

## February 2007 Newsletter

Traces, Enhancing your life with Essential Oils

[www.TracesEtc.com](http://www.TracesEtc.com)

What Essential Oils would be useful to have in your 72 Hour Kit?

For those of you who receive the Preston Citizen, we will be reviewing these oils in the "Ask an Expert Column." We will also be going over this information here, as we feel these are important things to know anytime, but especially in an emergency. Essential oils can play a vital role when there is an emergency. They generally come in a small, easy to carry bottle, and are very concentrated. In the next few newsletters we will talk about some essential oils that I certainly would not want to be without.

Lavender has been called the universal oil. When in doubt, use lavender. Lavender may be effective in several situations: if you get a burn, whether on the stove or from the sun, try some lavender on it. If you get a bug bite, lavender may help relieve the discomfort, and, if you use a little lavender first, you may not even get that bite, because bugs don't like lavender. It can relax and sooth the nerves. This makes it a great oil to diffuse in the evening before going to bed. Comfort the mind, body, and the spirit.

We just received an emergency preparedness booklet, and the essential oil they mentioned that they felt everyone should have is Tea Tree. This essential oil was standard issue for the soldiers in the Australian Army during World War II, and today you will find that virtually every Australian household has a bottle of tea tree oil. Recent clinical trials are confirming the effectiveness of tea tree oil as a provider of head to toe antiseptic skin care. It may help alleviate itching, as with insect bites or chicken pox. Its antiseptic qualities make it great for cuts and scrapes. Anti-fungal-think athlete's foot. Add a few drops of Tea Tree oil to warm water as a final natural, antiseptic facial rinse to help control acne. Add 5 to 10 drops to water for cleaning counter tops and reduce the effects of infectious micro-organisms. It may also relieve aches and pains, injuries and sprains. How can you not include Tea Tree oil in your 72 hour kit, or your camping kit, or your hiking kit, in your car....?

See enclosed flyer for prices or call or go to our website.

### Thoughts on Valentine's Day

We have two terrific oil blends called Mood Magic for Men and Mood Magic for Women. Where do we start? At the very beginning. For babies with colic, apply diluted 75% in carrier oil to the bottom of the feet, Mood Magic for Men for boys, and Mood Magic for Women for girls. As time goes by...Mood Magic for Women

- Helps balance hormones, thus balancing mood swings, cramps, hot flashes, headaches, and other hormonally rooted challenges. Think: teenagers without the drastic mood swings; readjusting the hormones after giving birth or having a miscarriage; menopause without hot flashes. Also supports feminine openness and communication with spouse/partner.

Mood Magic for Men

- Was formulated to help balance male energy and to regulate testosterone overload. This can be helpful for boys or men who seem to be too aggressive or just need to feel more balanced.
- Enhances male ability to perform physically, and be emotionally available for partner
- Although originally formulated to balance the hormones of men, it has been found to help women who are experiencing the "change of life" who find themselves too hormonally driven

See our website for more complete information and instructions on how to use these oils

Mood Magic for Men or Women: \$24.95 (\$20.95 for Health Offer Participants\*)

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