
Thyme For Me/October

Aroma Therapies Spa/814-443-1217

WINTER CHILL BUSTER

For a great chill-buster I put a blend of Ginger essential oil and Fractionated Coconut Oil on the back of my neck to warm me up.

THROAT REMEDY

For an irritated throat, I add a drop each of Peppermint, Lemon, and On Guard to a glass of hot water with a spoonful of raw honey for taste. Let steep until comfortably warm. Gargle, spit, and repeat. You can even drink what's left for the same benefits. Much yummiier than gargling salt water!

PEPPERMINT CHEESECAKE DIP

1 8oz. package cream cheese, softened
1/2 cup powdered sugar
4-5 drops peppermint essential oil
8 oz. container Cool Whip
1 cup crushed peppermint chocolate
Chocolate Graham Crackers or favorite cookies

Beat cream cheese until smooth.

Add sugar and Peppermint oil; beat until smooth and well combined.

Add the Cool Whip and beat until combined.

Fold in peppermint chocolate.

Transfer dip to a serving bowl and chill until ready to serve. Serve with chocolate graham crackers or your favorite cookies.

Kathy's Blog

I would like to spotlight the herb Yarrow this month. Yarrow is an aromatic herb that grows one to three inches tall. It thrives best in sunny locations and well-drained soils. When taken in the hot infusion form, it will increase the body temperature, open the skin pores, stimulate perspiration, equalize the circulation, thus making it one of the most valuable herbs for treating colds and fevers. In opening the pores, which results in increased elimination, it purifies the blood of waste products. Yarrow helps regulate the function of the liver and is especially beneficial through its influence on the secretions throughout the entire alimentary canal. Yarrow will not weaken a person, for it has a great tonic effect and is most invigorating. It assists nature's action in relieving congestion and disease.

Yarrow is also a hemostatic and will stop internal and external bleeding. For external wounds, place the green leaves or pulverized re-activated dried leaves over the wound. It can be taken internally to stop bleeding and an infusion used in enema form will relieve and heal hemorrhoids.

Note: Re-activated dried herb— Take a small handful of dried herb, place in mortar and pestle. Add a 1/4 cup of water and pound for a couple of minutes. Let it sit a while and then use like fresh.

Yarrow teas may be taken three to four times a day as needed. If using tincture form, 5 to 20 drops three to four times a day.

