

Increasing Romance in Your Life

I write this article not just because Valentine's Day is coming, but also because Romance is a vital part of life. It is part of what makes us feel valued and cared for. It is not necessarily something that needs to exist only between a couple (married or dating), but if you feel valued you pass that on to those around you, treating them with love and concern, reflecting the love and concern you have in your intimate relationships.

Whether you've been married for decades, days, are pre-marriage, or even pre-date, essential oils can enhance your emotions, they can relax you and give you the confidence to participate in a relationship.

One of the ways that essential oils affect us is by smell. The olfactory lobe is part of the limbic system; the limbic system is associated with emotion and the formation of memory. It is said that Cleopatra, one of the most well known seductresses in history, used a variety of essential oils and scents to set the mood for her relationship with Marc Antony.

A study was conducted in 1998 and then again in 2006 by Alan Hirsch of The Smell and Taste Treatment Research Foundation and they found that:

- All 26 aromas tested caused some increase in blood flow to male sex organs
- Men were most aroused (40% increase in blood flow) by the smells of Lavender and Pumpkin Pie. Donuts and Licorice increased blood flow 31.5%, and floral fragrances only produced a 3% increase.
- Women found some aromas stimulating while others had the opposite effect.
- Women showed most sexual response to licorice, cucumber, and baby powder (13%), while pumpkin pie and lavender produced an 11% increase.
- Women were turned off by the smell of men's cologne, barbequed meat, and cherries.

A couple of interesting tidbits from other studies:

- Women look an average of six years younger to men when the scent of grapefruit is present (when men were looking at photos of women)
- Birth control pills affect a woman's sense of smell; they will actually make the scent of a man genetically similar to herself more attractive.

You can choose from the following oils to set up your evening:

Calming oils:

- Rose Geranium
- Clary Sage
- Lavender
- Chamomile
- Quiet Scent, careful with this one or you'll get too relaxed and go to sleep

Ladies note: if your hormones are out of whack, Clary Sage and Chamomile can make you nauseous.

Stimulating oils: (Remember, these are all oils that can get a little hot, be sure to use a carrier with them.)

- Peppermint
- Basil
- Fennel

Arousing oils:

- Mars
- Venus

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- Romance
- Sandalwood

Attracting oils:

- Sandalwood
- Cairo Touch
- Blossom
- Bliss

A good candidate for the "ultimate love oil" is vanilla essential oil (A biggie in both the Blossom and Romance blends) -- especially in combination with Cocoa butter. The vanilla and cocoa combination has a tradition as an irresistibly arousing scent that goes back at least to the Aztecs, and, it has a strong appeal for both men and women. Shea butter can be used in place of Cocoa butter.

(Blossom contains: Bergamot, Lemon, Orange, Neroli, Ylang Ylang, and Vanilla. Romance contains: Orange, Grapefruit, Vanilla, Geranium, Fennel, and Lavender.)

You can mix and match the essential oils and create your own blends for your own individual needs. We'll talk more about that later on. **Here are some tips for creating the perfect night...**

1. **Decide on your essential oil.** This is one that you will want to be consistent with because you're going to make it your "signature scent" for a romantic evening.
2. **Set the stage.** Write a note for your honey letting them know what's in store—you can be explicit or tantalizing, that's something only you can decide, the main idea at this point is to get you on their mind. Now, put a drop of the scent you have chosen on the note and allow it to dry. You want just the slightest hint of aroma on your note card. When they open it you don't want it to be overpowering, just a hint of what's to come. As they smell that slight scent and read your note the olfactory will register the scent and the limbic system will attach it to the memory of this card. Once you've become experienced together in this, this scent will bring instant memories of past evenings spent together. Put the note where your loved one will find it during the day (if they take a lunch, pack it in their lunch, if they're at home, put it somewhere they'll be sure to find it, if you want it delivered with flowers you're going to have to prepare ahead, I'm sure you'll find a way).
 - a. You can scent anything really, if you prefer to send candy you can scent the wrapping paper, if you want to send flowers add the oil to the card, balloons can have the oil put right on them (be careful—it may eat through the plastic, you may want to scent the card or the ribbon).
 - b. Scent a coupon you have made for a foot massage, full body massage, shoulder massage, or whatever the two of your enjoy doing together.
3. **Scent the evening and set up atmosphere.**
 - a. Some ideas for helping with atmosphere: candles, draw a bath for your partner, apply your selected scent to the top of a light bulb (as it heats it will diffuse the scent), put a drop on a pillow, add a drop to the stem of your glasses so the scent will be there during your meal, give your partner (or each other) a massage.
 - b. Remember: because essential oils are so very concentrated it takes only a few drops in a tablespoon of carrier oil to enjoy their benefits.
 - c. Also remember, when giving massages, to avoid tender areas such as the eyes, or other areas that might create challenges.

