

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

Feb 2015 Newsletter



Note from Lee : What an amazing winter this has been, we have gone from being really happy and grateful that we had no snow in November and December and really half of January and then the total other side of winter. Huge cold and lots of snow. I am a firm believer that we must respect Mother Nature and all that she dishes out to us. I also recognize that the winter months are very hard on us emotionally. We often feel trapped within our homes because of icy roads or it is too cold. I have adopted an attitude over the last couple of years and it has truly helped me get through some of the rough times in my life. For me it is a little easier because I am a true hibernator for winter, I could stay in from November to March quite comfortably, but our society does not lend itself to that kind of thinking. I am learning to ask myself how can I be proactive in this moment. What are my options and what will bring me the best positive results. So when you put this to things that you can not do anything about it helps to give you back your sense of empowerment. For me it is not that I can't get out because the roads are unsafe, it is wow..... an opportunity to get some things done that I am so lacking behind in. For other people it could be a perfect day for a movie with lots of hot chocolate.

The point is use your time to your best overall advantage. You will never get anywhere spending your time wishing things were different then they are. You have two options 1) Change your circumstance.... If you can't do that, then go to option 2) Learn to look at the current circumstance and find something in it that can empower you and bring you benefits and pleasure. I hope you have a super fantastic month, be happy Spring will be springing soon and those lovely flowers and grass will be showing themselves again. All is in perfect cycle.





Note from Allana:

It seems to me that our culture has been infected with fear. Highly contagious, this emotion is changing our lifestyle, sending stress levels soaring and increasing the barriers that we erect around ourselves. Was it Shakespeare who said that a coward dies a thousand deaths a brave man dies but once (maybe slightly paraphrased there, but the essence is true.)

Fear has a rightful use. We need to be alerted to potential danger so that we can take action to confront or avoid it. In that way fear is our ally. What causes stress and its accompanying illnesses is the fear that we can do nothing about: the fear of terrorists; the fear of looming planet-wide monetary problems; the fear of the next pandemic. And also the fears that we create about our personal futures. What if I lose my job? What if I fail my exam? What if I get sick? These are common worries for many. I suspect our thoughts create our reality. If that is so, all these negative thoughts are certainly not setting us up for success! In any case, they are not making for a good mental and emotional environment to live in.

How do we stop this freight train of negativity? Besides trying to derail the negative thoughts and replace them with those that are more beneficial we might try a blend of Wild Orange, Bergamot and Peppermint. Or Lime and Black Spruce. Using these in a diffuser in the car or at home can help to put us on a better track to health. They make great shower gels to start the day as well!

Happy February!

Allana

What's New??????

What started off as ordering some essential oils for the class to discover how country of origin and chemotypes of certain plants make a huge difference in the properties of the oils has become an addiction! Check out our 3 different lavenders (Lavandula angustifolia) - French, Bulgarian and English to see which you prefer. We are temporarily out of stock on the English but you can smell the tester and let us know what you think. Check out the Lavandula hybrid also. This one is good for scent only –room sprays, candles,

soaps perhaps - but not great therapeutic qualities. We also have 3 oranges (all *Citrus sinensis*) a good workhorse from Portugal, a full bodied deep orange coloured beauty from Italy and a sassy, upbeat delightful wild orange from the Dominican. We are also looking at a wild crafted orange from Belize that, if it passes the scrutiny of our lab, we will order next month. As always we have the 2 *Eucalyptus globulus*, one from Australia and one from China and our 2 chemotypes of basil and thyme. It's easy to get caught up in the world of sourcing and meeting new distillers and also new oils! I hear there is a new variety of myrtle coming out of Australia in the near future as well. I'll keep you up to date as I can. Too bad we only have so much room!

Essential oil of the Month

Palmarosa

What do corn, barley, wheat, rice and palmarosa have in common? They are all members of the Gramineae family – the grasses that are found almost everywhere on the planet. Palmarosa originates in the regions of India and Pakistan although it is now grown in other countries as well. The oil is distilled from the partially dried grass. With its lemony-floral fragrance it is often used to stretch the expensive floral rosey oils, but we love it for itself and what it does. About 90% geraniol, this oil has been traditionally used as a natural antiseptic and bactericide. It is also known to be effective for digestive ailments. I like the fact that it is a toner, for skin, slack tissue, muscles and the mind! Palmarosa invites us to straighten up, think clearly, pull in those sagging muscles and let that stress go. It

blends well with Bergamot, citronella, geranium, jasmine, lavender, lime, melissa, orange, petitgrain, rose, rosewood, sandalwood, violet, and ylang ylang.

Some recipes you might enjoy:

Tightening and toning facial blend:

2 drops palmarosa

2 drops ylang ylang

2 drops Niaouli

In 30 ml of jojoba

Body Firming Moisturizer

15 drops palmarosa

10 drops Patchouli

2 drops Geranium

In 60 mls Body firming Milk Lotion.

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) Essential oils and Stress Reduction**

Feb 15 Class full

March 1, 2015 Class Full

April 12, 2015 – 9:30 am – 12:30 pm

May 17, 2015 – 9:30 am – 12:30 pm

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

- February 15, 2015 – 1:00 – 4:00 pm
- March 22, 2015 – 9:30 am – 12:30 pm
- May 3, 2015 – 9:30 am – 12:30 pm

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

- February 22, 2015 – 9:30 am – 12:30 pm
- March 19, 2015 – 9:30 am – 12:30 pm
- April 19, 2015 – 9:30 am – 12:30 pm
- May 31, 2015 – 9:30 am – 12:30 pm

Level 4: Aromatherapy Making Your own Products for Cleaning and Personal Care

(Cost \$35.00)

- March 29, 2015 – 9:30 am – 12:30 pm
- May 10, 2015 – 9:30 am – 12:30 pm

**Level 5: Aromatherapy for Special Needs (Children, Pets, Pregnancy) and Perfumery
(Cost \$35.00)**

- March 8, 2015 – 9:30 am – 12:30 pm
- April 26, 2015 – 9:30 am – 12:30 pm

Aromatherapy and your Dog (Cost \$35.00)

- February 8, 2015 – 2:00 – 5:00 pm
- May 24, 2015 – 9:30 am – 12:30 pm

Introduction to Subtle Energy (Cost \$35.00)

- February 22, 2015 – 1:00 -4:00 pm

- May 17, 2015 – 1:00 -4:00 pm

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

- March 29, 2014 – 1:00 – 4:00 pm

Introduction to Reflexology (Cost \$35.00)

- March 22, 2015 – 1:00 – 4:00 pm
- April 26, 2014 – 1:00 – 4:00 pm
- May 24, 2015 – 1:00 – 4:00 pm

Reiki Classes

Introduction to Reiki (Cost \$35.00)

- May 3, 2015 – 1:00 – 4:00 pm

Reiki Level 1 (Cost \$175.00)

- May 31, 2015 – 1:00 – 4:00 pm

Reiki Level 2 (Cost \$250.00)

- TBA

Reiki Level 3 (Cost \$350.00)

- TBA

Reiki Teacher

- March 15, 2015 – 1:00 – 5:00 pm Opening
- April 19, 2015 – 1:00 – 5:00 pm Closing

Professional Aromatherapy Class

- In Progress
- **Next Class To Be Announced**

Well that is it for us this edition. We hope you have a super Fantastic February. 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