

**December 2008 Newsletter**  
**Traces, Enhancing your life with Essential Oils**  
[www.TracesEtc.com](http://www.TracesEtc.com)

*Merry Christmas!*

A few words on what we have dealt with the last month:

Many people have had the cold, cough, laryngitis, sinus infection, etc. that is going around.

- First of all, prevention. Eat properly, get enough sleep, exercise, and take steps to lower stress. Give your body what it needs to be healthy: FrequenSea for total nutrition, essential oils to target your needs, and lots of good, pure, water.
- Spice of Life essential oil blend. Get one drop daily, on your toothbrush, or just take a drop on a spoon or do the “lick trick.” Be sure to chase it with a glass of water. Great for the immune system. If you are already sick, 3-5 times a day. For kids, stick a toothpick in the oil, then stick it in a slice of apple several times-yum, spiced apple!
- Eucalyptus or a Eucalyptus blend such as Exchange (great respiratory blend) will help with breathing, coughing, and throat issues. Put on the bottom of the feet or use with a carrier oil around the throat.
- Bath salts such as Healing bath salts or Holiday spa are soooo incredible and a wonderful, fun way to help the kids (and yourself) feel better faster.

**Essential Oils that convey the Spirit of Christmas**

***Frankincense essential oil.*** We all seem to associate Frankincense with the Holiday Season because it was one of the gifts presented to the baby Jesus by the Wise Men. It is considered a holy oil in the Middle East and was used in ancient times for improving communication skills with the Creator. Frankincense supports the immune system. It is an antidepressant. When we have a better attitude, we have a stronger immune system. It is valued for skin diseases or disorders, circulation problems, coughs, colds, bronchitis, rheumatism, urinary tract infections, antiseptic, antibacterial. Also helps alleviate mental fatigue, headaches, laryngitis, stress, nervousness, sciatic pain, and sores. Use in times of stress, tension, fear, anxiety, and mental exhaustion. For dietary or topical use. When using as a supplement, dilute one drop in 4 oz of liquid such as soy or rice milk or juice. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc.

*Keep out of reach of children, as with all essential oils. Avoid using on infants and very small children.*

**Myrrh essential oil.** *A true gift, although the aroma is not my favorite, it promotes a feeling of peace and security. It is said to help open our hearts and minds to receive the gifts of the spirit and of the material world. Other valuable uses: asthma, bronchitis, coughs, diarrhea, digestion, gingivitis, ringworm, sore throats, chapped and cracked skin. Facilitates healing and helps prevent infection. For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.*

**Charity Essential Oil Blend.** *Encourages emotional strength, openness and availability to those we love. Use as a replacement to chemical-laden perfumes by applying this emotionally balancing essential oil blend on pulse points. Use as part of the Emotional Aromatic Touch Treatment. Apply on the feet or diffuse to calm fears of opening your heart to others.*

**Gratitude Essential Oil Blend.** *Designed to support our connection to Divinity, our higher intellect and higher nature. Use as a perfume on pulse points, on the feet, or diffuse to calm nerves and fears. This oil blend is also used in the Emotional Aromatic Touch Treatment.*

**Mistletoe Essential Oil Blend.** *Designed to support the body in releasing anything that is draining to the body. Formulated by Dana Clay Young with the strongest oils known to be useful for detoxification and internal cleansing.*

**Essential Oil Bath Salts** *provide a wealth of nutrition and healing for our bodies. Infused with pure essential oils along with skin-enhancing, nutritionally rich grapeseed oil and fractionated coconut oil, they provide a rich bathing experience ---for relaxation at the end of a hectic day, a few soothing 'get away' moments, or to enhance and accelerate healing.*

Go to our website [www.TracesEtc.com](http://www.TracesEtc.com), click on library, then on ForeverYoung Essential Oils, and read more about each of these oils.

*Essential Oils are powerful. Keep out of the reach of children. Make sure you understand how to use the oil you have chosen. If pregnant or under a doctor's care, consult your physician.*

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## *December Specials*

*Please see our website for more information on the following*

### **ForeverYoung essential oil specials:**

**Frankincense Essential Oil, 10 ml, Retail Price \$62.49, Sale Price \$52.45.**

***\*Wholesale Price \$49.95***

**Myrrh Essential Oil, 10 ml, Retail Price \$55.95, Sale Price \$47.20**

***\*Wholesale Price \$44.95***

**Charity Essential Oil Blend: Retail Price \$49.95, Sale Price \$44.95.**

***\*Wholesale Price \$39.95***

**Gratitude Essential Oil Blend, Retail Price \$62.49, Sale Price \$56.24**

***\*Wholesale Price \$49.95***

**Mistletoe Essential Oil Blend, Retail Price \$25.95, Sale Price \$23.35**

***\*Wholesale Price \$20.95***

**Balancing Blend Bath Salts: Retail Price \$24.95, Sale Price \$22.45.**

***\*Wholesale Price \$19.95***

- Is it worth it to join? Joining gives you access to the weekly oil calls. These help you learn about the oils and how to use them. You can then purchase directly from the company at wholesale prices. If you have a small order and it works better for you to order through us, we are always here to help you with your order, or questions. We also offer special discounts to members on the items that we sell on our website.
- Great Deal! If you place one order by Dec 31<sup>st</sup> and one autoship order to be delivered by Dec 19<sup>th</sup> or Jan. 1-19, your membership fee will be waved. No further obligation and you will receive wholesale prices for these two and future orders!

Please see our website for a list of the classes that we teach. If you are interested in attending or hosting a class, please email or call. Hosting a class is a great way to have the class you want in your area.

*Please contact us or go to our website for more information: [www.TracesEtc.com](http://www.TracesEtc.com)*

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