

Thyme For Me/February

Aroma Therapies Spa/814-443-1217

Kathy's Blog- TRANQUILIZATION THERAPY

Tranquilization Therapy is divided into two categories of herbs. Nervines and Antispasmodics. The nice advantage to using natural nervines and antispasmodics is that they are non addicting and they not only help the immediate problem, but many of them when used over a long period of time will rejuvenate the nervous system. It is a fallacy to think or be taught that the nervous system is not repairable. This is simply not true. Agreed, some cases may take years, but using herbal therapy you will always see an improvement.

Let's first talk about nervines. These are herbs that feed and tone the nerves. Nervines are used when there is pain; such as sciatica, headaches, leg pain, spine pain etc.

SCULLCAP grows in North America. It is one of nature's best nervines. It can be taken in powdered form, capsules, tinctured or as a tea.

VALERIAN is another favorite of mine. Because it is very potent, start off your dosage small. 5 to 30 drops may be used as needed.

A restful potent night tonic:

- 10 drops of Scullcap Tincture
- 10 drops of Valerian Tincture
- 10 drops of Passion Flower Tincture

Add these to a 1/4 cup or 1/2 cup of water and drink before retiring.

CATNIP grows very well in your herb garden. It belongs to the mint family and its leaves are toothed and heart shaped. The leaves are what are used for the sedative and calming effect of the plant. Catnip is gentle and can be given to children in the form of tea. Catnip can be tinctured 10-30 drops at a time. Catnip is used in the treatment of feverish colds. It is given in the tea form. Add a little honey for children and don't forget to decrease the dose from one tsp. per cup for average adults to 1/2 tsp. per child.

LADY SLIPPER ROOT also known as 'Moccasin Flower' is a primitive member of the orchid family and can be grown in North America. It will relieve pain, quiet nerves and promote sleep.

TRANQUILIZATION THERAPY TEA

1/4 tsp. Scullcap

1/4 tsp. Catnip

1/4 tsp. Spearmint

1/4 capsule of Powdered Valerian Root

Pour 1 cup of boiling water over this blend, stir and let set for 5 minutes. You can keep it on the stove on low heat if you wish. This is quite potent and you can take it to bed with you and sip it while your are reading a good book. It may take up to 30 minutes to have the desired effect, sometimes its effects are almost instant. Drink it slowly, if you don't want to drink it all, that is fine too. A little honey can be added, if you absolutely can't stand the taste, or you can dilute it a little bit.

Think About It - Laugh For The Day

The federal government, which has "Tomahawk" cruise missiles and "Apache," "Blackhawk," "Kiowa" and "Lakota" helicopters - and used the code name "Geronimo" in the attack that killed Osama bin Laden, officially objects to the name of the Washington Redskins.

Really?

