

# *Casaroma Wellness*

## *Newsletter May 2018*

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*We have begun a new road in our Casaroma Wellness World that we thought we would share with you here in this newsletter. We (Allana and Lee) have been working together with Casaroma for over the past 21 years and we love every second of what we do. It is our passion to help to educate and empower people to help get them back on their feet. Every product we make is made with love and the intention of helping individuals get back to happiness and health. Just over a year ago Peter joined our Casaroma Team. Peter is my brother and Allana's son for those of you who don't know already. He lives out west and he has wanted to be a part of something like this for many, many years. He finally made the decision to do so last year and bought a building. He had huge renovations to do to it but he loved the location so he went for it. The building is now finished, Casaroma Wellness Clinic is now open and he has built a retreat apartment on the mid level of this three story building to help those who need to get away and just focus on themselves and their healing. We have all had a hand in helping to get the store ready and the staff trained. We can honestly say Peter has the same goals we do of bringing healing to each and every person that walks through his door in Gibsons, B.C. Over the next few months you will see changes happening with our website as well as our teachings and our store. While we don't know for sure where the details will take us, we are confident in our promise of keeping Casaroma a place of healing and contentment as it has been since the beginning when we first opened up our little booth in Alderney Landing 21 years ago.*



*Even after a hard day's work we are still smiling. We love being together*



*Thoughts from Lee*

*Motherhood in 1998*

For me, May is when I start to feel like I am coming alive, I guess in some ways that could make sense because I was born in May. I am truly one of those people who think we should hibernate in the winter, what a wonderful world I would live in if I could just stay home and sleep, get caught up on all of the things I am behind on and truly take the time to rejuvenate to get ready for the busy spring time coming up but the real world does not operate like that and in some ways that is a good thing because I would miss out on the beautiful moments that I do experience during the winter. In reality there is no perfect world only perfect moments. Why is this? Perfection is a perspective it is not a thing. One person's thought of perfection could be another person's thought of devastation. When you look at your own perspective of your world it is so important to be able to see the positive moments that you experience each and every day. Seeing the positive moments in your life is truly what brings joy, contentment and health into your life. When we are too focused on things that are not going correctly or when we focus on the time we do not have to get things done we create far too much stress for our bodies to handle and we get depleted, this is where negative thoughts come in. Sadness, Anger, Pain and illness start to overcome that joyful place. It takes intention to remain happy it is not a fake thing it is just as real as sadness. In every moment you have a choice of how you want to look at your life. On the scale negative thoughts take less energy and are easier to get to, but joy and contentment are so much more worth the trip.

In May we get to celebrate Mother's Day, Motherhood for me has been a role that I have taken very seriously and cherished. My children are now adults...(I also have a lovely step son that is not in this picture), all over 21 but my heart still hopes for their health and happiness every day. I too am so lucky to be able to work and partner with my mother, it is a relationship that we have enjoyed for many many years and I hope we get to enjoy for many more. Parenting is not an easy job but neither is being the one that is being parented. There is no perfect parent or child but the love we share for one another is often enough to get us through any bad times that we may endure.

Remember to love one another and love yourself; we are all doing the best we can at any given moment.



*Thoughts from Allana*

May is a wonderful month of promise in our part of the world. Spring brings new life all around us. In my garden the forsythia is a burst of yellow. Crocuses are colouring the front bed in purple and yellow. Ducks waddle up from the lake (I haven't seen any babies yet) and I wake in the morning to a bird chorus outside my window.

May Day is celebrated with dances around the maypole and fetes filled with flowers and music all over the UK and in other countries. We love the coming of the warmth, the colour, the scents of late spring and early summer.

May has always been a significant month for me personally as well. Both my children were born in this month and my mother passed away in May... The Circle of Life.

