

Colour Tips for July

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SUMMER AROMATHERAPY

Summer is just around the corner and with sunny weather comes more time spent in the outdoors. And more time outside means we are more prone to insect bites, sunburn, heat exhaustion and muscle aches from the extra activity.

Essential oils are a simple and natural way to relieve the common ailments that many of us experience during the summer months. So, to help you get ready, we have prepared a list of our favourite “must have oils” for your summer first aid kit.

The basic “essential” oils that we recommend in any first aid kit include: Tea Tree, Lavender and Geranium. Your kit should also include a clean cloth that can be used for hot or cold compresses or to clean an area prior to treatment. Other first aid necessities include bandages, a carrier oil such as Jojoba, and some rose hydro gel to quickly soothe those sun or barbecue burns.

Tea Tree oil is anti fungal and antiseptic, which makes it great for conditions like burns, athletes foot, cuts, scrapes, and itchy insect bites. Tea tree can be applied directly on the skin (neat) without a carrier oil, making it easy to use.

Lavender oil is another “must have” essential oil. Lavender oil can also be used neat and is excellent for soothing and healing bumps and bruises, burns, insect bites, muscle aches and sun- burn. For heat exhaustion, sunstrokes and headaches apply Lavender oil to the temples, back of the neck and the Solar Plexus and breathe deeply. For heat stroke and heat rashes add several drops of Lavender to a bathtub full of cool/tepid water or onto a cold compress (apply compress to forehead). Lavender oil is also excellent for cuts, swelling and burns.

Geranium oil is also antiseptic and antifungal, making it a good choice for cuts, sores and fungal, bacterial and viral infections. As well, Geranium helps heal fever blisters and cold sores

and is ideal for repairing dry skin. Geranium is helpful for travel sickness and jetlag. It is a very popular oil to use in cases of menstrual problems such as PMS, menstrual pain, swelling (bloating), mood swings, menopause, etc. Soothing on sore throats.

Keeping those pesky insects away can be done by using Lavender. A couple of other essential oils that are also good insect repellents are clove, peppermint, citronella and lemongrass. Simply mix a few drops of any of these oils with some Jojoba oil and apply to exposed skin. Or try using Colour Energy’s blue chakra blend.

Ask us about our line of Aromatherapy Diffusers. We carry diffusers for the home, car and spa - perfect for keeping your favourite scent around you wherever the summer takes you!

ESSENTIAL OILS IN THE HOME

When guests first enter your home the first thing that greets them, other than you, is the aroma. Essential oils can be used to create a specific ambiance, including a homey energy. Following are some of our favourite household aromatherapy tips:

Create your own air fresheners.

Add 6-8 drops of your favourite essential oil(s) to 8oz/250ml of water in a spray bottle. Simply spray into the air and towards carpets and curtains. Do not spray directly onto fabric or wood furniture. Excellent deodorizing oils are Lavender, Tea Tree, Peppermint, Eucalyptus and Geranium.

Or try putting 6-8 drops of your favourite scent in a diffuser (COLOUR ENERGY has several beautiful diffusers to choose from). Alternatively, you could add the oil(s) to a bowl of boiled water. Sweet Orange, Lemon and your favourite citrus oils are especially good to diffuse during the summer months to create a refreshing, uplifting aroma and atmosphere. Candles scented with essential oil(s) can also be used to give the home a soothing and romantic ambiance and aroma.

Other ways oils can be used around the home include:

- When cleaning your fridge, add one drop of a citrus oil such as Bergamot, Grapefruit, Lemon, Lime, Mandarin or Orange oil to the final rinse water.
- When washing down surfaces in the kitchen, place a few drops of Eucalyptus, Lavender, Lemon, Palmarosa, Pine or Thyme oil directly on a cloth or add several drops to the rinse water.
- Put 4 drops of oil onto a cotton ball or fabric swatch and tape to the hood of a fan on those hot summer days. Use oils that are cooling such as Geranium or Lavender. Oils can also be used with a humidifier.
- Add a few drops of Geranium or Lemon oil to water in a spray bottle to freshen linen or spray on garments before ironing.
- Place cotton balls scented with Citronella, Lavender or Rosemary in your drawers and linen closet to deter moths.
- Try adding 3-5 drops of a refreshing essential oil to the softener compartment while doing laundry. You can also put a few drops of oil on a cloth to infuse clothes in the dryer.

• Essential oils that are known for their anti-bacterial or anti-viral properties can be used to clean the air rather than just masking smells in the home. To rid a room of pet, tobacco or cooking odours use Cinnamon, Clove, Eucalyptus, Grapefruit, Lavender, Lemon, Lime, Orange, Pine, Rosemary, Tea Tree or Thyme oil for their ability to freshen and cleanse the air of stagnant smells. Saturate cotton balls or fabric swatches and place in the corners of a room or in cupboards to create fragrance in living or work areas throughout the house or office.

• Hallways are the place where we typically greet our guests. Use Bergamot, Grapefruit, Lavender, Lemon, Lime or Geranium to create warm and inviting aroma.

• Keep Geranium, Lavender and Tea Tree oil in your first aid kit for cuts, burns and insects bites/stings.

COLOUR ENERGY now carries over 90 different therapeutic essential oils and blends, as well as carrier oils, aromatherapy diffusers and other “energy” tools. COLOUR ENERGY is your one stop chakra shop!

MORE AROMATHERAPY RECIPES...

We know that chemical insect deterrents are mainly toxic. When they are absorbed into your system they can make you sick.

