



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.

EASTER TRADITIONS and CELEBRATIONS

Easter Sunday is a religious holiday to some and a family holiday for others.

The Bible says that Christ died on the cross on a day called Good Friday. According to the Bible, Jesus was then resurrected and came back to life on Easter Sunday. Easter is on different dates each year, depending on when there's a full moon in Spring in the northern hemisphere.

The Bible makes mention of many different plants, woods, resins, herbs and oils. Spikenard - referred to as "nard" was used in perfumery and as an ointment that was used as medicine. There is a little confusion around this and some say that it was Lavender oil and not Spikenard but whichever it was used to anoint Jesus just days before his death and resurrection. We all know of the reference to Frankincense and Myrrh and the 3 wise men, and some even say that the gold was actually Turmeric oil - these were used as a currency for healing, preserving the skin and anointing but as with all records of history there are varying versions. The other oils that are mentioned are Sandalwood, Cedarwood, Cinnamon, Hyssop, Cypress, Cassia and Galbanum.

So how did we develop the more modern traditions that we celebrate Easter with now?

How did Easter eggs, the Easter bunny and the consuming large amounts of chocolate come about?. Apparently the first chocolate eggs appeared in France and Germany in the 19th Century, but they were bitter and hard. As chocolate-making techniques improved, hollow eggs like the ones we have today were developed. They very quickly became

popular and remain a favourite tradition with chocolate-lovers today.

The story of the Easter Bunny is thought to have become common in the 19th Century. Rabbits usually give birth to a big litter of babies (called kittens), so they became a symbol of new life.

Legend has it that the Easter Bunny lays, decorates and hides eggs as they are also a symbol of new life.



Chocolate itself has been around for thousands of years. The ancient Mayans and Aztecs used chocolate as medicine and made chocolate offerings to their gods. Perhaps ancient civilizations were on to something by using chocolate to heal.

Consume chocolate in moderation and you may be able to avoid any negative side effects but binge on it and you may pay the price! Of course it does depend on the type of chocolate and the amount of sugar in it. Dark chocolate is said to be better for you because it is more likely to retain beneficial flavonols. Studies suggest consuming dark chocolate can have a beneficial effect on blood pressure, lipids and inflammation but only if consumed in small amounts.

Chocolate is also high in Potassium which is good for us but can put a strain on your kidneys if you have too much. Chocolate can also be high in caffeine and sugar - causing you to feel up one minute and down the next.

Regardless of what I have written above, if you are a chocoholic you are going to make the most of Easter. If this is your choice then enjoy it, guilt is a waste of time! Jennifer Jefferies always says that it's what you do 90% of the time that's important.

So if you do over indulge, be it chocolate or Hot Cross buns and need some help from

essential oils to return to normal, it may pay to have a few blends handy. My suggestion would be the Wind Pack or the Over Indulgence blend below, the Booster if you need more energy after the sugar lulls and the Sleep Pack if you are still buzzing and can't sleep.

With all of that on hand you should survive - so have a wonderful Easter in which ever way you choose to celebrate it!



Hope your tummy survives!

Have you been using some amazing blends that you would like to share?
Do you have a story that would warm our hearts?

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



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