



September 2009

Preparing for the flu season, naturally

One of the best ways to prepare your immune system for the flu season, is through using essential oils. Essential Oils are concentrated liquids distilled from all/ or some specific parts of a plant. The oils have the ability to enter the cell wall within minutes. When applied topically to the body, they have the following properties:

- Anti-bacterial
- Anti Fungal
- Anti Viral
- Anti inflammatory
- Antiseptic
- Increases oxygen in the body
- Natural chelators
- Balances hormones
- Enhances circulation and immune system

Essential Oil Drop Therapy

This services utilizes nine highly anti-microbial essential oils that are dropped gently on the spine and massaged into the skin utilizing various massage techniques. This spinal column contains nerves that feed the entire body, ensuring the whole body benefits. Hot stones are also applied to help the oils penetrate deeply into the body..

Stress can reduce oxygen and circulation in the body, which can result in inflammation and taxing the functions of our immune system increasing the possibility of being susceptible to wandering viruses and bacteria. Wonderfully soothing, and restorative, the benefits of this service continue to work for up to a week. .

Essential Oil Drop Therapy & Reiki Service
60 min \$75

Four Thieves Essential Oil

The Black Plague and the Secret of Four Thieves Oil

As the bubonic plague ravaged Europe in the year 1413, the story of the four thieves arrived on the scene and the story has changed history. They were captured and charged with robbing the dead and dying victims but it was noticed that they remained free of the plague. When the thieves were tried, the magistrate offered leniency if they would reveal how they resisted contracting the infection as they performed their gruesome acts. The four thieves explained that they were perfumers and spice traders and finally exposed their special concoction of aromatic herbs, including cloves and rosemary, that they rubbed on their hands, ears, and temples. This prevented them from contracting the disease!

The Four Thieves oil blend was created due to research into this recipe used by the thieves of the 15th century and in 1997, studies conducted at Weber State University showed it to have a 99.96% success rate against airborne bacteria. The bacteria cultures were sprayed in an enclosed area, and this special oil blend was diffused into that space. After **10 minutes** there was a reduction of 82% in *Micrococcus luteus*, 96% in *Pseudomonas aeruginosa* and 44% in *Staphylococcus aureus*!!

Four Thieves Essential Oil blend is packed with powerful, germ-killing essential oils. This blend helps not only eliminate airborne bacteria but helps to boost the immune system as well. Four Thieves essential oil blend helps to ward off colds and flu as well as can be used in the showers, countertops and to mist the room for a wonderful fragrance. This is a safe way to battle germs, bacteria, fungi or viruses.

Recommended use is a 5-10% dilution in water or carrier oil. A little goes a long way.

Four Thieves Oil sale price \$10.00 1/3 oz.

Recession pricing is still in effect. Check website for details!

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