

Herbal



Thymes

Newsletter of Aroma Borealis Herb Shop

Aug/Sept 2005



Fall is in the Air!

Welcome to our aug/sept issue of Aroma Borealis Herbal Thymes. The shop has been bustling all summer with lots of interesting people and projects. Linda Anderson and Lillian Strauss have been leading the Weed Walk Wednesdays, a wonderful, informal medicinal herb stroll up Main Street to the clay cliffs. The walks will be ending the last week of August, so if you haven't made it, there is still time.

The wildflowers were incredible this summer!

We would like to welcome Lise Gagnon to the Aroma Borealis team, Lise is learning all areas of our business, she brings a great energy and spirit to her work here.

I would also like to welcome back Ruthie Bicudo. Ruthie was Aroma Borealis' first employee. She is back home for awhile and is helping us out. Ruthie is working with quartz crystal healing bowls, she will be giving monthly concerts on the full moon and offering healing sessions with sound, essential oils and colour.

Locally, we have launched a new aromatherapy lotion line, some of the lotions are single oils like blood orange, jasmine, neroli and patchouli and blends include Full Circle Citrus and Relaxing Blend. These all smell so amazing, they are made with pure essential oils.

Nationally, I'm still writing a monthly aromatherapy profile in Canada's Alive magazine, look for the nice spread every month, you can pick up a free copy at Aroma Borealis or other health stores in the Yukon, I have also been writing for Canada's Healthy Living Guide.

We are preparing to show our products at the Canadian Health Food Association annual Expo East in Toronto. Our booth at Expo West in Vancouver last April was a huge success, I hope we have as much great feedback in Ontario. I will also be part of a day long seminar for health food store owners in Toronto, I have been given a half hour to talk about the use of essential oils in natural health products. It should be interesting!

Aroma Borealis Herbal Teas

A nice, warm cup of Aroma Borealis tea can help to warm you up on a crisp autumn morning...



Hip Tea

It's hip to drink herbal tea! Yukon wild harvested rosehips & cranberries, hibiscus, apple and chamomile come together to create a tart and high in vitamin C tea.

Spirit of Borealis Tea

The boreal forest's majestic spirit reflects itself through its beautiful botanicals, which are an inspiration for this magical herbal infusion. Labrador tea, sweet grass, horsetail, bedstraw, peppermint, stinging nettle, rosehips and stevia come together to create a spirited and tasty northern Canadian herbal tea.

Flower Power Peace Tea

All we are saying is give peace a chance! Elder flowers, fireweed flowers, rose petals, chamomile flowers, spearmint, fennel seeds, red clover, lemon balm and stevia come together to create a tasty herbal tea blend.

Arctic Wildflower Tea

Tip toe through the northern flowers with a cuppa warm wildflower tea! Elder flowers, spearmint, lavender, rose, fireweed & stevia come together to create a colourful, aromatic beverage that tastes delightful and lifts the spirits like a field of flowers.

Homesteader's Blend

This tea unites plants that have long been growing around old homesteads. Stinging nettle, peppermint, chickweed, plantain, rosehips & fireweed all help to create a comforting and timeless blend.

Northern Lights Tea

The Aurora Borealis dance around the dark northern skies beaming a mystical light of colourful rays that warm the soul of the earth... peppermint, spearmint, juniper berries, birch leaves & fireweed come together to create a tasty and refreshing drink. Perfect as an after dinner sipper.

Bev Gray is a registered aromatherapist, herbalist and the owner of Aroma Borealis.

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