

# Casaroma Wellness

## Newsletter June 2018



*Thoughts from Lee:*

The Month June already, where does the time go? We have two main focuses in society in June. Father's Day and many types of graduations. Fatherhood is such an important job especially these days when our role models have become the main characters of our video games or reality TV. For many, there are no longer quality role models around them in their everyday life and they have no one to learn morals, ethics and social behaviour from. I remember my grandfather was an incredible role model, he always had time for his kids and his grandchildren. We played the funniest game (to me anyway) when I was somewhere in the age of 5-8. We lived in Montreal so it was hard to always find parks and green space nearby, but he knew we needed to run off some steam so he would take us to the park bench close by and we would play a game of being a tractor trailer full of cargo, he would tell us what cargo we had, how careful we had to be driving and where in the world we were going. It was fascinating because he would tell us about the place we were going to and he would also tell what we were carrying, was it paper, butter, china etc. It taught me how to be careful with precious or fragile things, it taught me that I could bring aid to those who needed it, it taught me about places far away and he made me feel loved the whole time. Being a male role model just like being a female role model is the most important thing you can do for anyone you are in association with it does not matter what age anyone is, being of service to the whole by helping one person at a time be a better person is a beautiful thing to do on a daily basis. You are being watched constantly by your family and your peers to see how you will react. You can be a great teacher in every moment of your day by setting the bar high and providing security, peace, kindness, joy and enthusiasm. It's a role that sadly most people do not provide well these days. My son says his favorite role model was the dad from the TV show the Fresh Prince of Bel Air. My son is a pretty cool dude and I am pretty proud of him. I know he tries to set the bar high with his actions, now just to get his grammar a little cleaner as well. :).

Congratulations to all of those graduating this June as well. I hope you enjoy the fruits of your labor. Enjoy your field or just the fact you are through high school. Watching my children each graduate was truly one of the brightest and emotional days of my life.

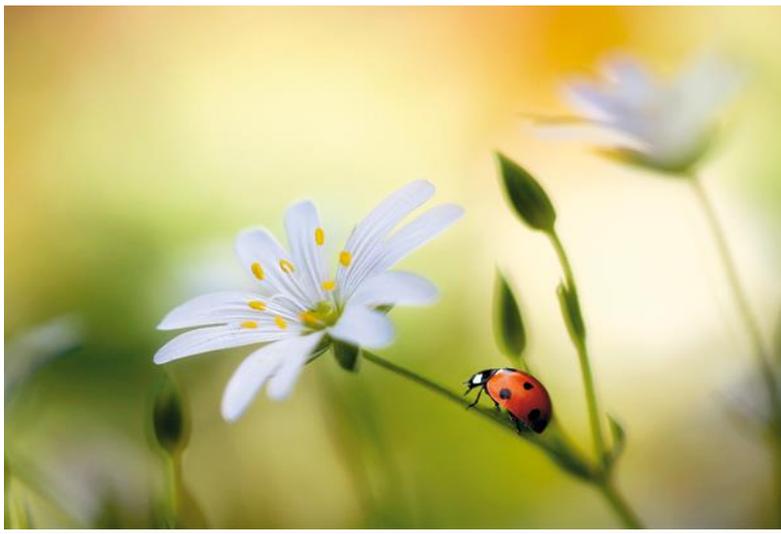
Best wishes to the Dads and Grads of June may you be safe and enjoy every moment of your celebrations, whatever you choose to do.



*Thoughts from Allana*

I love the thought that we live in a dynamic field of energy. Our whole business at Casaroma is based on the energy of blessing and helping others to help themselves. It's interesting to take this general concept down into the nitty gritty of everyday life, though, isn't it? Our energy, our attitude, if you like, creates our world. I often ask myself at the end of my day if my attitude has been deliberate in the moments of my day or if I have slid into reaction mode. Have I added to the wealth of kindness and respect in our world energy bank or have I lowered our collective balance through a moment of judgement or worry? It's so easy to go along with the stream of accusation, blame and criticism that is so prevalent and it takes quite an effort to swim against the current and refuse to join in that unhappy wave. In this beautiful month of June when the spring cycle comes to an end and we move into the luxurious days of summer I am just taking a moment of gratitude for each kind thought, each gesture of friendship and each moment of compassion that flows from each of us and adds to a different current - the current of Peace. The current of Love.

Happy June!



## What's New in June?

We are sad to say goodbye to Kelsie. She has been such a ray of sunshine in our Casaroma staff. She is moving to the country – a fulfillment of a dream for her. Hopefully once she settles in to her new home she will find a way to use her aromatherapy skills to help those around her.

Good luck, Kelsie! Come and visit us often!

Hope you will extend a warm welcome to Anna who joins us this month. Anna has a strong background in many facets of alternative healing and her friendly, helpful attitude will bring an added depth to our crew.