Why should I use this oil over that one? Sandalwood, Geranium, and Lavender are among the most popular "romantic" oils, how do I pick which one to use?

- **Sandalwood** soothes the emotions that come from a hectic and stressful lifestyle. It relaxes the body and the mind, relieving stress and elevating the spirits. It helps life depression and subdues aggression and irritability. It helps you feel confident and promotes compassion, openness, and

understanding. It has been used for times immemorial as an aphrodisiac in helping people overcome frigidity and impotence.

- **Geranium** (Rose Geranium) eases anxiety and tension (both physical and mental), it frees the mind from negative thoughts, just a whiff can take stress away (do you remember that Calgon commercial—Calgon take me away, let Geranium be your Calgon). It promotes harmony between the sexes by balancing aggressive and passive tendencies. It calms you if you need calming and excites you if you need exciting.
- **Lavender** is recommended throughout Europe by physicians and psychologists for emotional difficulties. Sometimes we have had stress in our lives that makes it difficult for us to open up to our partner. Lavender will help pretty much any kind of emotional challenge: depression, fear, insomnia, irritability, melancholy, nervousness, stress, anger, worry, a racing or sluggish mind, and more.
- Of course, the oil(s) of choice will work better in an environment that invites closeness. You will want to make arrangements for someone to take your children if you have them, if your home is a busy place you may want to get a hotel room, you may even want to turn off your phones for the night. Candles can help create atmosphere, the best ones are ones you have made yourself and added “your scent” to the wax.

Recipes for Romance:

Massage blend 1:

10 drops Geranium
8 drops Lavender
2 drops Lemon

Combine together, and then add a couple of drops of your combination to 1-2 Tbsp carrier oil for your massage. You can also substitute Orange for the Lemon.

Massage Blend 2:

10 drops Geranium
8 drops Coriander
6 drops Lemon
4 drops Orange
4 drops Lavender

Combine together, and then add a couple of drops of your combination to 1-2 tbspc carrier oil for your massage.

Bath Blend:

6 drops Sandalwood
4 drops Geranium
4 drops Lavender
¼- ½ cup Epsom salts

Add to bath water and swish around so the water, salt, and oils get all mixed together. Some people like to add ¼ cup powdered milk to make the skin silky soft.

This question’s bound to come up, so... “What if my husband won’t have anything to do with those smelly oils?” You need to be sensitive to his feelings. Work with them quietly. Let’s assume that he has a lot of stress in his life (a fair assumption in this world). Select Coriander as your aroma of choice, it helps men relax, be less aggressive and more sensitive, it also helps you open up to him. Start with the card and scent it lightly with Coriander. He’ll be thinking of you and the evening ahead all day, and the Coriander will be working, quietly, on him emotionally. Have Coriander in a diffuser in a different room than you’ll be spending most of your evening in—so the scent is really faint. Before he comes home take a drop of Coriander and put it on your pulse points (your neck and wrists) so that your body temperature will heat the oil and diffuse it gently. If soaking is something he likes, have everything ready to draw him a nice, warm bath as soon as he gets home with some Eye Vision (about 6 drops) and ¼- ½ cup Epsom salts to put in his bath water. Have his dinner ready for him as soon as he’s out of the tub. He’s really getting mellow now

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with the soak and coriander that's still lightly in the air. He may not realize it, but by the time the evening is over he will have joined the essential oils with the memory of a very pleasant evening and will have started down the road to accepting them. Talking together is a very important part of romance; Coriander seems to help open the lines of communication.

Other oils that guys tend to like: Sandalwood, Chiro Touch, Eye Vision, and Basil. They also like the Harvest, Bliss, Balancing, and Seasonal Spa bath salts.

Remember, you don't need to plan for romance, treat each other as the true treasures that you are in each other's life and romance will happen naturally. Make caring for your spouse a vital part of each and every day. Spoil each other; constantly look for ways to make the life of your partner a little easier every day. Don't just wait for Valentine's Day for romance; make it something you do all the time. You may want to consider a weekly date night, or a monthly getaway.

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com