



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.

YARROW ESSENTIAL OIL

With lots of feelings of anger and rage around us at the moment for various reasons, I thought it might be useful to look at an oil that is lesser known in some circles, but one in our limited-edition range that we love. Yarrow essential oil is one that can help quell any anger we may have.

History tells us that **Yarrow** was nicknamed “Soldiers Wound Wort” as it acted as a vulnerary meaning it helps promote healing of wounds. It is believed that the Yarrow plant was used to treat the bleeding wounds of soldiers in battle. The root was used to treat a number of skin conditions by American Indians such as itching and swelling, as well as providing pain relief. In Greek mythology, the goddess Aphrodite treated Achilles with Yarrow when he received his famous wound in battle, which is said to be why the Latin name for Yarrow is *Achillea millefolium*.

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Yarrow

May assist with:

- Eczema, Psoriasis, Dermatitis
- Colds & Flu
- Stomach Cramps
- Flatulence
- Skin Rashes
- Varicose Veins
- Haemorrhoids
- Arthritis



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Muscle Pain Blend

- 30mls of Comfrey carrier oil
- 2 drops of Yarrow
- 2 drops of Lavender
- 1 drop of Rosemary
- 1 drop of Peppermint



It has a sharp, woody, herbaceous, fruity and somewhat sweet scent and has many uses for healing but particularly issues related to our largest organ, our skin. Some suggested uses:

- Rheumatism
- Arthritis
- Inflamed/Injured Muscles
- Muscular And Menstrual Cramps
- Scarring
- Acne
- Eczema
- Rashes
- Hemorrhoids
- Wound Care

One aromatherapist suggested to me that it was good for calming red skin conditions, as blue calms red, which is a lovely, yet simple way to think of it. She said it's great to use on a cool, wet face flannel, then placed on to the red skin for instant calm and relief.

Robbi Zeck tells us that Yarrow Essential Oil helps to bring about balance and stability. She says that "Yarrow stabilises polar opposites within the body and is useful during times of major life changes, when emotional equilibrium needs greater support." (Robbi Zeck, The Blossoming Heart, 2008)





For internal support, try Yarrow tea. It is said to be good for stomach pains, diarrhea, bloating, and constipation.

Yarrow, such a lovely, beautiful healing plant and oil. Do you have Yarrow in your collection? How do you use it?

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



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