



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.

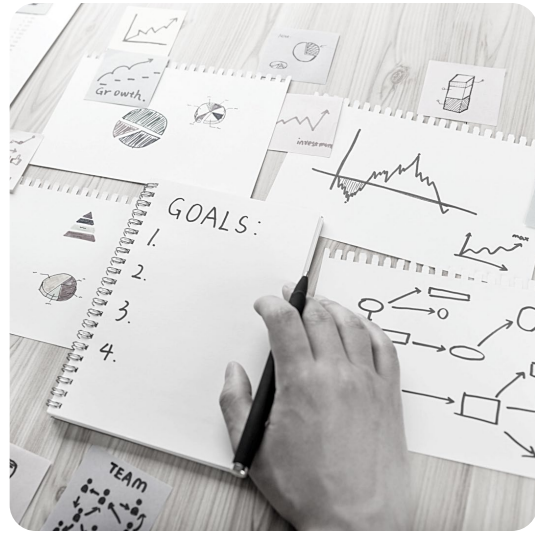
## END OF FINANCIAL YEAR

The end of the financial year is here and whilst most of us don't really think much about it, it is actually a really good time to reflect upon the first half of the year. Reflection, reviewing and renewal are positive things you can do to make the most of the rest of the year. Where to start? What to do? How to move forward? But also, more importantly, what oils can help? Let's dive in.

Firstly, think about the goals, dreams and aspirations you had for 2022. How are they progressing? Are they still relevant? Have you made the steps forward to complete them? Make sure you reward yourself for the ones you've achieved so far.

If you need to set some new goals & plans - start thinking about these now so that you have plenty of time to action them. Write the goals down. Then break them down into small actionable steps. The more steps and the smaller the tasks, the better. It gives you a sense of achievement when you can start smashing out those small steps.





### **What oils can I use for Reflection?**

Rose, Cedarwood, Neroli, and Frankincense are the best oils for self-reflection or creating a deeper connection and understanding.

### **What oils can I use for Action?**

Peppermint, Lime, Basil and Lemon are the best oils for getting us off our butts and doing the things we need to do.

### **What oils can I use for Letting Go?**

Lavender, Palmarosa, Geranium and German Chamomile can all help with letting go of what is holding you back.

### **What oils can I use for Inspiration?**

Myrrh, Grapefruit, Rosemary and Black Spruce can help inspire you

### **What oils can I use for Stamina?**

Nutmeg, Peppermint, Spearmint, Thyme, Orange and Lemon are great choices for providing you with the stamina you need to complete your goals.

### **What oils can I use for Willpower?**

Cedarwood, Ginger, Thyme and Lime are great options to help you maintain the willpower to complete all you need to do.

### **What oils can I use for Courage?**

Chamomile, Cedarwood, Cypress and Ylang Ylang can give you the Courage you need to do the things you've never done before.

### **What oils can I use for Choice?**

Neroli, Lemon and Frankincense are great options to help you with choice when you aren't sure which step is the next one to take.

### **Special EOFY Sale**



We support your physical and emotional health and well being, but we can also help with your financial well-being. How you say? Well have we got a super special sale for you, for ONE day only, and only advertised here in the newsletter.

Head over to the website and grab a spray for **40% off**.

This is the biggest discount we have ever had and you are the beneficiary!

The Idiot Spray may well help when dealing with others at this time of year, wink wink!!!!

Follow the link: <https://amazingscents.com.au/store/category/sprays/1>

### **So what's in store for the next 6 mths?**

In order to live your best life and continue to make the best of what is happening to you and around you, you really need to believe in yourself. Have a strong vision of what you want, need and deserve. Make a commitment to yourself to follow your goals through to the end. What's that saying about you can't achieve what you can't conceive.... if you can see yourself achieving your goals and dreams, then you're halfway there. But you also need to work hard, focus on the positives and keep moving forward.

Oil up and paint your world the colours you want!





## LET IT GO DIFFUSER BLEND



3 drops of Juniper Berry essential oil

2 drops of Myrrh essential oil

2 drops of Sandalwood essential oil

1 drop of Chamomile Blue essential oil



Do you have a story to share about essential oils? 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](mailto: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. If you aren't already a member of our private group please head over and join in the fun in [The Secret Oil Garden](#) - there is so much information in here that's on tap all the time!

Please note that we will only email you 3 times a week. The newsletter on a Tuesday, the weekly specials on a Friday 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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