

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

February Newsletter



Note from Lee:

February is a month full of mixed emotions. First of all it is still a winter month and most of us get more and more fatigued with each snow storm that comes in, praying that spring is just around the corner with each shovel that we fill. Secondly the sun is still not coming out to play for as long as it does in the summer and a lot of us are only getting minimal amounts of sunshine which means we are having problems producing as much serotonin as we do in the summer, hence we are not being as upbeat as we would like to be. Thirdly we have Valentines in the middle of the month. If you are in a happy romantic relationship you may look forward to this day but if you are not currently sharing a personal life with someone you may feel even more lonely during this time. Rest assured Valentines is not just for the people who are in romantic relationships. I have always given my kids valentines presents and told them how happy I was that we were a family and how I was so very grateful that they were in my life. They are now 19 and 16 and still go looking for the card, chocolate and present. We do try to have a special supper that night as well. How wonderful traditions can be even if we don't know we are creating them at the time. Remember that there is love all around you all of the time. If we are open to receiving love in general it will always be there for you. It is only when we want a specific love or love from a specific person that we may feel lonely. Don't forget that the fruit oils can be a real friend to you during all of the above mentioned times. Put them in your shower gel, diffuse them in your car or your work place or put a drop or two of a favorite citrus on a tissue and tuck it in your shirt to smell all day long.



Note from Allana:

Working on our new classes is giving me much to think about. There is a lot of research now in progress about happiness. Frontiers of Psychology reports that 8 % of Canadians and 11% of Americans need to be medicated for depression, and that those medications may do more harm than good. So what can we do to address this gigantic problem? How can we be healthily happy?

One thing that I am seeing is that our expectations of happiness may be somewhat skewed. We are designed to feel a range of emotions. That is part of our make up. Professor Tal Ben Shahar of Harvard University claims that the only people who do not experience painful emotions are psychopaths and the dead! So we can be happy that we are neither! We can, however, choose to focus on the happier (and healthier) emotions. Our new class will give you some suggestions about how to do that.

Oil of the Month

Ylang ylang - *Cananga odorata*



Ylang ylang means Flower of flowers. Its beautiful oil is both sensual and relaxing – the ideal oil for Valentine’s Day blending.

Although this tree blossoms year-round, the best oil comes from flowers harvested in October and November. As the blossoms mature, they change in colour from green to yellow, and at their peak for essential oil production they develop 2 red spots. They are picked in early morning by crews of women and girls who carefully pluck them and carry them to the distiller in baskets on their heads. Since they are paid by the weight of their harvest, it is always tempting to put the heavier, green blossoms in with the ripe, but a good distiller has folks who

go through each basket to ensure that only the best blossoms go into the still. Care must be taken that the blossoms are not crushed as well as crushed flowers could cause fermentation.

Ylang ylang differs from other distilled oils as it is fractionated as it is distilled. That means that during the distillation process the oil is decanted several times. On average the first decanting occurs about 1.5 hours into the process. This gives us Ylang ylang extra, which is what we carry at Casaroma. At 2 .5 hours another decanting happens – this is called Ylang ylang 1. At 3 .5 hours ylang ylang 2 is decanted and at 6 hours ylang ylang 3. Each time that oil is removed the remainder loses some of its therapeutic qualities so for aromatherapy uses the extra is the best. There is also an ylang ylang complete which is generally made from blending some of each of the grades together.

Although the essential oil is safe, the aroma is very strong and may cause headaches if too much is used in a blend.

Ylang ylang balances hormones while it relaxes the central nervous system and eases high blood pressure. We use it for depression and stress as well as for low self esteem. Combine it with lavender for insomnia, or with jasmine as an aphrodisiac. This oil is good for any skin type as it balances oil production.

Recipes

Romantic Massage Oil

6 drops ylang ylang

6 drops jasmine 10%

60 ml fractionated coconut oil.

Luxurious Skin Lotion

4 drops ylang ylang

2 drops patchouli

4 drops rose

60 ml Casaroma All Natural Moisturizer or Jojoba

What's New?

We are revamping the Aromatherapy for the Home Class (Level 4) and adding Perfumery to the Level 5 Class along with special needs. It is always good to freshen up the content of the classes and add new material. The first new Aromatherapy for the Home will be Feb 17. The Level 5 Perfumery and Special Needs will be March 3

Upcoming Aromatherapy Classes

Level 1 Stress Feb 24-9:30-12:30, March 31 9:30 to 1:30

Level 2- Skin- March 17 9:30 to 1:30

Level 3- Emotions- March -9:30-12:30

Level 4- Household products -Feb 17 9:30-12:30

Level 5- Special needs- March 3 9:30-12:30

Reiki level 1 two part class opening Feb 24 1-5pm, closing class April 7 1-5pm (cost \$175.00+ tax)