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*Marge was interviewed by a writer for this health food store magazine during mid Autumn. Since the magazine is designed as a “give away” it usually only promotes products available, so being quoted, and having the website referenced was an honor.*

In an article on Holistic Body Care, in the Natural Beauty section, author Maria Noel Graves interviewed several leaders of Essential Oil companies, presented several blends for various skincare products, and ideas for homemade gifts.

Among the blends listed were two that Marge suggested, one called “Calm Alert Blend,” designed to take away stress, but not relax the user too much...relaxing but not sedating.

13 drops Lavender  
8 drops Coriander  
4 drops Pink Grapefruit

And when asked for a “invigorating or stimulating blend” I suggested a very simple combination consisting of 17 drops of Rosemary Cineole and 8 drops of Peppermint.

In the interview I suggested using the latter in a morning shower, added to liquid castile soap or unscented shower gel, or just putting a few drops on a washcloth on the shower floor, so the steam can release the aromatic vapors.

The article went on to give suggestions for lip balms, body scrubs, and aromatherapy mists or spritzers.

The interview with Maria was fun...she asked a lot of insightful questions, and gathered a lot of information that didn't work its way into this article, so there may be another.