

Sentimental Thymes

www.scentimentalcreations.com

Winter, 2012

Welcome to our first newsletter of the year! We'd like to take this opportunity to wish you a happy, prosperous 2012 and thank you all for your continued support. This issue covers recipes, aromatherapy, information and tips on body care the natural way!

Frequently asked questions

Q: What are natural choices to help with wrinkles?

A: Wrinkles are simply the by-product of the aging process. As we age, skin cells divide slower and the inner layer, called the dermis, begins to thin. The system of elastin and collagen fibers which support the outer layer, loosen and unravel. Skin also loses its elasticity, is less able to retain moisture, oil-secreting glands are less efficient and the skin is slower to heal. All of these contribute to the development of wrinkles.

Smile Lines

Lines like "frown lines" and "crows feet" are believed to develop because of small muscle contractions. Smiling, frowning, squinting and other habitual facial expressions cause these wrinkles to become more prominent. Over time, the expressions coupled with gravity contribute to facial conditions; like drooping eyelids.

Sunshine

Exposure to ultraviolet radiation also can add to premature aging of the skin (or referred to as photo aging). This can damage collagen fibres and cause the excessive production of abnormal elastin. When skin tissue is damaged due to sun, an enzyme (metalloproteinase) is produced. This enzyme creates and improves collagen. During the process, however, some healthy collagen fibres are damaged, resulting in solar scars. Wrinkles develop when the rebuilding process occurs over and over.

Smoking

Healthy skin continually regenerates. While old collagen is broken down and removed, new collagen is produced. Researchers have found that smoke causes a marked reduction in the production of new collagen. A lack of new collagen results in the development of wrinkles.

Q: What does the Anti Eight offer for anti-wrinkle treatment?

A: Basically, the cream is 'nutrient packed' containing specially selected ingredients to help rejuvenate skin and help prevent further age-related negative effects while providing the skin its essential nutrients to keep turnover and recovery at optimal level.

New Product & New Class

Hot Flash Splash 125ml - \$15.00

Cool off those sudden brief sensations of body heat.

Citrus Twist Essential oil blend 5ml - \$4.80

This sunny synergy contains essential oils of bergamot, grapefruit, lemon, litsea cubeba, and orange sweet

Soap Making, Advanced

Take your soap making to the next level!

Issue #3

February brings us Rose essential oil

Extraction method: Enfleurage & steam distilled

Note: Middle

Portion of the plant: petals/flowers

Country of origin: Morocco, Turkey & France

Latin name: Rosa damascene/Rosa centifolia

Points of interest: This precious oil and favourite flower of many, is warming and uplifting. If Neroli is the Princess of essential oils, then Rose is the Queen! There are two types of Rose commonly used in aromatherapy. Rose otto - the petals must be picked immediately after dew and steam distilled. Rose absolute - will yield greater quantities of oil which is solvent extracted. Rose floral water is produced from the by-product of the distillation process. Rose promotes positive feelings, assists with depression and mends emotional wounds. It calms menstrual tension and regulates cycles. Encourages fertility in women and pacifies the stomach during emotional upsets.

Blends with: Bergamot, Chamomile, Clary Sage, Geranium, Jasmine, Lavender, Neroli, Orange, Patchouli and Sandalwood.

Uses: Rose is useful for various skin types especially mature, dry or sensitive skin. It's healing and tonic properties help with inflammation. Also adds elasticity to the skin and smoothes out wrinkles. Keeping the heart open, Rose essential oil would be comforting for those who are grieving or have experienced a loss.

Avoid during pregnancy

For price information, refer to essential oil brochure on our website.

For further details, contact

cheryl@scentimentalcreations.com

The above is based on published traditional uses of Essential Oils and is for reference purposes only. It is not intended to treat, prescribe or diagnose. The information contained herein is in no way considered as a substitute for consultation with a duly licensed health care professional.

Scentsimental Thymes

Page two

Romance Massage & Bath Oil Blend



Aromatherapy For Romance

February is truly the month of the heart and there is no quicker route to the heart than through the brain or, more specifically, the olfactory bulb. This so called 'bulb' – the organ of scent, is part of the limbic system, an ancient part of the brain which stores instincts, memories and emotions of pleasure and pain. Essential oils stimulate the limbic system and are powerful and natural mood enhancers which are capable of producing feelings of profound relaxation and overall well-being.

In light of the above, there are several aromatic oils which are excellent aphrodisiacs and have been used for hundreds of years putting lovers in the "right mood".

Below is a recipe for a romantic massage or bath oil:

In 60ml of sweet almond or cold pressed sunflower oil, add the following essential oils:

12 drops mandarin, 6 drops ylang ylang, 6 drops geranium, 2 drops patchouli and 3 drops cinnamon. Store oil blend in a cool, dark location.

Also try.....our Bliss Body Butter or Exotic Massage oil.

The purpose of skin toner

The majority of mainstream commercial skin toners contain high amounts of drying alcohol and fragrance. Each step of a skincare regimen has a beneficial purpose to the skin and is created to work in harmony with our skin's natural moisturizing ability. Scentsimental Creations Herbal Facial Toner contains organic aloe, herbal infusions, floral hydrosols, witch hazel and essential oils. This herbal toner is food for the skin! Ultra-light hydrating liquid that increases skin moisture and smoothes the skin's surface while leaving a healthy glow while restoring skin to optimal pH level. Therefore, the skin is better able to absorb and the moisturizer, in turn, is better able to bind with the next step which helps to delay the evaporation of the moisturizer.

Two new shades!



Ask and you shall receive! Customers have been requesting a 'very black' eye shadow and a 'greenish-gold'. Voila! They've been created! Me Cosmetics introduce "Ebony" eye shadow; a highly-pigmented deep black and "Khakigold" a shimmering green with gold flecks.

Bring back to ME

At Me Cosmetics, we care about the environment as much as you do. In our part, Me Cosmetics accepts returns of its primary packaging through the "Bring Back to Me" program. By returning six [6] lipstick packaging containers, you'll receive a free lipstick of your choice as our thanks to you. Ask us how you can receive your card today.

The main advantages of homemade cosmetics:



With proper recipes and good ingredients, you can begin creating fun and affordable body care products. There is no chemistry background required and no laboratory experience needed. The biggest advantage of self-made products is that they are genuinely natural and one can customize their formula to suite their specifications. There is no need to add chemicals for a certain color or fragrance, or to achieve a shelf-life of several years. You simply add what's good for your skin at concentrations which are effective for you, making each product explicitly yours. This includes various botanical ingredients, such as concentrated herbal extracts, butters, waxes, precious plant oils and plant distillates, vitamins, lipids, proteins and

Upcoming classes at The Soap Dispensary 3623 Main Street, Vancouver

Aromatherapy, the art of blending

Wednesday, February 8th
6:30 pm - 9:00 pm

Soap Making, Advanced

Monday, February 20th
6:30 pm - 9:00 pm

Upcoming classes at Galloways

Soap Making, Advanced

Sunday, January 29th
BURNABY LOCATION
12:30 pm - 3:30 pm

For location details and registration, please contact Cheryl at 604 730 5730. For course descriptions, see Galloways PDF on our website.