

Thyme For Me/September

Aroma Therapies Spa/814-443-1217

GROWING A SKIN-CARE GARDEN

The first time I discovered the potential of cultivating my own skin-care ingredients, it was a revelation. I was on a mission to adopt a low-waste lifestyle and had taken to creating my own personal-care products from scratch to avoid unknown ingredients and packaging waste. It was not only enjoyable but also empowering as I honed in on these new skills. I started simply with an herbal-infused body oil to replace my store-bought body lotion, as well as an herbal wound-healing salve. The more I gained insight, knowledge, and skill in what I was doing, the more my products evolved.

Instinctively, I looked to nature for answers. I have always held a deep appreciation for natural skin care, stemming back to my early 20's when I experimented with infusing herbal extracts to make my own antiseptic face wash. And, to my surprise, I found myself right back where I had left off over 40 years ago. Now, I view my skin-care regimen as an extension of my overall holistic and healthy lifestyle, akin to how I approach my diet: choosing plant-forward meals and avoiding unnecessary chemicals and synthetic ingredients. To ensure the products I use on my skin align with this principle, I prioritize ingredients that are grown organically and naturally from earth.

I began studying herbalism and experimenting with growing plants in my backyard garden. One spring, while out in my garden, I noticed that a patch of purple violets was coming up, which I hadn't planted, and it dawned on me that there must be a reason for their timing. Sure enough, the herbal actions of violets are exactly what our bodies, and the bodies of the animals who eat them, need after a long, cold, sedentary winter; as is the same with dandelions, red clover, and nettles. Everything came together for me at that moment. Nature grows what is needed when it's needed most— gifts. As I expanded my knowledge through my studies at Herbal Healer Academy, I deepened my knowledge of herbalism and ignited a passion for understanding the unique properties of each plant. In the process, I became deeply rooted in nature, which became my sustainable "why"— my reason to stay low waste and to continue growing and making my own products.

I'm now creating a line of potent herbal-infused face and body products under the brand of 'AROMA THERAPIES'. Each product is a specially formulated blend of herbs grown, dried and infused in jojoba oil by me, to give you a concentrated and easily absorbed formula that deliver a pure, healthy, and more effective dose. All my products are handmade from scratch in small batches and use low-waste packaging to align with the principles of sustainability.

AUTUMN STOVETOP POTPOURRI

Your home can smell like fall with this deliciously scented autumn stovetop potpourri made with fruit, spices, and herbs. The fragrant blend will cover other unwanted scents and create a cozy atmosphere. I prefer to open plenty of windows and let in some fresh air for a few minutes prior to letting the potpourri do its work. It's ideal to use during dinners with friends or events when you want your home to feel particularly homey; however, it's also a great addition for those evenings spent on the sofa with a book and a cup of tea, staying warm from the cold, wet weather outside.

Since the potpourri simmers for several hours, the fragrance will disperse thoroughly throughout your home, creating a lasting autumn-like scent throughout the entire day (or, as long as you simmer it). In contrast to store-bought air fresheners and room scents, the ingredients are all natural and healthy to breathe in over longer periods of time.

You Will Need:

*2-3 oranges
2 apples
1 cup fresh cranberries
3 cinnamon sticks
1 tbs. cloves
2 whole nutmeg seeds
3 star anise
A few drops essential oils of choice: sweet orange, pine, cinnamon
Pot: large*

To Make:

Add all the ingredients to a large pot, and cover with water. Bring to a boil, and reduce to a simmer. Let the potpourri simmer for as long as desired, making sure to top it off with more water from time to time.

Note:

Omit essential oils if you have cats or other pets that are sensitive to them. Only use high-quality essential oils that are made for diffusing.