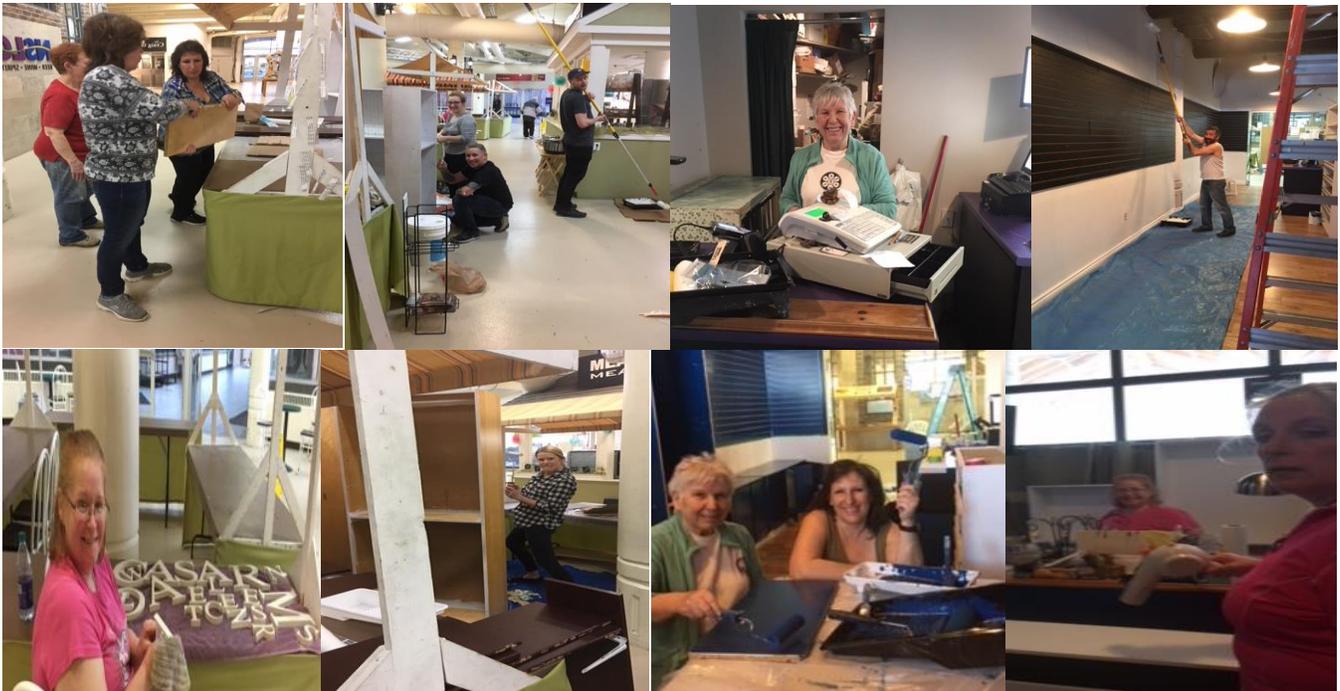
This year Mothers' Day falls on May 13. If you are a Mom I wish you a happy mothers' day. If you still have your Mom, take a few moments to honour her and show your appreciation while you can. If your Mom has passed away, spend a moment remembering that bond that is eternal between mother and child.

Have a Wonderful May!

## What's New?

### WE DECIDED TO RENOVATE OUR STORE!!!

We have been at Alderney Landing for over 20 years now and we have gone through our fair share of upgrades over those years, but this year we decided to do a complete overhaul. It took us a lot longer that we had anticipated and our apologies for those who we inconvenienced while we were closed and in disarray but I think we are finally on our feet again and I think we have made some beautiful changes, if nothing else though we have had some wonderful bonding time with our Casaroma family and friends.



**Change is always hard but it does bring in new possibilities.**

## What's New in May?

We are delighted to have finally finished our field testing of our new skin care line - **Eternale Jeunesse!**

The feedback from our testees was excellent. Although all our subjects were mature, they had differing skin types – sensitive, dry, deeply wrinkled and just starting to show the early signs of aging. Each one reported that their skin felt softer, more hydrated and they had no adverse reactions.

The line at present consists of 4 products:

**Cleanser** – so gentle and safe that babies could use it! Contains castile soap and Rose hydrosol. Does not contain essential oils.

