



Shiny and New Festive Make-Over

It's that time of year again that springs upon us all too soon and creates for many a heightened sense of anxiety and stress.

Yes it's a joyous season with more opportunities to celebrate with family and friends. Although for some the joy is lost whilst wilting in shop queues for what seems eternity and being rammed into by obsessed shoppers with bulging and out of control trolleys! Not to mention Aunt Ethel getting into a twist over Christmas dinner involving seafood instead of turkey or whatever other family dilemmas can suddenly come to light this time of year.

If you find yourself even for just a moment being caught up in the mayhem and having less than affirmative thoughts at what ought to be a holy & special time of year; here's a three step plan to put you right again.

Here's a simple **Three Step plan** to replenish some lost energy and regain your composure over the festive season. In less than an hour you will be shiny new & ready to face another Christmas party humming along in no time to your favorite Christmas Carols.

1. **Get over it Bath.** *This is a sure fire remedy to chase away the stressors and leave you with nothing but pure of heart thoughts to your fellow man/woman and child (even the wicked car park snatchers and trolley wielding fanatics and especially Aunt Ethel!)*

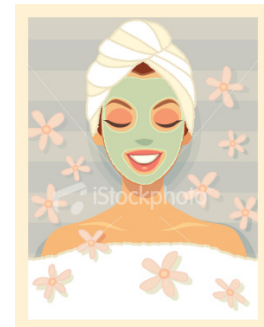


Fill a bath with luke warm water. Add ½ cup of Epsom salts. In an egg cup or small glass add 1-2 tablespoon of full cream milk. To this add 3 drops of clary sage, 3 drops ylang ylang and 2 drops of lemongrass and add to the bath. Soak & breathe in deep.

* Alternatively try our ['Euphoria Dead Sea Mineral Bath Salts'](#)

2. **Put on a happy face.** *Late nights? Believe me on this one...puffy eyes and dull complexions are banished in 20 magical minutes with this natural remedy facial.*

Mix in a ceramic or glass bowl 1/4 cup of full cream natural yogurt with 1/4 cup unprocessed natural honey (jarrah or redgum is best & most tasty!). Add to this 1 drop of true



lavender oil, 1 drop of geranium oil & 1 drop Sandalwood oil. Mix well. Smooth over face throat and chest with fingers or pastry brush avoiding the eye area. Slice a small potato in half and place over eyes and lie down for 15 min thinking happy thoughts...try some positive affirmations or just pretend you are already on your holiday!

**Alternatively mix a few drops of our Hydrating or Renewal serum into 1/4 cup honey and don't leave out the potato eye mask.*

3. **Hands of Love.** *Transform your hands into loving vessels to give and receive and wash away the grime accumulated from excess exposure to cash &*

Into a ceramic or glass bowl place 2 tbsp sugar sweet almond oil & 5 drops into hands and rinse off pat dry.
*alternatively use mineral
Lavandula Hand Therapy



credit cards.
hand exfoliant and apply after treatment to soften.

Christmas truly is a special time of year once we get there. Check out our limited edition 'Enviro Synergy' **Christmas Joy** essential oil blend (only \$17.90) to add some Christmas spice to the festivities or any time at all.

Wishing you all the peace and love this season can bring and a very happy Christmas break.

