benefits and uses of cinnamon bark. Five food recipes will be included in the class material.

SPOTLIGHT ON PETITGRAIN- What do we do with this EO???

We'll discuss the benefits and uses of petit grain as well as make several projects.

KIDS FALL/THANKSGIVING WORKSHOP #1

Projects include an Indian, Turkey and a Pilgrim

KIDS FALL/THANKSGIVING WORKSHOP #2

Projects include a Turkey, Essential Oil Bottle Pumpkin and Colored Wrapped Wheat

****IF YOU ARE INTERESTED IN ANY OF THESE CLASSES, LET ME KNOW AND I'LL KEEP YOU UPDATED AS TO THE DAYS/TIMES OF EACH.**