



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.

## EMOTIONAL HEALTH AND WELLBEING

Our emotional health and well-being is just as crucial as our physical health. Our emotional health gives us the strength and fortitude to conquer life's challenges. I think we are conditioned to deal with the BIG issues of life, but when it comes to the everyday stuff, we don't always cope as well. It is generally one of the so-called little things that break us. It generally is because we have been strong for so long, that a little thing is enough to tip us over the emotional edge.

We know if we have damaged our body - great pain ensues and motivates us to do something about it. Our mind is a completely different kettle of fish! Most of us have developed ways of quelling our emotions, putting them aside without dealing with them, burying them in our subconscious.

The magic of oils is being able to use them on a regular basis - sometimes working on the metaphysical or emotional side things occur that are totally unexplainable or illogical. We just start to feel better, or some illnesses that we have carried with us for a long time, suddenly disappear.

The left side of the brain tries to analyse it all, whilst the right side says 'Who cares how it happened, just enjoy the moment!'

Keep applying, every personal hygiene product, and cleaning product and 98% of our healing is coming from our oils. They make us feel good and are good for us, so this is for life!

Emotional health is a topic we've addressed before, but one we need to always revisit. It is vitally important that we pay attention.



What's that saying about our bodies and symptoms are messages about our health? It is true. But we also need to learn to listen to how our bodies are feeling. Does your heart feel "heavy" when you are with certain people or discussing certain topics? We need to tap into our inner wisdom and our oils can help us do that. They help us know that there are things greater than us in the world.

If you could only get one essential oil for emotional health it would have to be [Rose](#). Rose is the universal symbol of love. But alongside that magic, it can also help unlock fear, despair, anxiousness and hopelessness. Add it to your diffuser and inhale its delicious aroma and for that extra effect, also consider adding it to your skincare and body products.

When you apply during your morning skincare routine, tell yourself how amazing and wonderful you are. You mightn't feel it at that time, but if you do this continually, your cells will feel it and they will remind your conscious brain that it is true. Because regardless of what you do tell yourself sometimes, you are AMAZING.

Run out of Rose oil, you can try [Geranium](#), or you can use [Rose Hydrosol](#). A spritz on your face in the afternoon offers many benefits for your skin and it can also help with your emotional health.

The next must-have would be [Neroli](#), which we know many aromatherapists call "the rescue remedy" of oils. This delicate flower is handpicked to preserve it and is one of the more expensive essential oils as it takes 1 tonne of flowers to produce only 1 litre of oil. To make it more affordable, we sell it in a diluted format, which also means you can use it directly on your skin. It makes a great perfume and will help ease feelings of shock, stress, anger and grief.

Each and every oil offers us emotional support and healing. We might find it easier to suppress our emotions, but it really doesn't help us in the long run. So when the emotions arise, look at them, and grab your oils. Also, remember you can use [Jennifer Jefferies Insight Cards](#) to help you delve deeper if you need.

Whilst our oils are amazing, please speak up if you need help. We can support you in the Facebook group, but also seek out professional support if you need it.



*Emotional Healing*

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How are you using your oils to support your emotional health and wellbeing? Share in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Some people will be in the group, not coping with life as well as they could be and your story and oil share could be just the message they need to hear.

Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.

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