



# Spring time is me time

OUR LIFESTYLES CAN BE pretty demanding. for many of us, work takes up a large part of our day, and we often find ourselves unable to recharge our physical and emotional batteries. For others, there are issues involving family which leave one feeling totally depleted and down in the dumps.

Emotionally, women are the most vulnerable: we are mothers, sisters, wives, daughters, friends; we are nurturers. Sometimes, nurturing can become overwhelming; stress sets in, often followed by depression. We need to learn how to take care of ourselves before caring for our loved ones. A healthy body and a well-balanced emotional life will make us better caregivers. Aromatherapy can help restore balance in our life and replenish our so often depleted emotional bankaccount.

Many people detox or cleanse for spiritual renewal and to feel more alive, awake and aware. Others cleanse because they feel more productive, creative and open to subtle and spiritual energies. It really does help to move our energies from our lower centers of digestion and elimination up into our heart, mind and consciousness centers. In Chinese five Element Theory, springtime is considered the best time to do a cleansing, as it is in the spring that the energies to the liver and gallbladder are highlighted. According to the Chinese, it is in this season that one can take stock and make choices as to what appropriate actions are to be taken, sowing the seeds for the energies to come.

Burgess & finch essential oils has a range of soft, sweet, green and floral fragrances offering relaxing and balancing properties. your choice will depend on personal preference and may vary with changing circumstances. Here are some suggestions.

**Burgess & Finch Grapefruit** is versatile oil that has a refreshing, uplifting and cheery aroma, which makes it a great mood-enhancer. Like its Latin name, Citrus paradise, its smell conjures up a sense of paradise, of sunny days and wonderful clear blue skies. It may prove an ideal remedy for mild depression – that “Monday morning feeling” when everything seems just too much. Also when added to a shampoo, used in a burner, or inhaled from a tissue, its amazing zingy fragrance brings about a sense of lightness and well being.

**Burgess & Finch Pine:** Due to its powerful antiseptic properties this essential oil is used to scent many toiletries and cleaning products because of its clean, fresh aroma. Pine is enlivening and has the ability to uplift the spirits with its strong balsamic scent. It is also good for clearing sinuses and relieving catarrh, which makes it ideal for the spring season.

**? Did you know?**  
In the past it was thought that emotions such as worry, grief and fear created energies that affected the atmosphere in a room – and since people often left their distress in churches, incense (Frankincense) was used to cleanse the Space.

**Burgess & Finch Citronella:** Apart from being a well-known mosquito repellent, this essential oil has other physiological properties, such as clarifying the mind, uplifting, stimulating, vitalizing and assisting in the easing of depression. It also clears the mind of migraines and headaches. As always, let the pleasure of experimentation be your guide.

**Burgess & Finch Frankincense:** Once as valuable as gold, its enigmatic and ancient aroma is still highly valued by aromatherapists and mediators alike. With its rich aroma and deeply moisturizing properties it is the perfect choice when you want to absolutely indulge yourself.

**COMBAT CELLULITE**  
For most women springtime involves trying to lose the dreaded “winter weight” and preparing their bodies for summer’s skimpy clothing. The following is a classic anti-cellulite blend that smells absolutely delightful. It is said to improve micro-circulation and remove accumulated toxins, while encouraging healthier skin tone. It’s also an excellent blend to use when detoxing. Juniper and fennel are cleansing and encourage removal of accumulated toxins and water retention while grapefruit is said to stimulate the lymphatic system and improve skin tone. However, it is best avoided during pregnancy.

**Anti-cellulite massage blend**  
5 drops **Burgess & Finch Grapefruit** essential oil  
4 drops **Burgess & Finch Juniper** essential oil  
4 drops **Burgess & Finch Fennel** essential oil  
1 capsule (100 iu) Vitamin E oil (optional)

In a glass jar, blend the oils with 40 ml **Burgess & Finch Sweet Almond Oil** and massage gently but thoroughly into the areas affected by cellulite. you can also add five drops of the blend to your bath water or mix ten drops into a tablespoon of aqueous cream.

Excerpted from Vital Club Magazine 3/2009



Avail a **10% discount** at any of our Healthy U Shops on presentation of this voucher on selected essential oils from Bugess & Finch **10%**

