

# 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)

## **March Newsletter**



Note from Lee:

We have made it into March, what a wonderful sight to see. Haven't we had some incredible weather this last month? Mother Nature never ceases to amaze me. I am so grateful that I am aware enough about her to be grateful for all that she does for us. I have made sure to include the animals without warm houses in my nightly blessings of our planet. It will never hurt any of us if we are kind to each other but it certainly does hurt every one of us if we are selfish or short sighted. If we can take an extra minute in our busy days to say something kind and appreciative to each and everyone in our households it can change the feeling in a home from a stressed out home to a happy home. You can also make a difference to someone maybe not so close to you like a commissionaire at the bridge or the cashier at the checkout. Everyone can benefit from a smile and a kind word. You never know if you really put yourself out there you might even begin to feel so much lighter and happier yourself.

Happy March guys!!!



from Allana:

The days are getting longer! Every day I see a bit more grass and a bit less snow. Change is in the air! For me it's a time of renewal; a time of new growth and new beginnings. Over the ages through many cultures and religions we have celebrated this time of rebirth. What changes are you bringing to your life? What are you celebrating? It seems to me that we spend so much time mired down in bad news – tragedies, heartache, fear. Surely there is more to life than that! There is so much beauty around us and within us. How often do we look in the mirror and see with awe that person who looks back at us as an amazing work of art that lives and breathes and laughs and loves. Let's look beyond the wrinkles and the bad hair days and see the wonder of the unique being that each of us is. That is surely something to celebrate.

Happy Spring!

## Oil of the Month

***Lemon Tea Tree - Leptospermum petersonii***



This fresh lemon-scented oil comes from Australia and , although its name makes it seem like tea tree (*Melaleuca alternifolia*), it is actually a close relative of the expensive Manuka oil. With the broad antiseptic qualities of both tea tree and manuka, it is often used with flu, fever, virus and fungus. We love it in our cleaners, especially if we have been exposed to some of the ugly bacteria that seem to be making the rounds. It can make a great addition to a mouthwash and is said to be very effective with gingivitis and mouth abscesses.

As the warm weather approaches (soon, we hope) we look for pleasing but effective ways to deter the insects that come with it. Lemon tea tree is great for this, outperforming citronella

and certainly smelling better as well. Use it properly diluted in a summer dog shampoo to help deter fleas and ticks as well.

We recommend varying your oils rather than overusing any single one, so try this great oil as a tea tree replacement. Let us know how you like it!

## **Recipes**

Recipes

Spring Cleaning

House doorways and trims

Washing down your window sills and doorways are always a lovely way to welcome spring in but don't forget all of those wonderful insects are waking up too. So get your window sills and doorways washed down and freshened up but also leave the scent behind that tells those lovely creatures that they do not need to cross over your doorway.

Use 120ml bottle

Put in 5 ml of our concentrate cleaner

Add in

5 drops Lemon Tea Tree

5 drops peppermint

5 drops Lemongrass

Spray on your surface and wipe of with a wet cloth. This will help to get rid of any mildew, of dirt build up and it will also leave an insect repellent scent behind ready to greet those wonderful hopeful visitors.

Car cleaning:

120ml Bottle

Use 5ml of our Concentrate cleaner

Put in

5 drops Lime

5 drops Pine

2 drops Spearmint

Fill the bottle with water. Spray on all pieces of the car that are a hard surface excluding the glass. If you are going to vacuum your car put the Pine on the filter of your vacuum while you are working on your car the scent of Pine will be nice and strong

What's New?

What's new in our classes: Two classes that are coming up are

### **A Happier You**

This is an introduction class. On March 17th from 1-4pm.

Cost \$35.00 + tax All of us would like to be happy all of the time but it seems to be something that we just can never reach. We are always hoping that tomorrow will be the day that happiness comes to us yet we will often spend another day in anxiety, worry or stress instead. At Casaroma we have designed this class to introduce you to the basic tools to help you get to a level of life where happiness can be available to you on a daily basis.

This is a class to help to get to know who you are as an individual and how certain things can affect you. When you know what type of individual you are you understand how your own personal needs can be met.

### **Reiki Teachers Level**

This is the concluding piece to the Reiki level 3 otherwise known as the master level. Level 3 is a prerequisite. The cost is \$300.00 + tax. This is the class where you learn how and why you would want to become a teacher of Reiki. I do not take this level lightly nor should you. This is a class about personal responsibility, ethics and morals. You will learn how to do each level Reiki and attunement. We will also be looking at class layout and manuals.

## **Upcoming Aromatherapy Classes**

Level 1 Stress April 14 9:30 to 1:30

Level 2- Skin- March 17 9:30 to 1:30, April 21 1-4pm

Level 3- Emotions- March 10 -9:30-12:30, April 21 9:30-12:30

Level 4- Household products -March 17 9:30-12:30, April 28 9:30-12:30

Level 5- Special needs- March 3 9:30-12:30, April 14 1-4pm

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

Reiki level 1 two part class: closing class April 7 1-5pm

Making Sand grids March 24 2-5pm

A Happier You : NEW\*\*\*\* March 17- 1-4pm cost 35.00 + tax

Introduction to subtle energy: March 3 1-4pm