



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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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.

CARAWAY ESSENTIAL OIL

One of our new oils is Caraway essential oil. The Caraway plant is a delicate native to Europe and Asia, and has pale green fine leaves. The oil is steam distilled from the dried, crushed ripe seeds.

The seeds have been used as a spice for years, particularly in breads, cakes and cheese. In fact, Caraway was one of the earliest cultivated herbs in Asia, Africa and Europe and its medicinal use has been widespread.

Primarily, Caraway Seed Oil is used to calm the stomach, settle gas and give relief from bowel complaints. It can also be beneficial for bronchitis and for relieving menstrual discomfort. Commercially Caraway is also commonly used as a fragrance in toothpaste, soap, perfumes, and cosmetics.



Latin name *Carum carvi*

Properties

Antimicrobial, antiseptic, antispasmodic, astringent, carminative, digestive, expectorant, emmenagogue, stimulant, spasmolytic, tonic

What does it smell like?

Caraway essential oil has a sweet, warm, spicy aroma with a hint of pepper.

Perfume Notes

Top / Middle

Precautions

Non toxic and non sensitising, however it can cause dermal irritation if undiluted.

What are its emotional benefits?

Caraway encourages you to be confident and decisive about what you really want. It will help you clarify your identity and remain true to your divine self. It will show you your heart's desires and priorities and allow you to trust your gut instincts.

Caraway helps release toxicity on all levels and allow you to remove any baggage that can weigh you down. I believe the affirmation to go with Caraway would be "I trust my gut instincts"



Remember to follow us on social media and keep up to date with all that is happening at Amazing Scents Aromatherapy.

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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