Inhaling the fumes or coming into contact with these products can immediately give you a headache or make you feel nauseous. The toxins can accumulate resulting in chronic complaints and disorders (such as allergies, cancer and possibly miscarriages) that can be serious and even deadly over time.

Essential oils have been used for thousands of years in remedies as well as to repel insects. They work well, and Colour Energy's professional grade oils are completely safe for inhalation and external use. Unlike chemical insect repellents, you don't have to worry if a toddler or an animal gets into essential oils that have been laid out to ward off bugs.

HOW DO YOU USE OILS AS AN INSECT REPELLENT?

Simply mix 10-20 drops of the chosen oil(s) with 1 cup of water, shake it up, and start spraying. If you have bugs on your plants you can spray the leaves to drive the bugs away with no harm to your plant. For ants, you can spray a line of peppermint, spearmint or catnip in doorways, on window sills, across your kitchen counter or floor, which will prevent the ants from crossing the line. For persistent bugs use a stronger mixture.

For flies, you can knock them dead right out of the air with one shot from your sprayer. Our peppermint and lavender hydrosols are ready to use bug sprays. Note: The oil alone is an insect repellent. Combined with water, it is an insecticide.

Following are the recommended oils to use:

ANTS – Citronella, Peppermint, Spearmint
APHIDS – Cedarwood, Hyssop, Peppermint, Spearmint & Saltwater
BETTER – Peppermint, Thyme
CATERPILLARS – Spearmint, Peppermint
COCKROACHES – Cypress, Peppermint & Saltwater
FLEAS – Citronella, Peppermint, Lemongrass, Spearmint, Lavender
FLIES – Citronella, Lavender, Peppermint, Rosemary, Sage
GNATS – Citronella, Patchouli, Spearmint
LICE – Cedarwood, Peppermint, Spearmint
MITES – Eucalyptus, Lavender, Lemongrass, Peppermint, Thyme
MOSQUITOES – Catnip, Citronella, Lavender, Lemongrass
MOTHS – Cedarwood, Hyssop, Lavender, Peppermint, Spearmint
SLUGS & SNAILS – Cedarwood, Hyssop, Patchouli, Pine
SILVERFISH – Eucalyptus
SPIDERS – Peppermint, Spearmint
TICKS – Cedarwood, Lavender, Lemongrass, Sage, Thyme
WEEVILS – Cedarwood, Patchouli, Sandalwood

UPCOMING COURSES:

INTRODUCTION TO THE SOUND ESSENCES

Tuesday Evening • August 23rd, 2011 • 6:00pm to 9:00pm
[Complementary Refreshments](#)

Followed By a 2-Day Workshop

VIBRATIONAL MEDICINE: ESSENCE OF SOUND

August 24th & 25th, 2011 • 9:30am to 4:30pm
[Includes Refreshments & Snacks](#)

CHROMALIVE LIGHT THERAPY

August 26th & 27th • 10:00am - 4:30pm
[Includes Lunch, Refreshments & Snacks](#)

Colour Vibration & the Zodiac Signs



CANCER – YELLOW ORANGE

June 21st - July 22nd

People born under the sign of Cancer are very mentally creative. They understand the relationship between their emotions at any given moment and incoming information. Cancer has a strong "felt" sense of what is right. Judgment is usually based on a gut feeling that a certain direction is best. The Orange/Yellow person is never boring, as s/he can be both knowledgeable and at the same time very entertaining. The nature of Cancer is to uplift others and share innovative ideas.

THE PURPOSE OF THE ORANGE/YELLOW ENERGY IS TO FACE LIFE'S CONFLICTS HEAD ON AND DEAL WITH ONE'S FINANCIAL RESPONSIBILITIES.

Orange is the energy that connects to one's sensing abilities and Yellow is the colour of knowledge and clarity. Combined Orange/Yellow allows one to "go" with the flow and at the same time give new ideas. Great for helping one to release rigid patterns and habits. Mix one cap Orange and one cap Yellow Colour Bath together and create a beautiful peach bath experience. A peach coloured bath will support the deep release of toxins.

Other Orange/Yellow tools would be Colour Energy's Bergamot oil mixed with Orange for a nice uplifting blend. Also CE's Melissa Mix is a combination of Orange and Yellow essential oils.

Lighter coloured foods such as Apricots, Peaches, Cantaloupes and Yam are the Orange/Yellow energy. ☼



LEO – YELLOW

July 23rd - Aug 22nd

Leo the Lion is all about the Yellow ray. Leo's love to learn and are curious by nature. They want to know how everything works and why. Leo's are governed by their mind power and can tend to hide their emotions. On the negative side they will become the Yellow bellied coward and try to repress or deny their true feelings and inner thoughts.

Overall the Leo person is a strong and independent person who loves to teach others about life and interesting things.

THE PURPOSE OF THE YELLOW ENERGY IS TO BE MORE COMPASSIONATE AND UNDERSTANDING ESPECIALLY TOWARDS THEMSELVES.

Take the time to purify your body, mind and spirit with a daily ritual of a Stimulating Yellow morning Colour Bath or foot bath. Yellow is the best mental stimulant and is known to improve one's mind power and memory abilities. Try adding a fresh lemon slice to your drinking water. Yellow foods are eggs, grapefruit, bananas, pineapple, corn or yellow melons, peppers or squash. Colour Energy's essential oils of rosemary, bergamot or grapefruit are known to stimulate the digestive system and help in releasing body waste—try CE's new Yellow Chakra Blend. Music that awakens the mind would be sounds of chimes or Tibetan bowls. Test our Yellow colour therapy eyeglasses for driving long distances or to your improve focus and concentration (Inger wears the yellow glasses to help improve her golf game!). ☼