**Toner** - Rose hydrosol with aloe vera

**Moisturizer** - An eco-certified moisturizing base with radish root and sunflower seed oil is combined with Cucumber, Grape, Chamomile, Green Tea and Shitake Mushroom extracts with added Rosehip Seed Oil to firm and tone the skin while diminishing the appearance of wrinkles. This one contains Rose and Neroli essential oils as well. It also contains wheat protein so let us know if you would prefer one custom made for you without it.

**Night Cream**- To a base of shea butter and mango we have added hyaluronic acid, vitamins C and E, Avocado oil, Rosehip Seed oil along with the essential oils of Rose, Neroli, Myrrh and Carrot Seed.

Most importantly, every jar has been charged with the micro-currents of energy that make the Eternale Face Lift program so effective. Nowhere else can you find this particular combination of fine essential oils, carriers, and specific frequencies.



*What a wonderful gift for your skin!*

People are always asking us what services we offer in our centre so we thought we would highlight one each month and give you more information about it.

### Our Featured Service for this month-

**“You can’t turn back the clock, but you can wind it up again.” (Bonnie Prudden)**

This month we are featuring the **Eternale Biofeedback Device**.

What a relaxing and pampering experience this is! Bands on wrists, ankles and head send tiny micro-currents of electricity to target stressed areas in the face and body that give us the appearance of aging. While gentle music with Solfeggio Tones is played through headphones, guided meditation helps us with self-empowerment and rejuvenation.

Improved sleep, more energy and a reduction of tension are just some of the effects that our clients report with these sessions.

A mini session (about 45 minutes) is \$45 while the Maxi Session is \$80. Either one can be followed by a luxurious facial using our new Eternale Jeunesse products that are designed to complement the Eternale Rejuvenation sessions.

Our Special for May is a 25% off a facial massage when you have either a mini or maxi Eternale session.



## Featured Oil

**Neroli - *Citrus aurantium* var. *amara*.**

**Safety: No contra indications but it is very relaxing so perhaps should not be used when driving or operating machinery.**



Orange blossoms symbolize innocence and love and have been traditionally associated with weddings. Lovely Neroli oil is distilled from these blossoms. Its beautiful fragrance brings a sweet charm that is hard to resist.

Health Canada recommends its use for

Calming the nerves

Relieving headaches

For symptomatic relief of digestive discomfort

To help relieve colds and cough

It is traditionally used in aromatherapy for many reasons.

It is a stress relieving oil that helps with fatigue, mental confusion, fear, lack of confidence and depression. To me it is like a hug in a bottle!

Neroli is also a wonderful oil for the skin, helping with wrinkles, increasing elasticity and regenerating the skin as well as reducing the appearance of scars and stretch marks.

Calming palpitations, nervous indigestion and the emotional symptoms of menopause and PMS, this oil brings gentle comfort to all areas of the body and the mind.

Neroli blends well with coriander, geranium, jasmine, lavender, lemon, lime, orange, palmarosa, petitgrain, rose, chamomile, clary sage, and bergamot

## **Recipes Using our Feature Oil of the Month**

### **Relaxing Evening Bath**

Whether we need to balance raging hormones or just to get away from the stresses of everyday this bath is a mini vacation.

1 oz Dead Sea Salts

3 drops of Neroli

2 drops of Rose.

Fill the bath to 2/3 of the desired depth with comfortably warm water. Add the essential oils to the salt, and then add the blended salt to your bath. Fill the bath and inhale the wonderful fragrance as you soak those cares away!

### **Self Esteem booster**

We all have trouble loving ourselves at times, whether you are male or female young or mature this blend can help to bring you back into believing in yourself.

3 drops Neroli 10%

2 drops Frankincense serrata

1 drop Ylang Ylang 10%

3 drops Lime (Distilled)

Put into a 10ml Rollerball and fill with fractionated coconut; you can carry this with you and apply like you would a perfume anytime day or night.

**MOVE YOUR BODY,  
SPIRIT & MIND**



You can follow us on twitter and Instagram as well as our Facebook page.  
This newsletter will also be posted on our website.

May the wind be at your back!

Happy May!