Welcome aboard, Anna! So glad you are with us.



## Services we offer

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. The Spotlight this month is on the Mat.

We have a session we call the mat. Here we will explain what it is and how it can help you. This is a class 2 medical device registered with health Canada as well as others around the world. It is non-invasive which means that you just lie on it and it looks after doing the work for you while you relax. The whole body mat uses 3 pairs of coils to deliver the electromagnetic pulsations to the entire body simultaneously. It automatically incorporates variances in the circadian rhythms of the human body with 4 different programs depending on the time of day the mat is used. The whole body mat applicator is used to enhance circulatory effects and oxygen delivery for improving energy, stamina, sleep, and for overall wellness.

Our bodies are made up of mainly water and so called electrical charges, that charge has a beneficial frequency that it needs in order to be able to function at a healthy level. We have over a trillion cells in our body that do a variety of different things. They are our bones, muscles, tissues, blood etc. and each one of them requires a slightly different frequency of energy to do the job it was created to do. We lose cells on a daily basis and make over a million different cells a day a well-functioning body helps us to create those cells in a healthy way. In a non-healthy body we recreate lower unhealthy cells during each duplication that is what leads us to fatigue, illness, chronic illness and disease. Bodies are automatically being faced with many challenges these days in order to try to stay healthy. Our environment is not what it should be, our air quality is often full of pollutants, and many of society are eating food like substances like packaged food, flavored drinks, energy drinks. If we are lucky enough to be able to cook our own foods we are often buying foods that are full of hormones, chemicals or bad farming practices contaminated water is a common everyday experience now and then we have things like emotional stress. Our social circles are often very contaminated with negative news and destructive gossip and financial stress can also play a huge role on us emotionally and all of the above instances can lead to only being able to generate depleted cells within the body.

The mat is an electromagnetic pulsating frequency mat that you lay on fully clothed. There is no movement within the mat, it is very relaxing in fact you often just fall asleep because your body feels like you have just gone to bed. The machine has over 250 preprogrammed health settings to help with healing. Stress, chronic pain, insomnia, high blood pressure etc, etc. While you are lying there you are receiving the frequencies that your body requires to help bring those areas in question back into balance.

**If you are a professional or you want one for personal use please talk with Lee for more information. We have two different styles and price points to work from. Also for purchasing these mats financing is available.**

## **We have some new partners to tell you about**

**We have reached the age of 21 in Casaroma and after a very long time of serious discussions we thought after 21 years we should start to open our doors to a wider spectrum of customers so we have made some changes within our company over the last year and we have started wholesaling to other companies who want to sell our product. People have been asking us to do this for many years but we always felt that we could not control how our products would be sold. As you know for us we are very particular about how we even sell our products in our store. Safety is key and having a passion for working with the art of aromatherapy has to be second for our store as well as the stores we are going to Partner up with. In order to be able to sell our products you have to have knowledge of aromatherapy and you have to be using the same safety and applications educations with your customers.**

**Here are a few of the companies that have our permission to be selling our products in their stores.**

**In the Truro Area:**

### **By the Drop Aromatherapy**

**Owner- Dawn Canning.**

**Dawn has taken her professional aromatherapy course with us and is now a professional aromatherapist, she can also do sessions with her clients with the mat that is described above in our services. She is a wonderful, friendly and cheerful person with a very caring heart. She can also do custom blends for you.**

**She is located at :**

**586 Prince Street**

**Truro, NS**

**B2N 5G2**

**902-843-2929**

**Certified Aromatherapist on site :)**



In The Halifax area

### **Inner Ocean Healing Centre**

**Owner Dr. Anne Desneiges**

**Anne has been a loyal customer and comrade for quite some time now, she has taken some of the aromatherapy courses and truly believes in what she does. She has a multi-disciplinary health centre located in Halifax, Nova Scotia. Her and her crew believe in the philosophy based on supporting individuals on their path to improved health and a better life.**

**She has a few of our products but it open to requests.**

**She is located at:**

**Halifax Professional Centre**

**5991 Spring Garden Rd**

**Suite 635**

**Halifax, NS**

**902-423-1935**

**Info@innerocean.ca**

## **Lakeside Massage Therapy**

**Owner : Audrey Williams**

**Audrey has been a loyal customer for well over a decade now. We love to see her radiant smile when she enters the store. She is a Registered Massage Therapist and recently took the professional aromatherapy course with us and now has that title as well. She is truly gifted in both of her trades. She is carrying a small but varied collection of our products. You must call ahead of time if you plan to go here as she is only there for appointments, it is not a store that is open to the public.**

