



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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.

VETIVER

Vetiver is an oil that many love, but just as many dislike. Regardless of whether you love or loathe it, it is truly a remarkable oil. During our Adrenal Health webinar with Jennifer Jefferies, it reminded me of how wonderful it is.

Vetiver is a root oil, with an earthy aroma. It is very grounding, comforting and nurturing. If you are feeling mentally and physically exhausted and out of touch with your body, Vetiver is the oil for you. Whilst many of us use it for Sleep blends, Jennifer reminded us that it is a good daytime oil too as it helps us focus on one thing at a time.



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VETIVER ESSENTIAL OIL

- Botanical Name: *Vetiveria zizanioides*
- Country of Origin - Indonesia
- Plant Part - Root
- May assist with: grounding, relaxation, stress, anxiety, insomnia, depression, aches, pains, hot flushes, menopause

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How else can Vetiver support us?

According to Peter Homes, Vetiver can help us with "anxiety, worry, oversensitivity, insecurity, disconnection, spaciness" and so much more. It can assist with spasms, is an anti-inflammatory, great for painful inflammatory disorders such as arthritis, rheumatism and fibromyalgia, It can also be useful for fevers and hot flushes.

Ultimately, Vetiver oil is about the gifts of mother earth to humankind.

**Like a mother's deep embrace of her child, Vetiver represents
the nurture and self-empowerment given us freely by
our Earth Mother, our planet Gaia -
Peter Holmes**

Whilst Vetiver is used extensively in perfumery as a base note or fixative, it has far more therapeutic uses than people realise.

For musculoskeletal pain, inflammation, arthritis, rheumatism, and general wellbeing, consider blending with ginger, turmeric, lemongrass, palmarosa, patchouli, coriander, black pepper, bergamot, lime, sweet orange, or petitgrain.

For acne, consider blending with petitgrain, ylang ylang, sandalwood, patchouli.

For dermatitis, consider blending with cypress, geranium, immortelle, cassia, lemongrass, rose, sandalwood, patchouli.





Simple Blending Ideas

Vetiver & Lime
keeps you grounded and energised

Vetiver & Ginger
nourishing and balancing

Vetiver & Clary Sage
for PMS and period issues

Vetiver & Sweet Orange
to calm and help unwind

Vetiver & Lavender
for a peaceful sleep

Vetiver & Lemon
to create an ambience reminiscent of a rainy day

To help bring balance to your heart and live in a space of LOVE,
try one of these diffuser blends.

What is your favourite Vetiver based blend?

DO you love Vetiver? How do you prefer to use it? What do you like to blend it with?

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



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