

Thyme For Me/December

Aroma Therapies Spa/814-443-1217



Usher in the New Year with this elevating blend and receive a renewed sense of motivation to achieve new heights in 2022! Console, Elevation and Peppermint are all 10% off during December.

Check out my gift selections on Amazon. My Amazon store is open 24/7 and offers free shipping anywhere in the US. Just go to Amazon, pull down the menu to Handmade and then type in Aroma Therapies Spa in the search box.

A free gift is waiting for anyone that schedules in for a service at Aroma Therapies between Wednesday, December 1st and Thursday, December 16th.

New winter classes will be posted next month to start in January.



You can sweat on each other for 48 minutes, breathe in each others face, and all handle the same ball, but you better wear a mask on the bench, and can't meet the opposing team at half court after the game to shake hands. Science.

Kathy's Blog Cayenne Pepper

This is a very remarkable herb and is one to always have on hand. Cayenne is easy and fun to grow and is simple to dry and harvest. You can start the plants by seeds, or purchase the started plants at the local nursery. They like heat and sunlight. Cayenne can be grown indoors in a window with strong sun from a southern exposure. Keep them moist. They are somewhat more potent when grown outdoors.

The pepper pods are the part of the plant that is used medicinally. They are harvested when they are red. You can string them and hang them to dry and when they have dried, powder the pods in your grinder. Do not inhale the powder, as it is potent! Another thing to remember when working with Cayenne, do not rub your eyes, or touch a sensitive area of your body until you have washed your hands. The Cayenne will irritate sensitive areas.

Cayenne is very potent and is a great healer. It is employed to balance and equalize the blood pressure. It opens the capillaries and stabilizes circulation. It is a preventative for heart attacks and also has the ability to stop bleeding. This applies to both internal and external bleeding.

Horseradish

This is one of the best herbs to use to cleanse the sinus. Simply take some grated root, mix it with a little apple cider vinegar, chew thoroughly and swallow. This mixture can be stored in the refrigerator. Start out with 1/3 of a tsp. and increase to 1 tsp. on the second day. Horseradish can be used externally in chronic aches such as rheumatism. It is used to treat blemishes, pimples and spots on the skin.

Formula For Blemishes

4 ounces	Fresh Ground Horseradish
1 quart	Buttermilk
4 ounces	Glycerine

Put all ingredients into a half gallon jar and shake well. Let stand overnight and run mixture through a sieve. Bottle and keep in the refrigerator. To apply: Wash area to be treated with warm water, dry thoroughly and rub formula into effected area. Do this at night. After the skin has been thoroughly saturated, it tingles with warmth. Surplus should be wiped off. The organic sulphur and calcium in this lotion will cure pimples and produce a clear, healthy complexion. Increase the daily water intake by 3-4 glasses. If you would like a starting of horseradish, let me know before the ground freezes and I will get you some.