price ADJUSTMENTS

EFFECTIVE
FEB. 16,
2022

skin care

Item	New Price
Beauty Blotters pk./75	\$8.00
Botanical 4 pc. Bundle	\$72.00
Botanical Cleanse	\$18.00
Botanical Cleansing Gel	\$20.00
Botanical Freshen	\$18.00
Botanical Hydrate	\$18.00
Botanical Mask	\$18.00
Botanical Moisturizing Gel	\$20.00
Botanical Refreshing Toner	\$20.00
Botanical Regimen	\$60.00
Clear Proof Acne Set	\$50.00
Clear Proof Acne Treatment Gel	\$12.00
Clear Proof Blemish Control Toner	\$16.00
Clear Proof Cleansing Gel	\$18.00
Clear Proof Charcoal Mask	\$25.00
Clear Proof Moisturizer	\$20.00
Clear Proof The Go Set®	\$24.00
Indulge Soothing Eye Gel	\$18.00
Naturally Exfoliating Powder	\$36.00
Naturally Moisturizing Stick	\$30.00
Naturally Nourishing Oil	\$50.00
Naturally Purifying Cleanser	\$28.00
Extra Emollient Night Cream	\$16.00
Intense Moisturizing Cream	\$34.00
Micellar Water	\$18.00
Oil Mattifier	\$20.00
Oil-Free Eye Makeup Remover	\$18.00
Hydrating Gel	\$34.00
TW Repair Volu-Firm The Go Set	\$38.00
TW Repair Ultimate Volu-Firm Set	\$333.00
TW Repair Volu-Firm Set	\$215.00
TW Replenishing Serum C+E™	\$60.00
TW 3-in-1 Cleansing Bar (w/ dish)	\$24.00
TW 3D 4-in-1 Cleanser	\$26.00
TW 3D Day Cream (Non-SPF)	\$34.00
TW 3D Day Cream SPF 30	\$34.00
TW 3D Eye Cream	\$38.00
TW 3D Night Cream	\$34.00
TW Age-Fighting Moisturizer	\$28.00
TW Firming Eye Cream	\$34.00
TW Microdermabrasion Plus Set	\$58.00
TW Microdermabrasion Refine	\$36.00
TW Miracle Set 3D The Go Set®	\$28.00
TW Miracle Set 3D®	\$120.00
TW Moisture Renewing Gel Mask	\$24.00
TW Pore Minimizer	\$28.00
Volu-Firm Eye Renewal Cream	\$44.00
Volu-Firm® Foaming Cleanser	\$30.00
TW Facial Peel	\$68.00
TW Tone Correcting Serum	\$48.00
TW Ultimate Miracle Set 3D™	\$178.00
Volu-Fill® Deep Wrinkle Filler	\$50.00
Volu-Firm® Advanced Lifting Serum	\$74.00
Volu-Firm® Day Cream	\$54.00
Volu-Firm® Night	\$54.00

fragrance

Item	New Price
Belara Parfum	\$44.00
Bella Belara Parfum	\$44.00
Cityscape Cologne Spray	\$56.00
Cityscape Eau de Parfum	\$56.00
Domain® Cologne Spray	\$42.00
Enchanted Wish Eau de Toilette	\$40.00
Forever Diamonds Parfum	\$46.00
Live Fearlessly Parfum	\$48.00
Illuminea Extrait de Parfum	\$80.00
High Intensity Cologne Spray	\$46.00
Thinking of Love Eau de Parfum	\$36.00
Thinking of You Eau de Parfum	\$36.00
True Original Cologne Spray	\$42.00

men's line

Facial Hydrator SPF	\$26.00
Cooling After-Shave Gel	\$18.00
Daily Facial Wash	\$18.00
Shave Foam	\$18.00
Skin Care Regimen Bundle	\$88.00

body care, color, foundation

Mint Bliss for Feet & Legs	\$12.00
TW Toning Lotion	\$34.00
Satin Body Wash	\$20.00
Satin Body Scrub	\$20.00
Satin Body Silkening Shea Lotion	\$20.00
Satin Body Whipped Shea Crème	\$24.00
Lash Love Mascara (all)	\$16.00
Petite Palette	\$10.00
Brush Cleaner	\$12.00
Essential Brush Collection	\$56.00
Gel Eyeliner	\$20.00
Liquid Eye Shadow	\$16.00
Makeup Finishing Spray	\$20.00
Ultimate Mascara	\$16.00
Liquid Eyeliner Pen	\$18.00
Crème-to-Powder Foundation	\$20.00
Sheer Mineral Pressed Powder	\$18.00
Translucent Loose Powder	\$18.00
Travel Roll-Up Bag. (unfilled)	\$36.00

shipping & CDS

Order Size	Current	New
<1 lb	6.95/10.95	7.95/14.95
1-9 lbs	9.95/10.95	13.95/14.95
9+ lbs	NA/10.95	NA/14.95
CDS	4.95/7.95	5.95/7.95

BEGINNING FEB. 16, 2022, MARY KAY US WILL BE ADJUSTING THE PRICES OF A NUMBER OF PRODUCTS