

JennScents® Scentinel

JennScents®, Inc.

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www.jennscents.com

Note from JennScents® - Happy, Healthy New Year!

I'm excited to share with all of you, that I have accomplished a long-time goal...I am officially a Diplomate in Spiritual PhytoEssencing (SPE).

I've studied deep emotional and soul level healing with aromatherapy under the mentorship of [Dr. Bruce Berkowsky](#), a homeopath, educator and developer of the Natural Health Science System, Vital Chi Skin Brushing System, Spiritual PhytoEssencing as well as author and formulator of herbal remedies and aromatherapy blends.

SPE is intended to encourage deep, soul-level healing using essential oils. It is based upon a harmony of certain aspects of aromatherapy, physiology, classical homeopathy, traditional Chinese medicine, herbal medicine, anthroposophical medicine, folklore, psychology and other modalities.

The goal in Spiritual PhytoEssencing is to identify the pattern of deep psycho-spiritual themes leading to unresolved issues which have

created disharmony within the body, and match up the appropriate essential oils that can help one work through those issues to experience overall balance, vitality and well-being. [Click here to read more about this amazing discipline.](#)

I'll be offering classes in 2012 to share knowledge and the process of implementing Spiritual PhytoEssencing into your aromatherapy blends. Visit www.jennscents.com for more information and class dates.

January 2012

Coming Soon

*JennScents® Full Product
Line Catalogue*

Teleseminars

More Live Classes

INSPIRING AROMATHERAPISTS by Joan Nieuwenhuis

Make 2012 the year you invest in your personal and professional growth. Do something you love and are passionate about.

You can learn a new trade and enhance your aromatherapy skills. Let JennScents® help you advance to the next level and achieve your potential.

We have many projects, great classes and training in store for you in the coming year. What resolution could be better than empowering yourself with

the gift of knowledge that will surely change your life, and those around you!

If you haven't done so yet, you haven't got a moment to lose! Sign up for our [Introduction to Holistic Aromatherapy Certification Course](#). Start off the New Year with a resolution to improve your health with hands on learning.

If you have already taken our Introduction Course, then it's time to dig a little deeper with the next step. Check out our complete

aromatherapy certification program at www.jennscents.com. Now is the best time to start.

For more information or to purchase courses, please visit www.jennscents.com.

Joan Nieuwenhuis, is the JennScents® Education Coordinator. She can help you get started and guide you through each of the courses. She can be reached at 352-243-9627 or jh@jennscents.com.

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Information provided is the personal opinion of the writers and meant for conversational and educational purposes only. It is not intended to treat, diagnose or prescribe. It is recommended to consult a professional healthcare professional before beginning any wellness program and if serious health concerns exist.

Palmarosa Essential Oil *by Darla Miller*

Palmarosa (*Cymbopogon martini*) is indigenous to Pakistan and India, but is now cultivated in Indonesia, Brazil and Africa. It is a close relative to lemongrass and citronella. The extraction of this essential oil is completed by steam distillation of the dried grass, which is harvested before flowering.

It has a soft, pleasant aroma that smells similar to a light scented rose and geranium essential oil, hence its name. It is sometimes used as a substitute for rose oil, as it is less expensive. It is a middle note and blends well with geranium, citrus oils, bergamot, rosemary and ylang-ylang, among other oils.

Palmarosa is antiseptic, antiviral, bactericide (inhibits bacterial growth), cytophylactic (promotes growth of cells; helps repair damages to the body by aging), digestive, febrifuge (reduces fevers) and hydrating.

Palmarosa is calming to the mind, yet has an uplifting effect, and

clears muddled thinking. It is used to counter physical and nervous exhaustion, stress-related problems and nervousness. It cools the body of fever, while aiding the digestive system, helping to clear intestinal infection and sluggishness.

Palmarosa is great for the skin. It moisturizes, while balancing the hydration levels and stimulates cell regeneration. A great selection to balance the production of sebum (which lubricates and waterproofs the skin) and to keep the skin supple and elastic. It is valuable for the use with acne, dermatitis, scar prevention, and rejuvenation of the skin, as well as fighting minor skin infections. Due to its cytophylactic properties, it is used extensively in cosmetics and soaps for the treatment of skin infections such as acne and boils.

Learn more about Palmarosa essential oil in the [JennScents® Holistic Aromatherapy and Herbal Integration Certification Course](#) at



www.jennscents.com.

