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Health & Happiness

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HEALTH

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10 COLD &
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ADAPTOGENS
2-part series
on these
multi-use
herbs, P. 10

Studies show that
CBD extract calms
anxiety, soothes
pain, & more! p. 6



aromatherapy for all ages

Whether you're a senior or a millennial—or you are simply seeking a calmer, more vital life—incorporating essential oils can support your wellness goals at any age.

Tap into the power of aromatherapy. The following seven essential oils are a natural treatment for a myriad of chronic conditions, including stress, decreased focus and memory, digestive issues, and low energy.

1. Lavender (*Lavandula angustifolia*)

Sweet, herbaceous lavender is the ultimate anti-anxiety essential oil to ease irritability. Simply put, it's the first oil to reach for to fight stress and promote restful sleep. In addition, when inhaled, the grounding aroma treats vertigo and dizziness. And when combined with other oils, lavender helps balance and enhances any blend. Spray a mixture of 12 drops of lavender and 1 ounce water on bed linens to infuse the scent and ease insomnia.

2. Bergamot (*Citrus bergamia*)

Bergamot is another balancing essential oil whose bright citrus notes will refresh while also battling the blues brought on

by loneliness. Brew a cup of Earl Gray tea and you'll experience bergamot's lilted fragrance. Blend several drops along with several of lavender essential oil and



DIY Essential Oil Recipes

Comfort Blend

- ▶ 1 oz. grapeseed or sweet almond oil
- ▶ 18 drops bergamot
- ▶ 18 drops cypress
- ▶ 6 drops rosemary

Blend with 1 oz. grapeseed or sweet almond oil for massage, or combine oils with distilled water and use as a body spray. (Avoid spraying near face.)

Digestive Blend

- ▶ 1 oz. grapeseed or sweet almond oil
- ▶ 18 drops peppermint
- ▶ 18 drops ginger
- ▶ 6 drops rosemary

Blend with 1 oz. grapeseed or sweet almond oil. Place one drop under nose and breathe deeply, then massage in circular motion on stomach.

Memory Blend

- ▶ 18 drops lavender
- ▶ 18 drops rosemary
- ▶ 12 drops peppermint

Blend with 1 oz. grapeseed or sweet almond oil for massage, or combine oils with distilled water and use as a body spray. (Avoid spraying near face.)

Arthritis Massage Blend

- ▶ 1 oz. grapeseed or sweet almond oil
- ▶ 18 drops cypress
- ▶ 6 drops ginger
- ▶ 6 drops rosemary

Mix with 1 oz. grapeseed or sweet almond oil and massage affected areas. This blend is an effective treatment for leg and foot cramps, too!



Cypress oil

diffuse for a relaxing scent. Or draw a warm tub of water and add 6–8 drops of bergamot for a soothing evening bath.

3. Geranium (*Pelargonium graveolens*)

Geranium's fresh, green scent will brighten your morning! This essential oil helps minimize inflammation and stimulates sluggish circulation, and is often used in skincare to treat wrinkles and dull skin. Add 2–3 drops to your daily moisturizer to tone the skin, and breathe deeply to awaken the senses.

4. Cypress (*Cupressus sempervirens*)

Like geranium, cypress oil's circulatory and anti-inflammatory properties ease tense muscles and aching joints. Its light evergreen scent gently promotes healthy breathing by opening respiratory airways. Cypress also helps during times of grief, and is often used as a powerful natural aid to foster emotional healing after loss. Inhale directly from the bottle or add a few drops to a tissue and tuck into a pocket for easy access.

5. Rosemary (*Rosmarinus officinalis*)

Spritely, stimulating rosemary is both a mood- and mind-booster that eases symptoms of depression and stimulates

brain functions. Rosemary can also improve circulation, and is an effective addition to massage oil or warm compresses targeting arthritis or leg cramps. But remember, a little goes a long way with this somewhat camphorous essential oil, so use a few drops diluted in a carrier oil such as grapeseed oil.

6. Peppermint (*Mentha piperita*)

Ahhh, the sweet, minty whoosh of peppermint—definitely invigorating and refreshing. Beyond that, peppermint is a serious memory-enhancing essential oil, especially when paired with rosemary. Diffuse a few drops of each oil in the morning for alertness and energy. Peppermint can also help ease a cranky digestive system, stimulate a lackluster appetite, and quell nausea. Place 2–3 drops on a handkerchief and inhale as needed to ease symptoms.

7. Ginger (*Zingiber officinale*)

Like peppermint, this spicy essential oil helps relieve digestive ailments and is an excellent mate for a massage blend. But ginger also offers warming, anti-inflammatory properties that will heighten the effectiveness of formulations for rheumatism and arthritis. And paired with orange-scented bergamot, ginger's earthy aroma is especially inviting. Add two drops of each in a diffuser for an uplifting aromatic backdrop to your day.

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