



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH LIANNE



A weekly newsletter all about learning more about your precious essential oils and accessories from Amazing Scents

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.

THE BASICS ABOUT BLOOD ORANGE

The colder weather can wreak havoc on our skins, so it is important to keep up with the skincare routine. Blood Orange and Orange (which some also call Sweet Orange) share the same botanical name, meaning the Blood Orange is a variety of the Orange. There's something a little more special about Blood Orange though - it's a lighter brighter, a little more tangy and just a little more heavenly.

Blood Orange is a great oil to add to your skincare routine and a little goes a long way.



I am very drawn to citrus oils and in particular Orange of any sort. I vividly remember the first time I smelled Blood Orange - I was in heaven! It is so rich, so full of happiness and I find it hard to settle for less now.

The chemical constituents in Blood Orange essential oil are antiseptic and healing in nature. Its red pigment (anthocyanin) is an antioxidant that is rare to find in other citrus oils.

Blood Orange is well known for its beneficial properties when applied diluted to the skin. It stimulates the lymphatic system, aids in eliminating toxins, and improves blood circulation. It can help relax muscles and reduce spasms when applied topically.

Apart from its detoxifying properties, it also acts as a natural skin energiser as the oil has the tendency of penetrating deeply into the skin's pores and thereby supports the formation of collagen - which then results in skin that is soft, smooth and plump. Because of its antioxidant properties, it may slow the rate of skin damage experienced by UV exposure and pollution.

These exceptional skin-enhancing properties help in reducing wrinkles or fine lines, balance excess oil, and encourages skin that is even-toned, healthy and glowing.

Add a drop or two to your night cream or serum, and watch your skin appear more glowing and healthy.

Other Uses:

- It is great to use in a diffuser or vaporiser during the winter months to help prevent colds and touches of flu.
- I've heard a few people love to use it to help relieve tension headaches. A couple of drops in a roller bottle rubbed onto their temples offer a lot of relief.
- You can add to your deodorant spray as it can mask smelly odours.
- It is known to have aphrodisiac properties, so if you want to get in the mood,

It is also a rich source of natural antioxidants which can help promote healthy hair.



Do you love Blood Orange? Do you use it in your skincare products? How do you use it? Tell us in the Facebook group your Blood Orange stories.

And remember to share your stories, your wins, your gains, and your fails, in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Every time you post in the group is an entry into our monthly giveaway.

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 the local community.

Please note that we will only email you 3 times a week. The newsletter on a Tuesday, the weekly specials on a Thursday and the upcoming workshops on the weekend. The only other time would be a last minute update on a class or something extremely important..



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