

# Health & Happiness

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## AMAZING HEALTH USES FOR ROYAL JELLY, MANUKA HONEY, & BEE POLLEN

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THE EVERYDAY  
REMEDY

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COZY & NOURISHING  
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# DIY aromatherapy holiday gifts

What better way to express your gratitude and love to friends and family than with a handmade gift?

**D**ecember is a magical time to celebrate the holidays. Get in the spirit by making your own essential oil blends—they make thoughtful gifts for everyone on your shopping list. Craft an aromatherapy treatment that celebrates nature and encourages a respite from the holiday hubbub to refresh frazzled nerves. (And be sure to make a few extras for yourself while you're at it!)

Scents of the season start with the spices—warm, rich aromas that instantly shout holidays! Here are our favorites, followed by three simple recipes for festive blends to help you get started.

## *Clove & Cinnamon*

**Clove Bud** (*Eugenia caryophyllata*) and **Cinnamon Bark** (*Cinnamomum zeylanicum*) are both fiery oils with anti-fungal and anti-depressant properties. Use them sparingly—even with just a few drops you'll

## *Decorating Tip!*

Choose glass containers with tight lids so that your botanical blends stay fresh—the jewel tones of red, green, and cobalt blue are festive choices. Wind raffia around the lids and through a small card labeling your creation. For an added flourish, add a drop of essential oil used in the recipe to the back of the card.



still enjoy their stimulating effects and germ-fighting properties.

### Nutmeg

**Nutmeg** (*Myristica fragrans*) is another essential oil from the spice family with a slightly honeyed, round scent that combats fatigue and alleviates stress.

### Vanilla

**Sweet Vanilla** (*Vanilla planifolia*), known for its relaxing and aphrodisiacal properties, will enhance the pungent aromas of its sister spices while offering a sedating aspect to blends. Vanilla, a solvent extracted from the vanilla bean, is a powerful scent with antioxidant properties that boost the immune system. Just about any combination of spice essential oils make an uplifting

room spray that also naturally counteracts stuffy rooms and airborne germs.

### Sandalwood & Sweet Orange

**Smoky Sandalwood** (*Santalum album*) essential oil is also considered an aphrodisiac, and as a base note, is very grounding and sensual. **Sweet Orange** (*Citrus sinensis*) is a versatile essential oil that you'll reach for throughout the year, including during the winter season when this sweet citrus, a natural anti-viral, will add a lift to home fragrances or lighten up heavier combinations as it stealthily strengthens the therapeutic value of your blends. Mix a few drops of each essential oil in a small bottle of water and lightly mist your holiday gifts as you wrap them for a fragrant experience for recipients.

### Frankincense & Myrrh

**Frankincense** (*Boswellia carterii*) and **Myrrh** (*Commiphora myrrha*) are complex essential oils that provide antioxidant and antibacterial benefits to soothe body and soul. When blended with sweet sandalwood, they create a peaceful, grounding fragrance for a massage or bath soak blend.

## 3 Easy & Festive DIY Holiday Blends

### Party Time Holiday Home Mist

- ▶ 4 oz. distilled water
- ▶ 2 drops clove
- ▶ 2 drops cinnamon
- ▶ 4 drops nutmeg
- ▶ 8 drops sandalwood
- ▶ 12 drops sweet orange

### Oasis of Calm Blend

For a relaxing massage oil, blend essential oils in 1 ounce sweet almond or other carrier oil. For bath salts, mix essential oils with 1 cup Epsom salts.

- ▶ 4 drops sandalwood
- ▶ 4 drops frankincense
- ▶ 2 drops myrrh

### Luxurious Vanilla Chai Milk Bath

Milk baths have a lineage from the days of Cleopatra—and even Queen Elizabeth I of England touted the beautifying benefits of bathing in milk. The lactic acid found in milk sloughs off dead dermal cells, leaving skin soft and glowing. Combined with Epsom salts, powdered milk will create a soothing soak to warm chilled bodies and ease sore muscles.

- ▶ 1 cup powdered milk
- ▶ ½ cup Epsom salts
- ▶ 2 drops clove
- ▶ 4 drops nutmeg
- ▶ 4 drops vanilla
- ▶ 1 vanilla stick



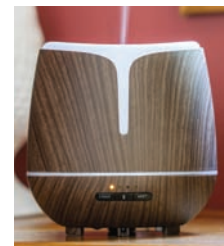
### Aura Cacia Lavender Calming Essential Oil



The sweet herbal aroma of lavender evokes lazy, hazy days of leisure and rest. With no synthetic preservatives, colors, or fragrances, it provides wholesome, all-natural relaxation.

### SpaRoom NEW Pro Air Diffuser

Diffuse your essential oils with the latest ultrasonic technology. Just add tap water and your favorite oil for a soothing spa experience.



### NOW Peppermint Oil



This 100% pure peppermint, steam-distilled oil provides a revitalizing, invigorating, cooling scent with no artificial ingredients and no GMOs.