

ENCHANTED THYMES

Emotional Balance

Flower Essences and Aromatherapy Can Help Heal Your Wounded Feelings

Herbal medicine isn't just for physical health problems. Plants also have the power to affect us emotionally and help us to heal from emotional wounds as well as physical health problems. For instance, homeopathic preparations from flowers known as flower essences have been used since the early 1900's to help people resolve issues with fear, depression, anxiety, grief, anger and irritability. Flower essences can help people to rediscover their self-confidence, feel calm in a crisis and otherwise rediscover peace and joy in spite of life's challenges.

Long before the development of lower essences people were distilling essential oils from various plants. The use of these essential oils has become known as aromatherapy, which has become increasingly popular in recent years. Although essential oils can be used to treat physical health issues, they are also helpful for calming and centering the emotions.

Aromatherapy can help to reduce feeling of anger and irritability, comfort the heart in times of sadness and calm down feeling of anxiety or fear. To achieve these effects, essential oils can be diffused into the air, made into a hydrosol, used in baths and soaks or worn as perfumes.

Emotional balance is very important to our health. Our emotions affect our physical well-being and vice-versa. Major emotional issues like excessive anger and irritability, chronic grief and self-pity, problems with depression, anxiety or irrational fears can be addressed with flower essences and essential oils. Flower essences and essential oils can be used to help restore feeling of calmness, inner peace, love, joy and happiness.

Healthy Habits Class

What to know more about this topic? Schedule a Personal Health Consultation or Healthy Habits Class. To create your own class: choose your class topic. Each class includes: 1½ hour class and handouts. \$50/class* (includes up to 5 people) - \$10/person thereafter. Simply call or email to schedule a Healthy Habits Class.

**Travel fees may apply.*

Events Calendar:

- **DermaGRID – Your Window to Wellness:** 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! Schedule your scan 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.
- Contact me to **Create your own Healthy Habits Class!**
- **Please send me your testimonials!** I would love to use them in the new website.

EHP Monthly Specials

Save 10% on
aromatherapy
items, including
custom blends.
Great gift ideas

Mention this ad to receive discount. 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

DIY Sugar Scrub:

6 tbsp organic fair trade sugar
4 tsp **organic coconut oil***
1/4 cup raw local honey
15 drops **grapefruit essential oil***
Mix all ingredients and store in airtight container.

*Products available at Enchanted Herb Pantry, LLC

Recipe from Mama Z

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 to share cases or share with family and friends. For more information, please contact me or visit www.enchantedherbpantry.com to view regular and sale catalogs.

CBD Products now available

Farm-Fresh Eggs - \$4/dozen

Coming Next Month

Age is Just a Number – Three Tips for Enjoying Vibrant Health as we Grow Older – Our next Healthy Habits topic will review how to avoid allowing your body to act out its “aging” and make you “old.”



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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.

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