

Health & Happiness

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Promotions Valid from June 28, 2017 thru July 26, 2017

5 FANTASTIC BENEFITS OF ACTIVATED CHARCOAL

Clear Your
Complexion, Soothe Bug
Bites, Revitalize Your
Hair, & more with
Charcoal,
p. 24

Get Creative in
the Kitchen with
**GREEN FOOD
POWDERS**

*sunscreen
smarts*
how much
do you
know?

30
WAYS TO MAKE YOUR LIFE
MORE NATURAL, p.16

plus
**NUTRITION &
PERSONALITY**

now drop and give me five ... drops!

Discover how aromatherapy can help weekend warriors.

The athlete in all of us embraces the eternal quest for optimum performance—walking that extra mile, pressing another set of squats, or holding a Warrior II pose longer than last class. Adding aromatherapy to your exercise regimen is one way to optimize energy levels and squeeze just a bit more out of each workout. Just simply through their scents, essential oils can stimulate energy pre-workout or help you relax after a challenging session.

Peak Performance

For an energizing blend (and great workout motivator!), start with essential oil of **grapefruit** (*Citrus paradisi*), which has a subtle sweetness that belies its powerful metabolism-boosting properties. Then add mood-brightener and immunity builder **lemon** (*Citrus limonum*) and invigorating **peppermint** (*Mentha piperita*); the latter offers natural compounds that support respiratory functions. In addition to opening airways

for maximum oxygen exchange, peppermint's refreshing scent has also been proven to reduce perceived effort while exercising and will help you eke out a few more reps.

Disperse essential oils in a diffuser for approximately 30 minutes before your workout to provoke alertness and increase oxygen levels. Exercising outdoors? This blend does double-duty as a refreshing body mist as well. Or blend the oils with your favorite carrier, such as sweet



almond or coconut oil, and apply as needed under the nose, breathing deeply throughout your session to maintain focus and energy output.

Pre-workout Blend

- ▶ 4 oz. distilled water or 1 oz. carrier oil
- ▶ 18 drops grapefruit
- ▶ 16 drops lemon
- ▶ 6 drops peppermint

For a spicier blend that offers anti-inflammatory benefits and promotes endurance, choose clove, cinnamon, and bergamot essential oils. Both **clove** (*Syzygium aromaticum*) and **cinnamon** (*Cinnamomum verum*) contain chemical properties that enable higher oxygen levels in the body's cells that result in healthy energy functions. They also work synergistically to stimulate the nervous system. Add sweet Italian citrus essential oil **bergamot** (*Citrus bergamia*), a natural adaptogen that helps the adrenal system manage the body's response to stress and balance the metabolism. Last, essential oil of **grand fir** (*Abies grandis*) with its decongesting properties will heighten performance and along with clove, offer pain-reducing properties. Apply the blend as needed before or after your workout to relieve achy muscles and joints.

Workout Blend II

- ▶ 1 oz. carrier oil
- ▶ 6 drops clove
- ▶ 6 drops cinnamon
- ▶ 18 drops bergamot
- ▶ 10 drops grand fir

Did you Know?

The magnesium in Epsom salts relaxes muscles and enhances restful sleep. Soak in a salt-infused bath at least 30 minutes before going to bed.



Belly Buster

Instead of a shower after your session, opt for a magnesium-rich Epsom salts soak, which, according to the National Academy of Sciences, helps ease sore muscles by reducing lactic acid build-up common with strenuous exercise. Magnesium also boosts the body's energy production, helps eliminate toxins, and fights fatigue.

Essential oils of cypress and juniper can be powerful aromatics that will help tone the skin and banish bloat, especially in the abdomen. The astringent properties of **cypress** (*Cupressus sempervirens*) also help improve poor circulation by strengthening blood vessels and tightening muscles throughout the body. **Juniper** (*Juniperus communis*) essential oil acts as a purifying agent, cleansing the body of toxins and excess water. Along with essential oil of **lavender** (*Lavandula angustifolia*) and its

skin healing and soothing properties, a 20-minute soak will help you recover after a workout.

To ensure optimum dispersion of oils, first draw your bath, then add the blend before stepping into the tub. For best results, increase circulation by dry brushing your body from the feet up towards the heart before you bathe.

Muscle Soak

- ▶ ½ cup Epsom salts
- ▶ 18 drops cypress
- ▶ 10 drops juniper
- ▶ 18 drops lavender

Note: If you are pregnant or on medication, please check with your physician prior to using essential oils. Conduct a skin patch test prior to use. Although these blends contain a small percentage of essential oils, they may interact with some medicine.

SAVE 20% ON THESE PRODUCTS



Aura Cacia Tea Tree

Possessing an intense medicinal aroma, tea tree can be used by the drop directly on the skin to cleanse and purify. This pure essential oil contains no synthetic colors or fragrances, and is never tested on animals. Organic and paraben-free.



NOW Solutions Jojoba Oil

This certified organic oil is one of the most popular cosmetic oils available today. Its high stability, invigorating scent, and cosmetic versatility make it ideal for all skin and hair types, and it is most commonly used to promote softer hair and skin.