**1517 St. Margaret's Bay Rd**

**Lakeside NS**

**B3t 1a9**

**902 209 2990**

**In the Moncton New Brunswick area**

## **Megaroma Wellness**

**Owner: Elaine Steeves**

**Elaine is one of those people who put's her whole heart and soul into things when she decides to do something. I was lucky to be the one working at the store the first day she and her aunt came into Casaroma years ago, she thought she had died and gone to heaven. She wanted to know everything that I knew and more. She loves aromatherapy and she loves helping people. She took the professional aromatherapy course with us, and is now a Professional Aromatherapist. She has a beautiful spot within her home that is so amazing and welcoming. If you live in an area close to her I would suggest you look her up. She will always do her best to help you get where you are going. As part of her course she passed the Aromassage module. That is a relaxing massage using essential oils. Book an appointment with her today, you will not be disappointed. Psst. Ask her about her Peanut Butter Balls as well they are amazing and we miss her bringing them down when she was in class.**

**578 Weisner Road**

**Lakeville, New Brunswick**

**E1H 1T5**

**506 830-2378**

**megaromawellness@gmail.com**

And of course don't forget our

**Casaroma Wellness Clinic**

Casaroma Wellness Clinic  
418 Marine Drive , Gibsons,BC  
(604) 656-6437

in Gibsons B.C. this little town is quite a nice place to stay

Their staff are amazing and talented at what each one does. They are so lucky, they have a suite that you can rent right underneath it. If you feel you need to get away for a week or however long and just get your health back on board you can stay in the suite and go upstairs everyday for treatments. There are also beautiful places to walk around up there and nice restaurants etc. The clinic even has a nutritionist to help get your everyday eating plans back on track. How amazing is that???

For more information on any of this email Peter at [petercaron@telus.net](mailto:petercaron@telus.net)

**We shall spotlight some more businesses next newsletter.**

## Our Featured Essential Oil This Month is



Cedarwood- *Cedrus atlantica*

Family: Pinaceae

History: The disappearing Mediterranean conifer forests & eco-regions of N. Africa specifically extend over N. Morocco, N. Tunisia and N.W. Algeria. A non-peer reviewed, but informative paper by the World Wildlife Fund (WWF undated) **describes the conservation status of these conifer forests as Critical / Endangered**. The conifer zone of Morocco is described in the same article as consisting largely of *Cedrus atlantica* together with other species, according to location – indeed the Atlas Cedar is strongly associated with Morocco's ancient forests in literature covering the last 5,000 years (From Crop Watch <http://www.cropwatch.org/cedarwood.htm>). The status of *Cedrus atlantica* is not improving so we will likely be taking it off our shelves soon and replacing it with a Himalayan Cedarwood, *Cedrus deodora* from Nepal which is a thriving species.

Extraction: Steam distillation. Also resinoid and absolute

Properties: Antiseptic, antiputrescent, antiseborrheic, aphrodisiac, astringent, diuretic, expectorant, fungicidal, mucolytic, sedative (nervous), stimulant (circulatory)

Note: Base

**Blend With:** Bergamot, cinnamon, cypress, frankincense, jasmine, juniper, lavender, lemon, linden blossom, neroli, rose, rosemary

Safety: **Do Not Use during pregnancy**

## Health Canada Recommends

Used in aromatherapy for symptomatic relief of acne/boils.

Used in aromatherapy to relieve minor skin irritation/cuts/bruises/burns.

Used in aromatherapy as a nervine/calmativ.

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.

Used in aromatherapy to help relieve colds/cough.

## Traditional Uses:

**Emotions:** Nervous tension, fear, anger, disconnectedness

**Endocrine:** Regulates glandular system

**Immune:** Stimulant, Stimulates lymphatic system

**Mind:** Aids meditation, sedative,

**Muscular:** Rheumatism and arthritic pain

**Respiratory:** Excess phlegm, bronchitis, coughs, kills airborne bacteria and fungus

**Skin:** oily and acne prone, dermatitis, psoriasis, dandruff, alopecia, scabs and pus, cellulite, fungus.

**Urinary:** Kidney tonic, urinary tract infections, vaginitis, urethritis, water retention

## Recipes

### Woodsy shower gel 60ml

Cedarwood 9 drops

Lemon 8 drops

Patchouli 5 drops

Vanilla 6 drops

put in a 60 ml bottle of unscented shower gel and mix well. A woody but uplifting fruity scent

### Cleaning your closets or storage bins

1 tsp cleaning base concentrate

15 drops Cedarwood

10 drops Tea Tree

15 drops Lemon

10 drops niaouli

Put all contents together and add to 240 mls water. Do not spray directly onto clothes



Well that is it for the month of June. It's a few pages of fun information for you to read.

Can't wait to share some time with you again in July

If you have any comments or questions please forward them to [casaroma@eastlink.ca](mailto:casaroma@eastlink.ca)

We hope you have a super month

*Allana & Lee*