

# News Letter

Cherubs Aromatherapy Ojai, CA (805) 646-7595  
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## Feeling Great in 2008

### WHAT IS AROMATHERAPY?

Aromatherapy is the art and science of using the essential oils of plant materials for health and beauty. Aromatherapy, when properly practiced, has shown successful results in the treatment of muscular, circulatory, respiratory, digestive and reproductive problems, as well as skin disorders and stress-related conditions.

### WHAT ARE ESSENTIAL OILS?

Essential oils are the essence of the plant, the fragrance component, which is present only in small quantities in the living plant organism.



With deep appreciation and gratitude to all my student, clients and friends for your support, I would like to offer each of you  
**15% off**  
any order through January 15<sup>th</sup>, 2009.

## Holiday Stress Relief

Is the stress of the holidays chipping away at your chipper holiday attitude? This time of the year it's easy to lose the joy of the season in the crunch of time, money and energy. The stress can cause fatigue, headaches, achy muscles, anxiety and insomnia, among other symptoms.

Thank goodness for aromatherapy! Not only can essential oils soothe jangled nerves, ease achy muscles and headaches, and help us slip off into slumberland, but they can also help us fill our homes with "comfort and joy!"

### *Pure essential oil synergies:*

This year I have created two special blends to relieve stress AND create a happy holiday mood in your home.

**Holiday Stress Synergy:** Combining the warming, comforting scents of vanilla, cinnamon, spruce and others, this blend will melt your heart and your cares at the same time! Slightly antiseptic, antiviral properties make it a perfect blend for a diffuser to keep the whole family happy and healthy!

**Peaceful ForRest:** Like a walk through a winter wonderland, this blend of cedarwood, spruce and other conifers brings a relaxing "breath of fresh air" to our lungs and a feeling of calm to our mind and body. I like this blend in a massage oil for achy muscles and to facilitate breathing. It also helps with anxiety and depression.

Here are some suggestions on how to use them:

**Sprays:** Want that Christmas tree smell throughout your house?

1. Spray on your tree to enhance its fragrance
2. On your pillows for restful sleep
3. In your car to relieve stress but keep you alert on those long shopping trips
4. As a room spray to create that cozy, fresh mood
5. At your office to keep it festive but less stressful
6. In your bathroom for guests.

**Diffusers:** Use in diffusers throughout the house to create that warm, cozy, festive feel. It will relieve stress, open sinuses and help kill airborne bacteria and viruses all at the same time!

**Fireplace:** One little drop of pure essential oil synergy on a log will add a delightful fragrance from your fireplace. Or place a basket of pinecones next to the fireplace and add a few drops of the essential oil. The warmth from the fire will send the scent into the air. A bit of caution: Essential oils are flammable!

**Wreaths, Trees and Potpourri:** Try scenting your wreaths, artificial trees or a bowl of potpourri with a few drops of essential oils.



***Cherubs  
Aromatherapy  
Has Moved***

Please visit us at  
our new  
locations:

***Retail Shop***

*Located inside  
Facials of Essence  
310 Fox Street, Ojai  
CA (805) 646-7595*

***Wholesale  
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*2018 Main Street  
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***Cherubs Aromatherapy***

***Holiday 2008***

**KEEP YOUR HOLIDAYS HEALTHY AND HAPPY**

The stress of the season, inclement weather and airborne viruses can wreak havoc on our holiday spirit. But aromatherapy provides an absolute arsenal against seasonal colds and flu. *Here are some suggestions:*

**Essential Oils**

*Eucalyptus globulus or radiata:* expectorant, mucolytic (decreases mucous), antimicrobial, indicated for all respiratory disorders.

*Rosmarinus officinalis:* (Rosemary) antimicrobial, indicated for sinusitis, flu and common cold, mucolytic.

*Mentha x piperita:* (Peppermint) supportive to eucalyptus and rosemary for bronchitis, flu, congestion, sinusitis, headache and stomachaches.

*Thymus vulgaris:* (Thyme) immune enhancing, antimicrobial.

*Ravensara aromatica:* antiviral, immune enhancer, expectorant.

*Citrus limon:* (Lemon) antimicrobial, antiviral, uplifting, great support oil for other respiratory essential oils, stimulates the immune system.

*Melaleuca quinquinervia (MQV):* (Tea Tree) antimicrobial, antiviral, antifungal, expectorant, strengthens the immune system.

*Cupressus sempervirens:* (Cypress) antimicrobial, indicated for sore throats/strep throat prevention.



**For sore throats:** Spray white sage hydrosol as needed. This doesn't taste great, but it soothes the soreness and its antiseptic properties help fend off colds and flu.

**Steam inhalations:** Steam inhalations are great for relieving congestion as well as for treating sinus infections. Place 2-3 drops of essential oil in a bowl of boiled water. Place towel over your head and over the bowl and breathe in. Remember to keep eyes closed.

**Sinus:** Our Sinus Blend is designed as an acupressure-point therapy to open sinuses, relieve pressure and pain, and prevent sinus infection.

**Chest rubs:** Make your own chest rub similar to vicks, but natural! Combine any of the above oils in castor oil (shown to boost the T-lymphocyte count in our bloodstream, boosting immune response). Use 10-15 drops per ounce of castor oil and apply liberally to chest. Keep the area warm. Especially helpful before bedtime!

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