



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.

FOREST BATHING

Have you heard about Forest Bathing? No, it's not about taking a bath in the forest although that does sound good. It's about spending quality time in nature, without distractions from devices and absorbing and breathing in the beauty of nature.

Forest bathing or Shinrin yoku as its called in Japan, effects the sympathetic and parasympathetic nervous systems, bringing a sense of peace and relaxation. It provides an all-over release and relief for our bodies. Researchers suggest that forest bathing can affect immune system function, help prevent illness and help reduce the advancement of some illnesses. All of this means that if we take charge of our own health, spend time in nature, we can reduce the pressure on the healthcare system. We constantly hear about the immense pressure nursing staff and hospitals are under. This is why I love aromatherapy and natural therapies - we are in charge and are reducing the pressure on government systems, hence reducing the stress on others. Win/win all round!



What oils to use?

Most of us live and work in the city or suburbs, with little access to forests, so we might not be able to access a real-life forest, we can however recreate the aroma with the power of essential oils.

Oils to consider:

- [Cypress](#)
- [Rosewood](#)
- [Cedarwood](#)
- [Sandalwood](#)
- [Frankincense](#)
- [Fir](#)
- [Eucalyptus](#)
- [Lemon Scented Gum](#)

We could use these oils singularly, or in combination. Or we could add some other oils that we know have relaxing properties as well.

We might add:

- [Lavender](#)
- [Copaiba Balsam](#)
- [Melissa](#)
- [Juniper](#)
- [Vetiver](#)
- [Valerian](#)
- [Orange](#)
- [Lemon](#)
- [Geranium](#)

- [Violet Leaf](#)

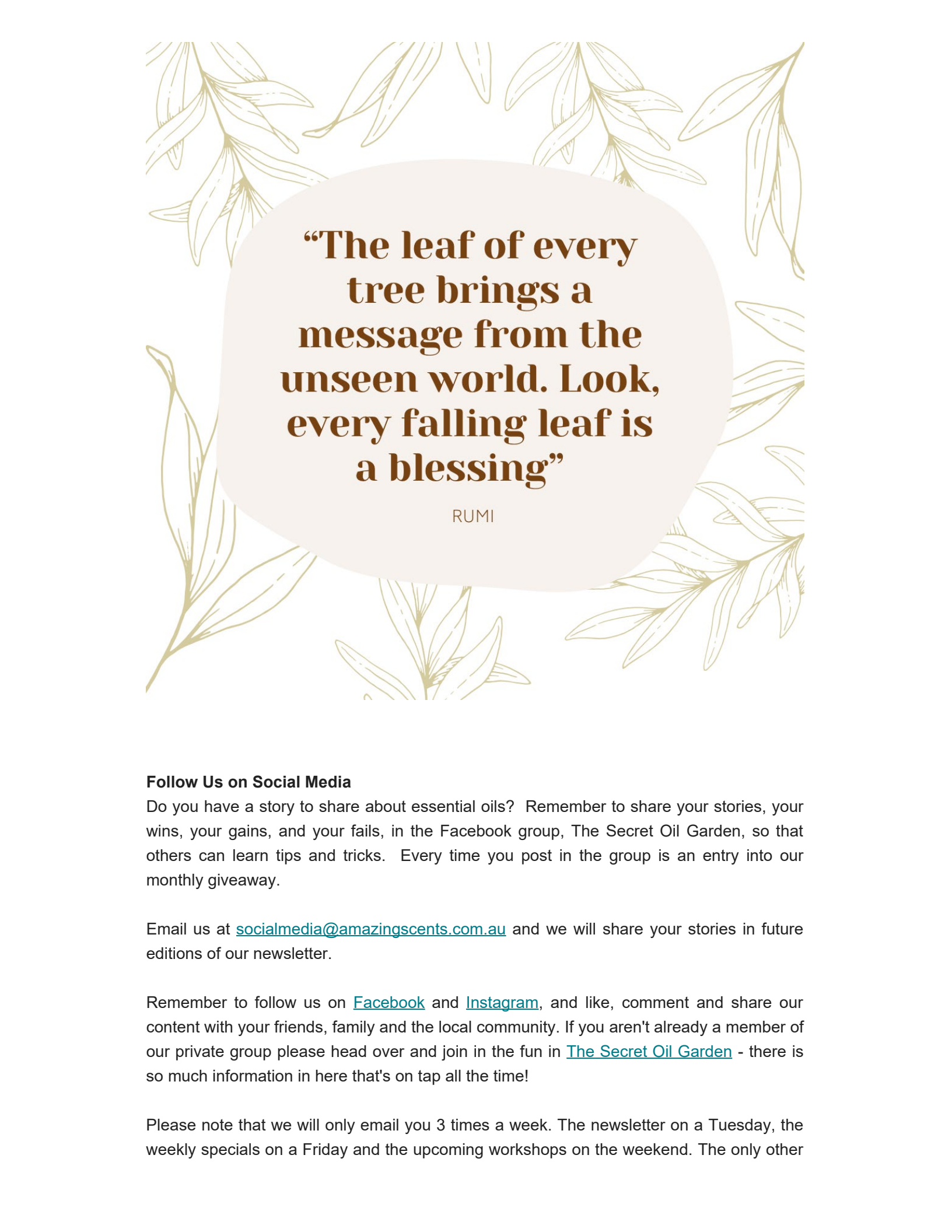
Play with your oils and create your own forest scent. Your idea of what the forest smells like may differ from mine. Where we live and where we grew up will impact our perceptions of the aroma. I encourage you to get your wood oils and leaf oils and play with them. If I was to choose from the above, my choice would be Cedarwood, Violet Leaf, Melissa, Vetiver and Fir.

Once you've played with and chosen your combination, put your chosen oils into your diffuser. If it is all that you wanted it to be add those oils to a roll-on of carrier oil and sit back and inhale the relaxing aromas. Make sure you put your phone on silent, remove any other distractions and just allow yourself some quiet time.

Bring the essence of nature into your home and allow it to fill you with a sense of wonderment for the world around you. Allow this experience to reduce the pressures of our modern day society. Let's face it, we all need a bit of that.

If I was to choose from the above, my choice would be Cedarwood, Violet Leaf, Melissa, Vetiver and Fir. If you were to create a 'Forest Bathing' blend what would you have in it?

Share your creations and ideas in our Facebook group. I can't wait to see what you all come up with.



**“The leaf of every
tree brings a
message from the
unseen world. Look,
every falling leaf is
a blessing”**

RUMI

Follow Us on Social Media

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 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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