

# 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](http://www.casaromawellness.com)

or email [casaroma@eastlink.ca](mailto:casaroma@eastlink.ca)

## **January Newsletter**



Note from Lee:

What a wonderful opportunity to start fresh! I always like a clean slate with no sludge to have to try and walk through. For me that is often what the new year brings in. I have heard from so many of you and I am feeling it myself as well, that this is the year for action. Action is often a tough thing to follow up on because it requires actual physical movement. It is much easier to think about things, visualize them and then hope they come into reality. The missing link is often that we forget we must take the steps to bring that manifestation into reality. That takes specific physical movement towards the goal. Whether it is weight loss for which you must change your eating habits and change your physical daily output of energy, or it could be bringing financial abundance to you, in which case you want to physically start watching where your money is going, be aware of any waste and get more on top of the monthly bills. Allow yourself the treats but keep the treats to every once in a while instead of letting them be everyday. For me it is a year of being clear and present, to be consciously aware of each and every moment ( at least as best as I can ☺ ) I know we have new classes coming in as Allana is mentioning and I hope they will help to enhance your every day lives as well. All the best to you and your intentions in the coming year of 2013.



Note from Allana:

A new year! A new Day! A new moment! What a gift we have to create whatever we choose in this moment. I am greeting 2013 with a huge sense of anticipation. A new workshop is growing. Not yet sure what it will be called - Flourishing in the Now? Maximizing the Moment? Thriving? Something like

that. The best part for me right now is researching the content. I am officially on vacation. How better to spend it than with the works of people like Marty Seligman and Tal Ben-Shahar in Positive Psychology and Jerry Jamposky's attitudinal healing, Norman Shealy and Carolyn Myss with intuitive healing - I may just continue to research and never get the course written!

But I suspect that in February or March we will be offering the results of this exciting beginning. We'll keep you posted.

May you choose 2013 as your greatest year yet! May you fill it with your greatness and share with us your talents and your joys. May you choose to design your new moment with vivid, vibrant colour and not worry about trying to rewind and edit the past in order to patch up the holes .

### **Oil of the Month Roman Chamomile**



**Roman Chamomile**, *Anthemus nobilis*, is a gentle and soothing oil that is safe and effective for reducing inflammation and calming body, mind and emotions. It is an expensive oil and a little goes a long way so we generally sell it in a 10% dilution in jojoba.

For fretful children, teething babies and irritated parents as well, diffusing this oil, maybe with a bit of lavender, can make the difference between a night of pacing the floor with one's whimpering offspring and getting a full night's sleep! Although it is a safe oil, it also may induce menses so it might be better to avoid it in pregnancy.

The main constituents of Roman chamomile are esters, gentle natural chemicals that are very human-friendly. In German Chamomile (*Matricaria recutita*) there are more alcohols and oxides. German chamomile also contains azulene which gives it a bright blue colour. Perhaps the German oil is better for very inflamed skin rashes but in most cases the Roman will be sufficient to reduce the rash.

If you are dealing with anything that ends in itis – Colitis, gastritis, arthritis dermatitis etc. think about using Chamomile in your blend. Itis is the suffix indicating inflammation and chamomile works well with this problem.

Diffuse it or blend it in your bath for calming, soothing, and encouraging patience and peace

Use it in a mouthwash for mouth ulcers, inflamed gums and canker sores and toothache.

Diffuse or inhale it, or use a roll on to soothe the stomach and for colitis, diarrhea, gastritis, irritable bowel syndrome, nausea, ulcers, and vomiting,

Blend it with Lemon to Increase the production of white corpuscles and in chronic infections

Blend with lavender and or marjoram for inflamed joints and muscles and Low back pain

For very sensitive skin or rashes, try it blended with Lavender or rose in a spray on moisturizer

## **Recipes**

### **PMS Soothing Bath**

3 drops Roman Chamomile 10%

3 drops lavender

1 Drop geranium

Blend in 1 tablespoonful of Dead Sea Salt and add to a comfortably warm bath . Soak for at least 15 minutes.

### **Insomnia Blend**

2 drops chamomile

2 drops marjoram

Diffuse in bedroom or add to a tissue and place under pillowcase

### **Sensitive skin Kit**

**Cleanser**      Pure castile liquid soap, Casaroma's lavender bar or a blend or carriers for the oil cleaning method ( we can make you a blend to suit your skin)

**Toner**          Rose hydrosol

**Moisturizer**    Chamomile and Rose essential oils in our pure, organic base

## **What's New?**

### **Coming in January... Therapeutic Teas!**

We are delighted start carrying Satya Teas at Casaroma. We are looking at adding them to Specific Use kits to help with Detoxing, Energizing, Immune Boosting, Stress Reduction and Insomnia and Weight Management.

Drop in and check them out. We can personalize a kit and a program to meet your requirements

### **Upcoming Aromatherapy Classes**

Level 1- Stress - January 27 9:30- 12:30, Feb 24-9:30-12:30

Level 2- Skin- January 20,9:30-12:30

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

Level 4- Household products January 13, 9:30-12:30, Feb 17 9:30-12:30

Level 5- Special needs- January 27,1-4pm

Introduction to Reiki Feb. 10-2pm-5pm

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

Reiki level 2 two part class opening January 13 1-5pm closing Feb 17, 2-5pm (Cost \$250.00 + tax)

Introduction to energy: January 20 1-4pm

Making Sand Grids: Feb.3-1pm-4pm