

Scents & 'Scentsibility'

for the Winter Months

Maria Low



BEST SINGLE ESSENTIAL OILS FOR THE WINTER MONTHS:

Pine, Cypress, Fir, Spruce, Tangerine, Cinnamon, Orange

BEST ESSENTIAL OIL BLENDS FOR THE WINTER:

Purification, Christmas Spirit, Winter Nights, Breathe Again, R.C., Citrus Fresh

IDEAS FOR ENJOYING ESSENTIAL OILS IN THE WINTER

There are many ways to use essential oils for the winter months. The oils above can be sprinkled on a conifer bough, on pinecones, on orange peels, or enjoyed in an aroma drink by adding a drop to a glass of purified water. The citrus essential oils are also great in beverages, sauces, salad dressings, and desserts.

For air purification in the winter, a cold-water diffuser is fantastic. They are designed to create a microfine mist of essential oils that will be suspended in the air for several hours. Alternative diffusing practices include placing the oils on a specially-designed

ring around a light bulb, or adding oils to boiling water on a woodstove. It should be noted that these latter diffusing methods release the fragrance, but the medicinal value is no longer present.

AROMATHERAPY AND YOUR BODY

Essential oils are multi-dimensional. Daniel Penole, MD, states in his book, *Natural Home Health Care Using Essential Oils*, "We know that essential oils are adaptogens in that they seem... to understand instinctively where their influence is needed and how they should work in us. This is important to understand. Essential oils may provide therapy in unexpected ways, because they influence almost every system in the body."



Certain fragrances during the winter months can be uplifting and stir up positive memories of past times. Think of the aroma of baked goods with cinnamon, the fresh smell of oranges and lemons, the clean pine smell in a winter forest. Did you know they can enhance health as well?

Essential oils provide help at many different levels throughout the body and the mind. Essential oils from trees, shrubs, roots, and flowers work in such a way that they do enhance the body's ability to heal itself. There are several essential oils that are especially nice to enjoy during the winter season. Not only are their fragrances uplifting and purifying, but they also leave the environment feeling clean, remove bad odors from your home, and support a strong immune system!

HOW YOUR ESSENTIAL OILS ARE MADE IS IMPORTANT

Properly distilled organic oils are diverse in their effects. Unlike synthetic or chemically-produced essential oils containing petrochemicals, the complex plant chemistry and the molecular structure in organic oils helps to prevent the spread of bacteria, viruses, and fungi. According to Utah's Weber State University, microorganisms have a difficult time mutating in the presence of antiseptic compounds.

Spanish oregano and cinnamon essential oils have tested at above 95% effectiveness against Candida, E. Coli, and a strain of Streptococcus. This is significant information in these times as we face life-threatening, drug-resistant viruses and bacteria.

Young Living has its own, independent farms and distillers all over the world. As a result, they can control their standards for products, beginning with the plant seed and ending with a sealed bottle of pure essential oils. Since Young Living oils are top-quality and potent, you don't need more than a few drops to get results.

ESSENTIAL OILS FOR CHILDREN

Although Young Living has specific oils for babies and toddlers, we do not advise using any of the above-mentioned oils on kids because of their strength and potency.

However, children do enjoy orange essential oil, which can be diffused in their bedrooms or play areas. Orange has a joyous, vibrant energy! Orange essential oil has been shown to aid the

respiratory system. Simply add a few drops of orange to the water in your diffuser.

May you enjoy the sense of scent, the sense of touch, and the fragrance of Young Living Essential oils this winter! ■

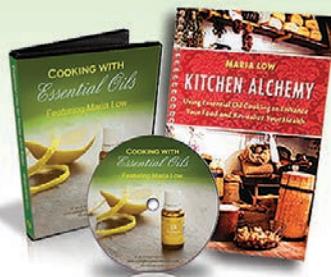
To acquire a wholesale account for Young Living Essential Oils, please contact Maria at yleo.aspirations.com or contact Young Living Customer Service (1-800-371-3515) and give them referral number: #10279. You can order whenever and whatever you want. Additionally, Maria sends a monthly educational newsletter; please let her know if you'd like to receive this each month.

Improve Your Health with Essential Oils

Available Now from Maria Low

**Kitchen Alchemy Booklet
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Free Brochure Included



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