

Casaroma Wellness Centre

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

Monday – Friday 10am-6pm, Saturday 8am-3pm, Sunday 10 am-4pm

casaromawellness.com or email casaroma@eastlink.ca

July 2014 Newsletter



Note from Lee :

Well hello there!! Sorry for such a long break in between newsletters. We have been on a break for a few months trying to get our behind the scenes technology in a better pathway for us to be able to handle the increase in volume that is coming into our store through the website on line ordering service and the communications that we are doing with the various media like facebook and twitter. So much to it, and a big thank you to Gary (our web guy) and Allana for putting in the work on these things. We are in the midst of coming up with some new products and some new programs so hopefully we will be able to let you know about them soon. Things like Coffee scrubs, fine wrinkle creams, deep wrinkle creams, moisturizing skin oil, body powder, frequent treatment users discount cards etc etc. We will let you know as these things become available.

As for in this moment well I am off today and I am sitting outside in the sun basking in the heat. I am so happy that July is here and Summer has decided to visit us for a few weeks. I love the sun and I love all of the richness of seeing the forests and gardens in bloom. All the animals eat well and sleep in comfort which makes me sleep well at night as well. Make sure you drive carefully at night though there are a lot of night time animals out there that can't get out of the way of your car if you are going to fast even if it is the speed limit.

Mother Nature certainly has her own form of aromatherapy in the summer doesn't she? It is always so nice to smell fresh cut grass, or go into the woods and smell the forest air, going to the beach is a delight to smell the salt/lake water. I think that is why we are always so sad to see the few weeks of summer disappear so quickly. We love being able to be so spontaneous about going outside. No outer clothing to wear, no preparation to get you through the transition from one place to another. Summer is about total enjoyment of just being where you are. At least it is for me. I love being able to throw on a tank top and shorts and be outside in my yard, go for a drive, go for a walk on the waterfront or take my dogs for a walk down a stream road.

Here is to summer. May she bless us with an extra long one this year. I hope you have a chance to enjoy the summer days and softer cool evenings as well.



Note from Allana:

Are you as aware as I am of how quickly time passes? It seems to me that the calendar pages flip ahead more quickly during these lovely months of summer. Strolling through the fragrant woods yesterday I was wishing that I could “put time in a bottle” and save the beauty and tranquility to ease the storms of life that sometimes come. But there is really only the moment at hand. I need to engage in this moment – fill it full of interest and collaboration. How many of our precious moments are wasted in mourning past glories or fearing future catastrophes! “This too will pass” is a very true statement. And it will never come again in exactly this way. So let’s live totally now, relishing the joys and the challenges that each moment brings.

What’s New??????

Our lovely new hydrosols have arrived. Of special interest is a Sandalwood hydrosol from Hawaii. This is not the from the endangered *Santalum alba* but rather from *Santalum Paniculatum* which is native to the Pacific Islands. The hydrosol is soft and serene, wonderful for the skin. No essential oil is available yet from this distiller.

We also have received a lively Rosemary hydrosol that is great as an afternoon wake –up spray and also as a hair spray to help with the frizzes. Just spray it on your hair after washing and before styling. On the long term it will give you a healthy scalp and hair that resists breaking, but those results take a bit of time.

For a real treat for your skin blend sandalwood and our new rose hydrosol half and half and use it as a facial toner. Marvelous!

Also new is our tarragon essential oil – see below!

Essential oil of the Month

Tarragon



Tarragon is better known as an herb than an essential oil. It is thought to have originated in Siberia and Mongolia and made its way to Italy with the invading Mongol hordes who used it as a sleep aid as well as a seasoning. It has only been cultivated for about 600 years.

With its Anise or black licorice smell it brings comparison to chavicol basil and its uses and safeties are similar. A high phenol content makes it unsafe to use with pregnancy or with liver disease but as a short term potent germicide it is invaluable and it helps greatly with digestive disorders and cramps and menstrual pain.

Classes:

The classes are on Sundays and they are \$35.00+ tax unless otherwise stated. We recommend that you take the aromatherapy workshops in numerical order as they do kind of build on each other. Having said that, you must take the workshop number one first, but then after that you can take them in any sequence that you wish

Level 1: Introduction to Aromatherapy (Cost \$35.00)

- August 17, 2014 - 9:30 am – 12:30 pm
- September 14, 2014 - 9:30 am – 12:30 pm

Level 2: Aromatherapy and the Skin (Cost \$35.00)

- August 24, 2014 - 1:00 – 4:00 pm
- September 28, 2014 - 9:30 am – 12:30 pm

Level 3: Aromatherapy and Our Emotions (Cost \$35.00)

- August 31, 2014 - 9:30 am – 12:30 pm
- September 21, 2014 - 9:30 am – 12:30 pm

Level 4: Aromatherapy Blending (Cost \$35.00)

August 24, 2014 -9:30 am – 12:30 pm

Level 5: Aromatherapy for Special Needs (Cost \$35.00)

- August 10, 2014 - 9:30 am – 12:30 pm

Aromatherapy and your Dog **NEW**** (Cost \$35.00)**

- September 7, 2014 – 2:00 – 5:00 pm

Introduction to Subtle Energy (Cost \$35.00)

- September 14, 2014 – 1:00- 4:00 pm

Natural Happy ways to a Happier You (Cost \$35.00)

- TBA

How to Create Sand Grids for manifesting and meditation (Cost \$35.00)

- September 28, 2014 1:00 – 4:00 pm

Introduction to Reflexology (Cost \$35.00)

- TBA

Reiki Classes

Introduction to Reiki (Cost \$35.00)

- TBA

Reiki Level 1 (Cost \$175.00)

- August 17, 2014 – 1:00 – 5:00 pm
- Closing September 21, 2014 – 1:00 -4:00pm

Reiki Level 2

- Oct

Recipes of the Month

Summer Spray

5ml vodka

20 drops Red Mandarin

5 drops Litsea Cubeba

4 drops Clove

6 drops Peppermint

fill 60ml spray bottle with water

Blend the essential oils into the vodka then add the water. Shake before spraying. Cooling, citrusy spice at its best!

Back Ache Massage Blend

3 drops marjoram

3 Drops tarragon

3 drops lavender

1 drop peppermint

Blend essential oils into 60 ml fractionated coconut or avacado oil. Massage gently into painful areas. Do not use in pregnancy or on children.

Well that is it for us this edition. We hope you have a super Fantastic summer. Let us know if you have any comments or suggestions for next months Newsletter. If you want to get put onto this email list or if you have a friend who wants to be put on this email list just put it through our casaroma@eastlink.ca and we will add you on. If you would rather not receive our newsletter just let us know.

Have a great month

Allana & Lee ☺