



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

LEARN WITH LIANNE - Volume 9 dated 1 December 2021

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.

SURVIVING THE HOLIDAYS

It's that time of year when stress, family, food and alcohol collide.

Everyone is stressed.

The weather is either too hot or too cold. We insist on overeating and overindulging during this time. And as much as many of us would like to avoid these times, for many of us, the idea of catching up with those we love brings smiles to our faces and hearts.

So, can we use our oils to help us during this stressful time? Of course, we can.



For some, this time of year makes us feel isolated, we feel distressed from undue financial pressures or from the threat of increased family conflict. The season comes with very high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals. All in all, it can be a time that isn't picture perfect like a Hallmark movie.

So, what oils can we call upon to help us?

- **Your favourite oil** - whatever your favourite oil is, use it and use it often. It will help bring you some peace of mind - mine is definitely Mogra!
- **[Grumpy Pack](#)** - this pack may help you remove the grumpiness and feel some happiness
- **[Anxiety Pack](#)** - if you're feeling overwhelmed with all that is going on around you and within you, try this pack. It really does work wonders
- **[Sweet Orange](#)** - this one promotes feelings of happiness and joy and really helps you lighten up
- **[Jasmine](#)** - ease those anxious and distressed feelings with this euphoric oil.
- **[Pink Grapefruit](#)** - it is such a joyful oil, you can't help but smile when you smell it. And it will uplift your spirits and bring a sense of optimism to your world
- If you have the Aromatherapy Insight Cards by Jennifer Jefferies use them to help support your emotional needs, especially when you can't articulate what and why you are feeling out of sorts.

Many of us feel like the Grinch at this time of year, which is fine too, but try not to let yourself spiral downwards at this time which is easy to do. Use your oils - all your oils - to stay above the line and spiral upwards.





Christmas can be a beautiful time to catch up with those you love and exchange presents. Personalised aromatherapy gifts made with a drop or 2 of love are priceless!

If you or your family members have overindulged on alcohol, from my personal but distant experience is Lemon, Rosemary, Basil, Peppermint and Spearmint. The [Focus pack](#) has all the oils you need.

Overindulged on the food? Try the [Wind Pack](#), it has all the oils you need such as Peppermint, Basil Marjoram and Fennel.

Got too much sun? Try our After Sun Blend. 8 drops Lavender, 4 drops Chamomile, 3 drops Spearmint, 30ml Aloe Vera Gel or Crème Base. Creams cool and carrier oils warm so always use a cream or aloe base on hot or irritated skin. Apply regularly to assist the healing process of the skin and to prevent peeling. Also, remember to drink plenty of water to hydrate the skin from the inside. Neat lavender may also be applied to soothe the burn.

For instant cooling and extra relief spray the area with Rose Water with the summer blend

added. Keep your Rose Water in the fridge for extra added cooling relief.

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After Sun Blend

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Too much sun, try this blend



With the above recipe, play with the suggested drops to make a blend that you love. This one is just a suggestion. Add or change any oil to suit your needs and preferences. My advice is to tread lightly with Cinnamon.

What other suggestions to you have to survive the festive season?

Remember, it is not an easy time for everyone. Be mindful and share your beautiful heart with others. Rely upon our beautiful oils.

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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