

Lucky's Market

Aromatherapy: **SCENTS FOR LOVE** //  
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FEBRUARY 2017 | luckysmarket.com

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# love affair

Set the stage for romance and inspire intimacy this Valentine's Day with irresistible essential oil blends.

You don't have to be a scientist to understand the power of fragrance to entice others to come a little closer. Who hasn't caught a whiff of perfume and, drawing nearer, asked, "What are you wearing? You smell soooo good!"

But science has confirmed that some scents do arouse amorous inclinations by triggering deep-seated chemicals in the brain relating to sexual attraction. So whether you're considering spicing things up this Valentine's Day or simply want to create a signature scent to wrap yourself in alone on the 14th, turning to essential oils will satisfy an innate desire for natural scents while providing wellness attributes of calm and self-confidence.

## Floral Love Potions

Floral essential oils are synonymous with love. Think "romance" and most of us envision soft rose petals. Rose absolute (*Rosa damascene*) is the queen of romance-inspiring aromatics, and presents the full Monty of fragrance—beginning with a leafy top note, followed by the middle note's full floral scent we all recognize from inhaling fresh blooms, and the final, rich base notes that linger in the air for hours. Another heady floral, jasmine (*Jasminum officinale*), emits a sharper, but still opulent, scent that is also an option. And cooling neroli (*Citrus bigaradia*, *C. aurantium*) offers a verdant floral scent that, like rose, it is a balanced perfume on its own. Just a drop behind each ear will emit a subtle, enticing aroma of orange blossom.

Rose and jasmine essences are expensive because thousands of petals are



required to extract just small amounts of oil. As an alternative, choose ylang ylang (*Cananga odorata var. genuina*), an essential oil derived from the flowers of a tropical tree whose petals have historically been strewn on the beds of newlyweds in Indonesia to encourage passion. Like its sister florals, ylang ylang will boost the romance quotient in your blend with just a few precious drops.

**HEALTHY TIP!** Like olive oil, ylang ylang essential oil undergoes several levels of extraction. You'll enjoy the best benefits from the highest grade, the first extraction, called ylang ylang "extra."

Subsequent extractions, or fractions, are called Grades 1, 2, and 3. "Complete" ylang ylang is the essential oil that has been obtained from an uninterrupted distillation process, and like the "extra" version, is preferred by aromatherapists. Be aware, however, that "complete" can also mean that a supplier mixed Grades 1, 2, or 3 with the first, or "extra," grade. So check the exact distillation details before purchasing.

## Rustic Intrigue

If rose is the queen of romance, then sandalwood (*Santalum album*) is the king: This rare wood's scent is especially

appealing to men, which makes it an excellent choice to blend with a floral essential oil in a "Mars and Venus" mash up. Another wood, rosewood (*Aniba rosaeodora*), also possesses aromatic properties that heighten attraction. This unsung aromatic hero is a soothing, balanced scent that works well with almost any other essential oil.

The scent of patchouli (*Pogostemon cablin*) brings to mind the "free love" '60s. This musky oil, which ages like fine wine, adds a unisex earthiness to any blend.

## Smoldering Spices

Other aphrodisiac essential oils include those from the spice family, such as cardamom, vanilla, and myrrh, all known for their warming, intoxicating properties that perfectly balance the sweetness of floral essential oils. Cardamom (*Elettaria*

*cardamomum*) is a middle-note essence that perfectly marries airy neroli with luscious vanilla (*Vanilla planifolia*), the scent scientists note as being most attractive to men. Mellow essential oil of myrrh (*Commiphora myrrha*) will provide a grounding element to any rich floral essential oil blend.

**DID YOU KNOW?** Although the Bible mentions myrrh as one of the three gifts presented by the Wise Men to Jesus at his birth, it also describes myrrh in the Old Testament as a rare perfume with intoxicating qualities.

Even if you decide to apply a come-hither scent and curl up with a good book on the 14th, take a deep breath and enjoy the relaxing vibe.

## sensual energy blends

Mix each blend in a 1-oz. glass bottle with jojoba or another carrier oil of your choice. Apply blends on pulse points as a natural perfume, or include a few drops in a warm bath or massage oil.

READY FOR ROMANCE BLEND	ATTRACT YOUR IDEAL MATE BLEND	MELLOW OUT BLEND
9 drops rose, jasmine, or ylang ylang 11 drops myrrh 10 drops rosewood	7 drops cardamom 16 drops neroli 7 drops vanilla	6 drops patchouli 12 drops sandalwood 12 drops rosewood

*Note: Although these blends contain a small percentage of essential oils, they may interact with some medications. If you are pregnant or take prescriptions, check with your physician prior to using essential oils. Conduct a skin patch test prior to use. Never ingest essential oils.*

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## Lucky's Apothecary

### Energy Boost

Put the pep back in your step with this energizing blend of Himalayan cedarwood (*Cedrus deodara*), peppermint leaf (*Mentha piperita*), rosemary leaf (*Rosmarinus officinalis*), and eucalyptus leaf (*Eucalyptus globulus*) essential oils.

