

Casaroma Wellness Centre

(902-464-2272) Alderney Landing, Dartmouth, Nova Scotia.

Monday – Friday 10am-6pm, Saturday 8am-2pm,
Sunday 11am-4pm

Website: www.casaromawellness.com

or email casaroma@eastlink.ca

April Newsletter



Note from Lee:

This time of year always reminds me how important it is to have faith in a higher power than us. I can hear myself grumbling about still seeing snow or hearing that bad weather is coming yet again but then I look around me and I see the blades of grass becoming green, I see the crocuses blooming, the daffodils and tulips beginning to show. What do they know that I don't? Then I realize that mother nature has total unwavering faith and is working in true partnership with the Universe, and once again I am reminded that "All is well" Once again I hear the voice that says patience my dear all is well just be patient and all will become clear. The sun will shine, the flowers will grow and you will be able to go out once again without a coat. I know this is important for our everyday life as well. We need to remember that there is always a higher power at work with our best interests in mind. Sometimes the story may look a little funny today and maybe we want to panic a little because our brains can't figure out how it is all going to work out, but rest assured if you listen to your inner guidance and have faith in the bigger picture it will all work out just fine in the long run.



from Allana:

I look out my window to see pheasants, ducks and crows all strutting about on the back lawn. The lake is almost ice-free – another day or two will do it, Are you feeling the call of spring as well? The Saturday Market at Alderney Landing is bustling. There are several vendors selling non-GMO seeds. For the last few years we have bought heirloom seeds for our gardens. What a difference in the vegetables! We are looking now for non GMO corn seed.

We all feel a new zest for life as the warmer weather approaches. Like bears coming out of hibernation neighbours, not seen since late fall, are now wandering around their yards checking out plants and gardens to see how they fared over the winter. I hope spring blesses you with renewed vigour and enthusiasm and that you join with all of nature in feeling healthy and fully alive .

Oil of the Month

Petitgrain

Citrus aurantium amara



This lovely tree gives us the gentle and haunting Neroli from its blossoms and the bitter orange essence from its fruit. From the leaves we obtain the green and woody scent of Petitgrain essential oil.

I really love this oil for its ability to cut through drama and excess and bring things to point in our lives. We use it to balance emotions and encourage mental clarity. Like other citrus oils it is good for

digestion and for oily skin. Unlike most citrus oils it is not phototoxic. Petitgrain eases muscle spasms and increases muscle tone as well. It is also used to help ease palpitations, It is a favourite in men's products when combined with woody oils while for the ladies we sometimes blend it with neroli.

Recipes

Shampoo

Fill a 60 ml bottle half full of unscented shampoo. (Use Casaroma shampoo or any brand that does not contain sodium laureth sulphate)

Add the essential oils:

5 drops petitgrain

5 Drops Rosemary

5 drops lemon.

Shake to blend the oils, then fill with shampoo base. This is a zesty, wake up blend that strengthens the hair and helps with new growth.

Fresh Diffuser Blend

Blend 2 drops petitgrain, 2 drops black spruce and 1 drop of spearmint in your diffuser. Remember, if you are using a tea light diffuser put a tablespoon of water in the diffuser bowl before adding the oils. This will give you a cleaner and longer-lasting fragrance.

Balancing Moisturizing Blend for Stressful Days.

This is a good blend to use as an overall body moisturizer after your shower on days where you need a clear head and a balanced approach. Works well for exams, interviews etc.

To 60 ml fractionated coconut oil add:

20 drops petitgrain

5 drops distilled lime

5 drops neroli

Upcoming Aromatherapy Classes

All of the following classes are held on Sundays. Each level is one class and it is about 3 hours long.

Class 1 aromatherapy-

Introduction to Aromatherapy and essential oils and stress

April 14 9:30- 12:30

May 5, 9:30- 12:30

June 2, 9:30-12:30

Class 2- Essential oil and skin issues

April 21, 1-4

May 19, 9:30-12:30

June 16, 9:30-12:30

Class 3- Essential oil and emotions

April 21, 9:30-12:30

May 12, 9:30-12:30

June 9, 9:30-12:30

Class 4- making household and personal products with essential oils

April 28, 9:30-12:30

May 26,9:30- 12:30

June 23, 9:30-12:30

Class 5- How to use essential oils with children, pets and pregnancy.
What essential oils are dangerous to use in aromatherapy

April 14, 1-4pm

May 26, 1-4

Introduction to subtle energy-

how to understand what energy is and how to work with it in your
everyday life

May 5, 1-4

June 2, 1-4

Basic Happiness 101- Learn the basic tools that you already have
available to you to attain everyday happiness

May 19, 1-4

Intro to reiki

Reiki 2 = Cost 250.00 +tax

opening class April 28, 1-5

Closure to class June 9, 1-5

Reiki 3 = Cost 350.00 + tax

opening June 16, 1-5

Making Sand grids- Learning how to work with intentions, sand and stones.

May 12, 1-4