

Herbal Thymes

Newsletter of Aroma Borealis Herb Shop

February 2007



Love is in the air!

Loving life is important! All life on this planet is interconnected. When we love and care for ourselves the vibration is carried out to others - we are all energy!

Valentines is an interesting celebration - where we pick a day to pay special attention to our sweetheart! If this is the case, shouldn't every day be Valentine's Day and shouldn't we be doing nice things for ourselves as well?

Spice up your love this Valentine's Day by evoking the spirit of Aphrodite. Aphrodite, the Goddess of Love, used the aromatic petals of roses in her romantic repertoire because she believed they were uplifting and helped to restore a woman's connection to her femininity.

In our culture today, the red rose still symbolizes love and affection. The colors and the smell of the rose invoke an atmosphere of romance.

We are all sensual beings and we are all affected, consciously and subconsciously, by our senses. One of our most primal reactions, our sense of smell, comes from our olfactory system. The reason for this is that odors stimulate the nerve endings of the olfactory bulb which lies at the back of the nose. These nerve endings stimulate a part of the brain called the limbic system which is associated with emotions, memories and sex drive.

Regina Wright - Aromatherapist, Reiki Master and Aroma Borealis' product maker in our alchemists kitchen - developed our Heart Song Bathing Salts, which she lovingly created. They were such a big hit last Valentines that she is at it again creating the magic just for you!

Happy Valentines Month!

Bev

Bev Gray, CH, RA, is a skilled Herbalist and Registered Aromatherapist who owns Aroma Borealis Herb Shop in Whitehorse, Yukon. She is an educator who loves to share her passion of medicinal & aromatic plants. www.aromaborealis.com

Heart Song Bathing Salts & Body Oil

Created with love and healing intention by Aromatherapist and Reiki Master, Regina Wright, the essential oils were chosen to balance the emotions, open the heart to love and joy and soothe the heart from issues of loss and grief.

Coriander helps to release and cleanse repressed emotions by expressing oneself joyfully; Lime balances the emotions and promotes self love as well as bring calmness and compassion;

Linden blossom balances the emotions and helps cope with rejection, loss and grief;

Rose comforts and assures the emotions, especially mood swings;

Palmarosa gently uplifts the emotions, heals with love;

Petitgrain allows us space and time for inner healing;

Sandalwood helps open the heart to trust and to receive healing energy and encourages warmth, sensitivity, serenity, harmony, peace, wisdom and unity. Ylang Ylang soothes and inhibits anger and frustration.

The Heart Song Blend was gently folded into Dead Sea Salt, prized since antiquity for its healing qualities and sprinkled with wild rose petals. Each package was given Reiki and placed inside a sacred space.

Discover Lost Passions with SexEssentials

By Lorna Vanderhaeghe

Sexual concerns are very common among women today. A recent University of Chicago study found that 43% of women surveyed reported sexual difficulties. Stress, depression, lack of sleep, too much work, prescription drugs, poor nutrition, hormone imbalances and menopause are a few reasons why women are lacking desire or having difficulty achieving orgasm. Sexual problems include lack of sexual desire, difficulty becoming aroused, and inability to achieve orgasm, lubrication problems and pain during intercourse. While men have been reaching for the "little blue pill" in record numbers women have been wondering what is out there for them. Prosexual nutrients are a safe way to get you thinking about sex again while improving your overall health.

Increased Desire

If you are like many busy women today you rarely think about having sex anymore. Arginine, an essential amino acid, also known as L-arginine when found in a supplement, stimulates those lost passions. In women, L-arginine increases staying power. In both men and women L-arginine increases libido or desire for sex. L-arginine is the main source of the precursor substances responsible for sexual arousal in women and erections in men.



Enhanced Sexual Response

For women the neurotransmitter that sends sexual messages to the nerves, called acetylcholine (ACh), is also a very important part of sexual function. ACh is involved in the build-up toward orgasm and the urethral and vaginal contractions that occur during orgasm as well as the subjective perception of orgasm intensity and duration. Choline and vitamin B5 help to enhance acetylcholine thereby enhancing orgasm.

Improved Blood Flow

Many research studies have shown ginkgo to be a major aid in improving blood flow to small blood vessels. Enhancing blood flow to the genitals heightens sexual sensations. We also know that ginkgo biloba significantly increases mental acuity and memory. Sexual desire starts in the brain.

Increased Libido

Tribulus terrestris has been used as a prosexual herb for thousands of years and recently has undergone extensive research. Tribulus works as an adaptogen, which means that it has a general tonic effect of bringing into balance a variety of hormones and other biochemicals. Tribulus raises testosterone levels naturally when they are low but will not cause testosterone to become unbalanced. Tribulus can be taken continuously for years and in addition to improving sex drive, it will also improve your overall health.

The nutrients mentioned above are found in SexEssentials. Developed for women to help bring back desire, aid orgasm, improve lubrication while also providing overall strength and wellbeing. SexEssentials prosexual nutrients are designed for women who want the zest back in their sex life.

 **Preferred Nutrition**
your health is our passion

Aromatic Aphrodisiacs by Bev

Essential oils are especially effective at stimulating our olfactory system because the molecules of the oils are so small that they enter the bloodstream rapidly and are carried to all parts of the body. This allows the aromatic essences of essential oils to affect not just our sense of smell, but our entire being.

