

# 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 hydrosol 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! Colour Energy is the exclusive distributor for the Heavenly Scent ionizing diffuser. Ask about our different diffuser & ionizer options.**

## 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 130 different therapeutic essential oils and blends, as well as carrier oils, floral waters, unscented bath & body products and other “energy” tools. COLOUR ENERGY is your one stop chakra shop!**