



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.

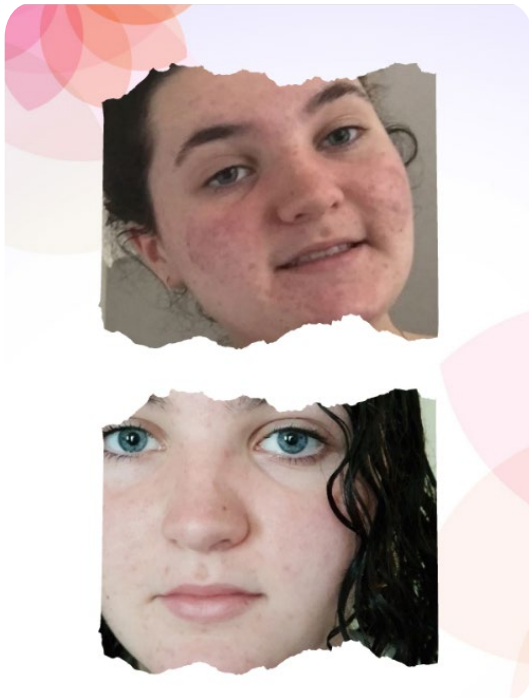
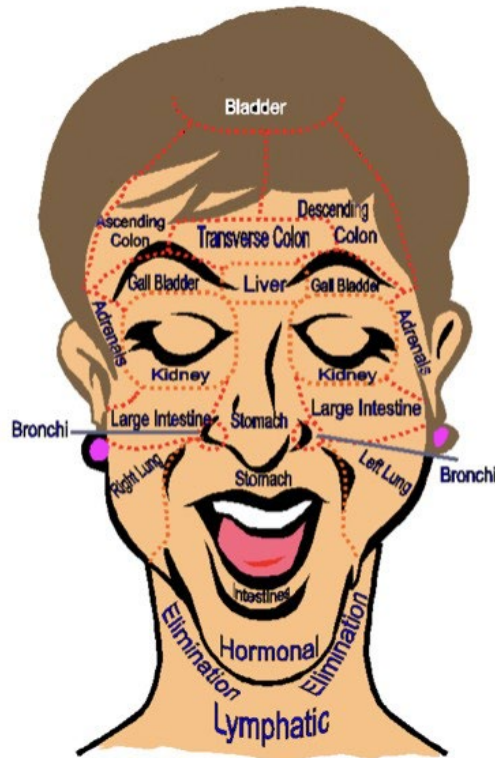
SKINCARE for TEENS

Pimples really affect our self-esteem, even more so when you are in your teens and grappling with hormones and confidence issues. While diet is a big part of it, how the body is coping overall makes a difference too. See the Face below that indicates which part of the body is sending you signals.

The most common parts of the face to get pimples is the chin, which is hormonal, the cheeks which indicate large intestine and the forehead which is various parts of the colon. Having done a lot of study on the gut recently, I can tell you that so many things lead back to the gut, even the hormones can be affected by what's going on in there.

Jennifer Jefferies, the author of our books speaks about 'Bum Glue' and how the white sticky foods like white bread, white rice, white pasts stick to the walls of the bowel causing bloating and skin issues to name a few. She suggest many changes to the diet but the easiest is to take a tsp of Psyllium Husks every day in your porridge, cereal or in some fluid.

Notice where
you get a
blemish



Meet Savannah (pictured above), she is lucky enough to have a step Mum who loves oils and who generously taught her to make her own skincare. It wasn't until I asked for a

before and after shot that they realised just how much Savannah's skin had changed. Savannah even made comment that she had forgotten how sad her skin made her.

She started with the Cleanser Base and added the Skin Pack, then added the same oils to the Face Crème Moisturiser. She also used our Scrub and Clay mask once a week. Within 2 months she saw a marked difference and she had moved past the pimples.

She decided to adjust her oil choice to the Beauty Pack and hasn't looked back. The scarring has all subsided and her skin is now clear. What I love most is the new found confidence that shows through in the photos – she obviously loves how much her skin has changed.

The beauty of our products is that they are natural and balance the skin rather than stripping it. When you over clean the skin, it thinks it needs to produce more sebum (the oil it produces to replace the protective acid mantle). When you gently clean, it adjusts back and soon the repair begins.

The Face Crème is light and non-greasy meaning it feeds without clogging the pores. The scrub is soft and slowly cleans the pores whilst buffing away the dead skin cells that produce pimples whilst the clay mask draws out any other impurities.

The cost of making these products is minimal, once you have an oil collection it costs just a few dollars to whip up a cream. If you would like to learn how, book into view a virtual Skin and Hair Workshop.

Acne

30ML CREAM BASE

3 CEDARWOOD
2 GERANIUM
2 JUNIPER
4 LAVENDER
2 SANDALWOOD

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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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