



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.

TOOLS FOR A HEALTHY WINTER

With Winter almost upon us, I thought it would be a good idea to chat about some of my favourite products to help survive the Winter season. Colds, flu and general Winter blues can hit even the healthiest of us, so it is good to be prepared. We are so lucky to know about the healing power of essential oils, especially during the Winter period. Not only can they help us reduce some of the symptoms of coughs and colds, but they can support us emotionally when the "winter blues" hit us.



My favourite product to use during this time is our [Inhaler Cup](#). Our ancestors used to use fresh herbs, plants and spices placed into a hot pot of water, then placing our faces over the steam and inhaling all that aromatic goodness. Many of us still do this at home, over the sink or with a pot on the stove and a towel over our head and shoulders. The inhaler cup works in a similar way but can be used much more easily and on the go too.

We are spoiled for choice when it comes to which oil to use during Winter. All of the anti-viral, anti-bacterial and antiseptic oils will come in handy whether it be for inhalation, application to the skin in a balm, or to keep the house clean and clear of those seasonal toxins. If you've got people not sure about the anti-viral power of oils, show them this article - [click here](#). And there are plenty of more where that came from. More and more studies are being conducted on the effects of essential oils, something we already know but science is only catching up with now.

Oils to consider:

- [Cajeput](#)
- [Eucalyptus](#)
- [Lavender](#)
- [Tea Tree](#)
- [Lemon](#)
- [Thyme](#)
- [Basil](#)
- [Ginger](#)
- [Breathe Easy Roller Bottle](#)

Another must-have during this season is our [Chest Rub](#). Similar in smell to the commercially available chest rubs, ours is safe to use for all ages. Rub on your chest and your feet at the first sign of a cough and it will help reduce the symptoms. One of my professional aromatherapy friends loved to put it on her kids' feet every day of the flu season before they went to school. They rarely came down with anything and no one was any the wiser that they had the chest rub on their feet.

If you don't already have a copy or two of our [Amazing Scents book](#), then you really need to rectify that! Our book is not only written by the amazing Jennifer Jefferies but it is filled with all the information you could need about your oil collection. Plus it has lots of really good information on keeping your immune system healthy - not just with oils either.

4 TIPS FOR A HEALTHY WINTER SEASONS WITH
Essential Oils

01

Inhaler Cup

When our noses are all blocked up, the inhaler cup can help. Just a warm to hot water, and some oils.

02

Anti viral oils

Eucalyptus, Tea Tree, Cajeput, Lemon, Peppermint, Sandalwood are all ideal choices for the Winter season

03

Chest Rub

If you don't already have this, order 2 jars now. Rub it on your chest, or your feet, and breathe easier

04

Our Amazing Scents book

Something about the book here - recipe ideas for the season, and tips to keep your immune system healthy

Keep healthy this Winter season with some of our top tips

What is your favourite oil or product to use during the Winter season?

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

Remember to follow us on [Facebook](#) and [Instagram](#), and like, comment and share our content with your friends, family and local community.

Winter Blues

DIFFUSER BLEND



MARJORAM



SWEET ORANGE



GINGER

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