



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

LEARN WITH LIANNE - Volume 1 dated 26 January 2022

Welcome to our new newsletter - *Learn with Lianne*. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

AUSTRALIAN ESSENTIAL OILS Part 2

In our last edition, we looked at some of the amazing Australian essential oils we have. And because we have so many to fit into one newsletter, this week we bring you Part 2.



Some of our Amazing Scents Aussie oils

[Kunzea](#)

- great for quick and soothing relief to tired muscles and joints
- great for dry, flaking and itchy skin
- provides relief from stress, anxiety, nervous tension and mental exhaustion
- amazing anti-inflammatory and analgesic properties
- insect repellent

Lemon Myrtle

- is uplifting yet relaxing
- helps to improve concentration
- noted for its anti-depressive properties
- soothes the symptoms of hypertension
- helps to promote happiness
- can alleviate viral skin conditions like warts and molluscum
- insect repellent

Lemon Scented Gum

- invigorating
- energising
- can assist with respiratory infections and good for the immune system
- can alleviate fungal infections
- great for muscle spasms and joint pain
- can assist with respiratory infections and good for the immune system
- insect repellent

Our Australian oils really do remind us of the bush, the wide-open spaces and the rich history within those spaces. As mentioned in the last edition of the newsletter, I highly recommend the new book by Deby Atterby called "Australian Essential Oil Profiles - Practical and Clinical Guidelines" if you want to learn more. I am really enjoying diving deep into the book. Deby really is a wealth of knowledge and this is one of the most beautiful books on my shelf. Her book can be purchased [here](#).

A quick reminder

We have a short survey/questionnaire we'd love you to complete so we can incorporate your ideas, comments and feedback into our forward planning. We'd love you to answer every question, as it really will help us move forward.

Click on this link to complete the survey

<https://www.surveymonkey.com/r/W3HMN38>

Soften

DIFFUSER BLEND



FRAGONIA



LEMON MYRTLE



SANDALWOOD

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Need to chill out, try this lovely diffuser blend

What is your favourite Australian oil? And what makes it so special to you? Share your thoughts in the Facebook group.

Make sure to follow us on all the social platforms. Like, share, and comment as much as you like. The more you do the wider audience we reach and the more people we can help with our gorgeous essential oil range.

Business Facebook

<https://www.facebook.com/amazingscentsaromatherapy/>

The Secret Oil Garden (private group but you are welcome to join)

<https://www.facebook.com/groups/2028287724106750>

Instagram

<https://www.instagram.com/amazingscentsaromatherapy/>

Pinterest

<https://www.pinterest.com.au/amazingscentsaromatherapy/pins/>

TikTok

Coming soon

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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