Essential oils can be used to create an ambient romantic atmosphere by including them in an aromatherapy diffuser, in a romantic bath or in a massage oil. Taking the time to prepare an aromatic aphrodisiac nourishes our desire for sexuality and it's this desire that may be the most potent aphrodisiac of all.

Practical Applications of Essential Oils

Essential Oil Diffuser: The essential oil diffuser or burner is the most common way of using and enjoying essential oils. Not only does it make your space aromatic but the candle light helps create a relaxing and romantic atmosphere. This method involves heating oils in water so that they are vaporized, or diffused into the air. The diffuser method makes your space smell great, while influencing your mental state and energy in positive ways.

Romance in the Middle of the Day Diffuser Blend

4 drops Orange (*Citrus sinensis*)
3 drops Clary Sage (*Salvia sclarea*)
2 drops Ylang Ylang (*Cananga odorata*)
2 drops Patchouli (*Pogostemon cablin*)

Massage: This is one of the most beneficial methods of using oils. Massage combines the therapeutic value of touch with the healing qualities of the oils. Massage can be self-administered to the face, hands, feet, legs, arms, hands and the abdomen. For maximum penetration, essential oils must be diluted in a carrier oil.

Roses Are Red - Sensuality Massage

4 drops Rose Otto (*Rosa Damascena*)
6 drops Jasmine absolute (*Jasminum grandiflorum*)
6 drops Sandalwood (*Santalum album*)
4 drops Ylang Ylang (*Cananga odorata*)
30 ml Grapeseed oil

Mix essential oils with grapeseed oil in a 30 ml bottle.

Bath: This is an easy way to use essential oils, as it combines the benefits of inhalation with the powers of absorption through the skin. Some oils such as lavender can be used directly in the bath but others such as citrus oils should be used only in a carrier oil. Carriers include vegetable oils such as almond, sunflower & grapeseed oils. Add 10 drops of essential oil to 1 tablespoon or 15 ml of carrier oil.

Steamy Tub For Two

4 drops Jasmine Absolute (*Jasminum grandiflorum*)
4 drops Lavender (*Lavendula angustifolia*)
2 drops Clary Sage (*Salvia sclarea*)
15 ml Grapeseed oil

Love the one you're with!

Sensuality Massage Oil

A romantic and sensual blend of ylang ylang, patchouli, clove, orange and clary sage.



\$1.00 off

Not valid with any other offer. Expires Feb. 28/07.

**Aroma Borealis Herbal Thymes does not prescribe nor wish to take the place of a licenced medical practitioner.*

Rose Otto (*Rosa Damascena*) is especially beneficial for women, it can help to balance hormones, has a tonic effect on the reproductive organs and can enhance sexuality. Sandalwood (*Santalum album*) induces a state of calmness and serenity and relieves nervous tension. It is considered a sexual restorative for both women and men and has a deep rich woody scent.

Ylang Ylang (*Cananga odorata*) is deeply relaxing, exotic and sensuous. It has a rich, intense sweet floral fragrance.

Patchouli (*Pogostemon cablin*) is an ancient fragrance which has a rich primal earthy scent.

Jasmine (*Jasminum grandiflorum*) helps to relieve nervous tension, has mild euphoric properties and is said to restore sexual confidence; it has an exotic, fruity floral fragrance.

Clary sage (*Salvia sclarea*) helps to balance hormones. It has sedative, almost euphoric properties and can relieve emotional tension that can interfere with sexuality.

Linden blossom (*Tilia cordata*) is a symbol of fidelity and undying love according to Eva-Marie Lind in her beautiful book *Aromatiques, A Sensualist's Guide to Aromatic Oils*. She says, It helps to increase our connection with others, soften communication and that its exotic strength and innocent sensuality allows the mind to become calm and still and gives a sense of wings sprouting from the soul.

Vanilla (*Vanilla planifolia*) has a sweet playful and youthful aroma, It helps to recall the familiar and helps to dispel anger, frustration and tension.

For Him Brad King's Ultimate Libido



- Enhance libido
- Boost desire and performance
- Increase the body's natural production of testosterone
- Maintain and build muscle tissue
- Increase natural energy
- Maintain healthy erections
- Enhance orgasm intensity and duration
- Enhance the body's anabolic cycle



Preferred Nutrition
your health is our passion

Aromatic Gift Ideas for Valentine's

- ♥ Essential Oil Roll-On Trio - Love, Lust, & Sensuality
- ♥ Heart Song Bath Salts & Body Oil
- ♥ Luscious Chocolate Chai Hand & Body Butter
- ♥ Sensuality Bath Bomb & Massage Oil
- ♥ Valentine's Gift Basket

Can't decide? Let her choose with Aroma Borealis Love Bucks!

Laughter Yoga

Join Bev Gray at the Shanti Yoga Center, Friday, Feb. 23rd @ 5:15 pm for Laughter Yoga - No prior yoga experience necessary. Shanti Yoga is located at #2-404 Hanson Street or check out the schedules at www.shantiyogayukon.ca.



Proud Sponsor


WHITE HORSE 2007
JEUX DU CANADA GAMES

Midnight Sun - Soleil de minuit