



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.

CARROT SEED OIL

Whilst not on the top 5 most used oils in perfumery, Carrot Seed Oil is without a doubt an amazing oil for so many reasons. Steam distilled from the wild carrot seed it has a rather heavy, spicy and woody undertone straight from the bottle, but is barely noticeable when blended in with other oils that you love. Lets take a look at what Francesca Gould has to say about it in her book, *Aromatherapy for Holistic Therapists*:

- Cell regenerator and tonic for the skin. Useful for mature skin, wrinkles, eczema, psoriasis, dermatitis, burns, ulcers, scars, chilblains and alopecia.
- Tonic and detoxifier for the gallbladder and liver.
- Diuretic properties make it useful for water retention and cellulite.
- Immuno- stimulant meaning it helps boost the immune system.
- Emmenagogue, so it is useful for irregular or lack of periods.
- Carminative, so often used for digestive issues such as wind, indigestion diarrhoea or colic.
- Aphrodisiac - there is no explanation needed for this.



When purchasing what we call Limited Edition Oils - those not so common oils, it can be daunting of how to mix them with the more standard oils. Be a bit daring, step out of the box and try a couple of drops here and there. Use the properties listed above as guidance, or try some of the recipes below.

Regulating the Thyroid - Carrot Seed, Myrrh, Fir and Palmarosa.

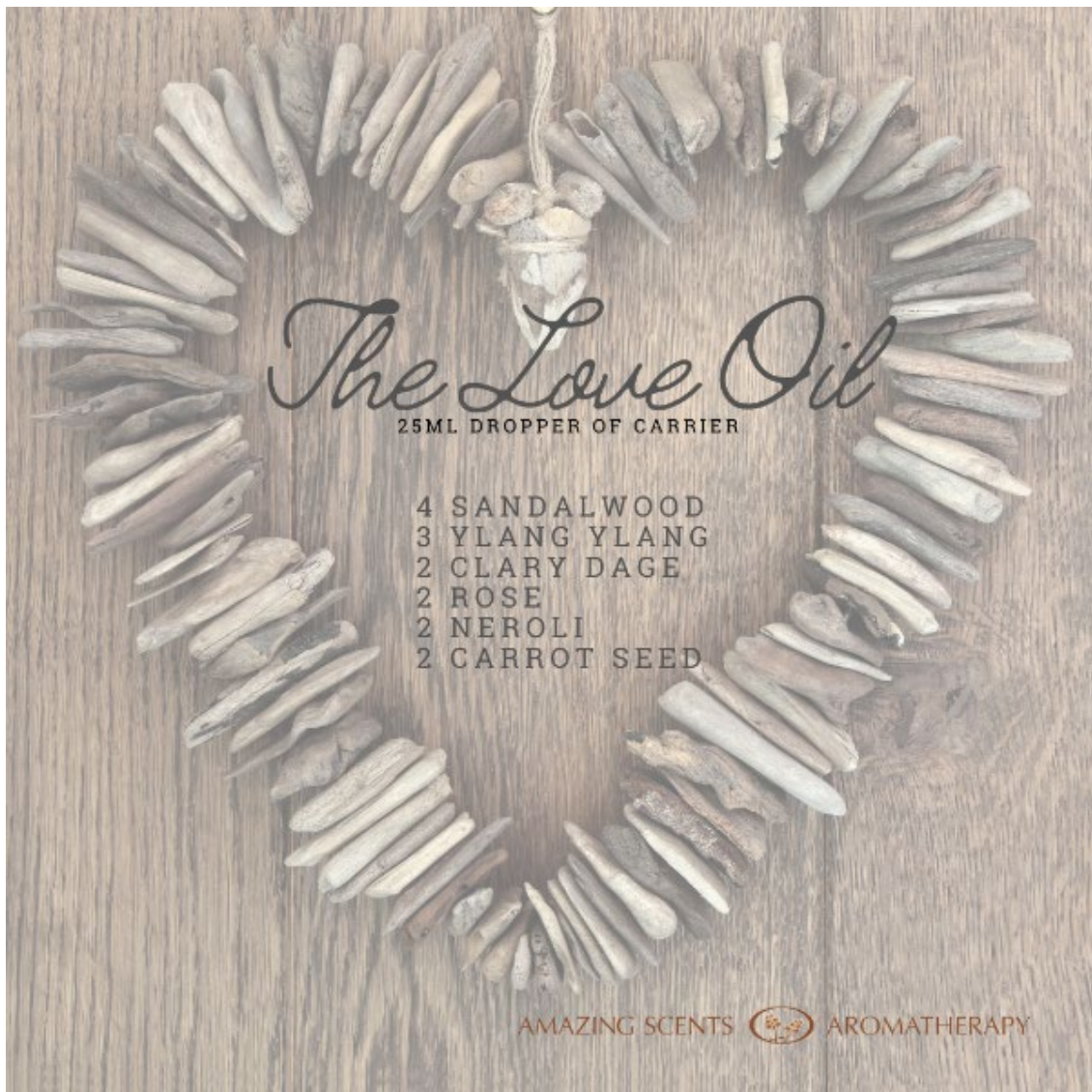
Eczema - Carrot Seed, Lavender, Bergamot, Chamomile and Rose.

Hair Loss Overnight Oil - Carrot Seed, Lavender, Clary Sage, Cedarwood and Rosemary in Arnica Infused Oil base.

Menstrual Cramps - Carrot Seed, Lavender, Cypress, Nutmeg, and Peppermint.

Acne - Carrot Seed, Geranium, Chamomile and Fragonia

Susan Fischer-Rizzi (one of my favourite authors) says a skin lotion or cream made with carrot seed helps nourish, tighten and revitalise the skin. Metaphysically Carrot Seed may help to cleanse the emotions of negativity and assist in letting go of past traumas. Overall it is cleansing, rejuvenating and regenerative.



This could be fun

Have you used Carrot Seed Oil before?

Have you been using it in some amazing blends that you would like to share?

Or 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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