

April 2007 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

First Things First

The winner of our travel size Essential Oil Bag is: Phee Crosland

Congratulations!!!

It's Spring!!!

Time for a little Spring cleaning: freshen up, get rid of the stuffy winter smells, and, at the same time, discourage the springtime pests from invading your home.

- *When washing down surfaces in the kitchen add a drop of lemon to your final rinse water to freshen the air and discourage small invaders.*
- *A drop of Orange Essential Oil is a great choice when you are cleaning out the fridge.*
- *Use essential oils to clean the air rather than masking it with artificial perfumes. Put a few drops of one of your favorite oils or oil blends in some hot water in a bowl, or in an anion misting humidifier or fountain, or on a cotton ball. Some of our favorites include Quiescent, Orange, Blossom, and Lemongrass. (Make sure you use pure essential oils, like ours, or they can clog a humidifier)*

Springtime brings back some of those allergies that we have been "missing" all winter. Allergies are your body's way of saying "I'm toxic." Some ways to reduce your body's toxins are:

- *Lymphatic massage to help your body eliminate toxins (We can do this for you)*
- *Liver Cleanse (ask us if you don't have directions for this)*
- *Use Eucalyptus and peppermint on the feet and chest.*
- *Exchange is a wonderful oil blend for the respiratory system.*

Visit our website or call us for more information on these oils, Lymphatic Massage, and the Liver Cleanse.

Bug notes:

- *Box Elder Bugs: To one bottle (about one pint) of rubbing alcohol, add 4-5 drops of peppermint essential oil. Put in a spray bottle to spray on the bugs. Keep away from children and pets.*
- *Boric Acid is one of the best baits to control ants. Combine it with a little corn syrup, jam, or jelly to attract the ants.*

****See us at the Preston Health Fair April 14th****

We will be giving away flyers on the 96 hour Essential Oil kits.

Recipe of the month: Garden Omelet

2 small to medium zucchini, diced

¼ to ½ cup diced onion

½ cup diced tomato

Sautee the zucchini and onion till tender, add tomato at the end just to heat it, not cook it, spoon over omelet and serve.

(This is our favorite combination for the topping; mushrooms, spinach, or other favorite vegetables may also be used)

April Specials

Exchange Essential Oil Blend 10ml, Regular Price \$28.95, Sale Price \$24.00

If you missed getting your free Lymphatic Massage last month, don't despair, in April, new customers can get their *first 2 Lymphatic massages* for the price of 1, only \$17.50 each. And, because everyone should get something free once in a while, after 5 massages at regular price, we will give you one free!

Lymphatic Massage is designed to assist you in moving lymph, a colorless fluid that helps fight infection and disease throughout the body. Think of a river. A healthy river runs clean and clear, but if too many toxins are put into it, it becomes polluted. Symptoms of chronic lymph blockage can include allergies, joint pain, arthritis, fatigue, difficulty losing weight, mood swings, skin breakouts, and mental fuzziness. Reactions to our lymphatic massage range from "That was really nice," to "WOW!!!" If you just need to get your lymph moving, it will give you a "pick me up" that will improve your general well-being, and you will probably want to come once in a while to recapture that feeling. You may find that you have more energy or sleep better. If you have some specific problems to resolve, it may take a few sessions, maybe once a week for 2 or more weeks. Our goal is to help you get better, not to push you. Another nice feature, this therapy is done while you are fully clothed, just wear sweats or light clothing.

Attention please: Experiences and information shared herein is that of the writer and is intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.

This month's Classes:

Thursday, April 12
Noon to 1 pm: daily energy routine
1 to 1:45: allergy management
1:45 to 2:30 natural gardening tips

Thursday, April 19
Noon to 1 pm: daily energy routine
1 to 1:45: pain management
1:45 to 2:30: cleanse overview

Classes are free, and will be held at our home in Mink Creek. Take hwy 34 north out of Preston, turn east on hwy 36 (just past Riverdale Resort), about 8 miles up the canyon, there will be a sign that says Mink Creek, turn right here, go to the stop sign and turn left on Capital Hill Road. Go past the church, going down the hill, and our house is the one on the left, light grayish blue, with quakies in the front yard.