

Thyme For Me/November

Aroma Therapies Spa/814-443-1217

Kathy's Blog

Four Wonderful Herbs

Chamomile can be very beneficial for treating cold and viral type ailments. Not only will the chamomile soothe the persons nerves and stomach, but it will gently induce perspiration and produce a good flow of blood to the body surface. It soothes and stimulates the skin and can be added to your herbal blends or just taken as a tea when your not feeling well. It is safe and mild and can be diluted and given to children. Caution must be taken with this herb if you are allergic to ragweed. The chamomile flowers carry a great deal of pollen.

Hyssop means 'Holy Herb'. Colds, coughs, asthma, sluggish circulation and weak digestion are all helped with this herb. A warm infusion of this herb is good to promote sweating when working on relieving a fever.

Simmer slowly 1 oz. of hyssop in one pint of water for three minutes. Let stand and keep warm. Strain and drink a glass every 2 hours. This will bring gentle moisture to the skin and relieve the kidneys and the bladder.

Spearmint is very gentle and can be blended freely with your other herbal teas to make them more palatable.

Catnip despite its reputation as an aphrodisiac for cats, has a soothing effect on the body. It is mild and is valuable in any type of fever since it induces sleep and free perspiration without increasing systematic heat. When preparing the infusion, do not boil, as you want to retain the oils. Let it steep in hot water and then cool. Always bruise your fresh herbs when infusing. Drink 1 cup as needed. It is very good as it soothes the nerves, relieves pain (minor headaches) and aids the healing process of a fever related illness.



HOMEMADE COOKIES W/ESSENTIAL OILS

Stop by Aroma Therapies Spa each morning between 7:30 - 8:00 a.m. for a free cookie w/coffee or tea.

Any of these can also be pre-ordered if you would like to purchase a dozen.

Wednesday, Oct. 19th

Snickerdoodles

Wednesday, Oct. 26st

Red Velvet White Chocolate Chip

Wednesday, Nov. 2nd

Gingersnaps

Wednesday, Nov. 9th

Chocolate Cookies

Wednesday, Nov. 30th

Peanut Butter Cookies