

# ENCHANTED THYMES

## Aromatherapy

### Using Essential Oils for Greater Health and Wellness

When we smell the freshness of a pine forest after a rain or an orchard in bloom, we are experiencing one aspect of aromatherapy – how the fragrances of plants can impact our mood and emotions. The volatile compounds that give plants their characteristic aromas can be distilled or extracted to produce essential oils, concentrated extracts of plants that can be used in numerous ways to enhance our health and wellbeing.

Aromatherapy is the use of essential oils to aid healing, both physically and emotionally. Unlike synthetic fragrances, which can actually be harmful to health, natural essential oils are not only non-toxic (when used correctly) they are actually good for our health. Aromatherapy can be used to fight infection and disinfect our homes, stimulate circulation, ease pain and reduce inflammation, relax muscles and nerves to reduce stress, lift our mood when we feel tired, sad or depressed, and freshen our homes. They can even help to expel insects and household pests.

The mood enhancing benefits of essential oils can be experienced by directly smelling them or diffusing them into the air in our homes. Their aromas can improve sleep, enhance meditation, create a sensual environment for intimacy and even prevent the spread of contagious diseases. The healing properties of these aromatic compounds can also be experienced by using them in massages, baths, gargles, douches, compresses, facials and masks and much more. Certain oils can also be used internally (for short times and in very small doses) to aid healing from physical health issues.

### Monthly Healthy Habits Class

**DATE:** Saturday, June 14, 2014

**TIME:** 9:30 AM – 10:30 AM

**LOCATION:** Enchanted Herb Pantry, Loving, NM

**MORE:** Join us for the next Healthy Habits Class and we will introduce you to a variety of essential oils and their uses as well as cover a variety of ways in which these oils can be used. You'll learn how you can enhance your health and wellbeing with aromatherapy. Join us for a fragrant and fun experience.

**CLASS INCLUDES:** One-hour class with handouts.

**COST:** \$10/person, Bring a Friend ~ Receive a FREE Gift.

**TO REGISTER:** Call 575-745-1673 or email: [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com).  
**Space is limited ~ Register early!**

#### Events Calendar:

- **Healthy Habits Class, Saturday, June 14<sup>th</sup> @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **DermaGRID Scans** can help you decide what supplements and foods may be most beneficial to you. For more details, visit my website or call and schedule your in-office or distance appointment today!
- **Tired of Feeling Tired?** Re-energize your body with an Detox/Energy Foot Spa session. Appointments are available Monday thru Saturday at Enchanted Herb Pantry, Loving, NM.
- **Your referrals are appreciated!** Refer a friend and receive 10% of any product or \$5 off any service!  
\*Savings on regular prices.

## EHP Monthly Specials

Save 10% on  
Any Custom  
Aromatherapy  
Product

\*Sale prices valid for in-stock items only during advertised month. Sale prices/free product not valid on services or website orders unless otherwise stated. All prices subject to change without notice. Shipping charges may apply.\*

## Product Tips

### **Lift**

Solle Essentials™ **Lift** helps bring to mind feelings of optimism and hope. Enhance your self-image and confidence by boosting your immune system and helping your body regulate blood sugar levels. Lift helps you become yourself again. Also available: **Calm**, **Clarify** and **Balance**.

\*Products available at [www.onesolle.com/enchantedherbpantry](http://www.onesolle.com/enchantedherbpantry) and Enchanted Herb Pantry, LLC

## Natural and Organic Foods

Enchanted Herb Pantry offers Healthy and Organic foods and personal care items at affordable prices. (We still need to get our order volume up before we can order/receive frozen/refrigerated items). Pricing is only 25% above actual cost. Visit our group page at [www.EHP\\_GoodFoodGroup@yahoo.com](mailto:www.EHP_GoodFoodGroup@yahoo.com) to share cases or share with family and friends. For more information, please contact me or visit [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com) to view regular and sale catalogs. **NOTE: THERE WILL BE NO FOOD ORDER IN JUNE OR JULY.**

**Farm-Fresh Eggs - \$3/dozen**

## Coming Next Month

**Xenoestrogens – Environmental Chemicals are Destroying Reproductive Health in Both Men and Women** – At our next Healthy Habits Class, on **Saturday, August 9<sup>th</sup> at 9:30 am**, we will not only educate you about the harmful effects of xenoestrogens, we will tell you what foods and products you should avoid to minimize your exposure to them. We will also tell you how to counteract the effects of them in your body using herbs and supplements.

**NOTE: THERE WILL BE NO HEALTHY HABITS CLASS IN JULY**



## Enchanted Herb Pantry, LLC

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Visit us on the web: [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com)

Office Hours: Monday – Friday: 9-6, Saturday: 9:30-Noon

### Important Notice:

This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

**FREE Enchanted Thymes and Sunshine Sharing subscriptions** are now available to active Enchanted Herb Pantry clients **via email**. Don't miss out on this valuable information. Please visit my website at [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com) to join my email list. To receive this monthly newsletter via USPS mail, annual subscriptions may be purchased for \$15/12 issues. Please mail payment to: Enchanted Herb Pantry, LLC, 97 W Ogden Rd, Loving, NM 88256. Current and past issues of Enchanted Thymes can also be viewed on my website.

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