Coconut Hair Repair *(for thinning hair)*

2 oz. organic extra virgin coconut oil
2 Vitamin E capsules
30 drops Jojoba oil
5 drops Palmarosa
8 drops Lavender
2 drops Rosemary
3 drops Sage

Use once per week. Leave on for at least 30 minutes before washing out. For best results, leave on overnight. Apply shampoo to hair before you rinse, to help remove all of the oil. *Always use 100% pure, unadulterated essential oils to obtain therapeutic properties.*

Darla Miller is an Aromatherapist and owner of [Old Thyme Remedies](#), @ [Leesburg Herb Shoppe](#), (352) 315-4372, Darla@LeesburgHerbShoppe.com.

Aromatherapy Pet Corner *by Jenny Wallace*

Alleviating Scars on Pets

Dogs get cuts, scrapes and scars, just like we do, maybe even more, depending on how active your dog is. Surgery can also cause unsightly scars.

There are remedies that can help minimize these unwanted appearances. Pure essential oils have many therapeutic properties that



may purify the area and help ensure proper healing. Whenever my dog, Scout, gets a cut or scrape, I reach for [Dirty Dog Skin Soothing Spray](#) to relieve the irritation and disinfect the area.

Made with 100% pure, unadulterated essential oils of Spearmint, Lavender, Tea Tree and Chamomile, it's the perfect blend to:

- treat the area for bacteria
- help calm and soothe the skin
- reduce inflammation and pain
- aid the body in regenerating new cells
- offer a variety of therapeutic properties

The more quickly a wound, scrape or skin trauma heals, the less chance that area will scar.

A great tip for old scars that are slow to heal is to use Helichrysum essential oil (always diluted in a carrier). Mix 2 drops with 1 tsp of Jojoba oil and rub in small circular motions, over the area twice daily. This amazing essential oil is even more regenerative than Lavender! A little more expensive, but 1 drop goes a long way!

Jenny Wallace, aromatherapist and owner of [Something Smells Good!](#) Aromatherapy Bar in Bristol, Tennessee, specializes in Aromatherapy products for pets and humans. For more info, visit www.somethingsmellsgood.com.

Scar Busting Essential Oils *by Jennifer Pressimone*

When most people think of scars, they think of physical scars, that you can see with the human eye. It is an unwanted discoloration of the skin, sometimes in a very obvious spot like the face, leg, hand or neck. Our goal is to find a remedy that can minimize the appearance of such scars.

Well, wouldn't it be great to not only reduce scar visibility, but also enhance the overall function of the skin (our largest eliminative organ) while working on our emotions at the same time?

Essential oils are very powerful as we all know. And yes, they can aid in physical scar minimization. But what about the scars we can't see? The emotional, mental and spiritual scars that define who we are and how we act around others.

Emotional scars take longer to

heal, as it requires a much deeper connection to one's true self to work through the troubling unresolved issues. Essential oils can help, but it takes time. Everyone is different and has varying issues to address, thus you can not expect to be "scar-less" in a specific amount of time. It is a journey. An emotional cleansing. It's one element in conjunction with lifestyle adjustments, nutritional upgrades and possibly herbal and/or homeopathic supplementation.

The essential oil of Palmarosa is a good choice to have in your "scar-reducing" arsenal. It provides a balancing effect emotionally, but also physically with sebum pH, redistributing excess moisture to balance deficiency (dryness, discoloration) to bring all into harmony.

Frankincense is another must have. It helps one connect

spiritually, but also provides great benefit to any skin concern, including scarring as it delivers anti-inflammatory, cicatrizant (scar reducing) and vulnerary (wound healing) properties.

A few others to consider as well are Myrrh (great for pigmentation issues, eczema, skin lesions; spiritual aid, helps one speak the truth); Helichrysum (amazing to break up scar tissue - physical and emotional; works on liver-kidney connection); and Elemi (cicatrizant, vulnerary; aids body during stressful times; grounding, peaceful, revitalizing).

When creating a blend, my favorite carrier is liquid plant-based enzymes as it provides hydration while restoring balance. Great for scars, of any kind.

Jennifer Pressimone, owner of JennScents Aromatherapy, a Diplomate in Spiritual PhytoEssencing and international author and lecturer. jh@jennscents.com.

JennScents® New Year, New You Healthy Tip:

Find time during the day to have a good laugh. Laughter increases the immune system by over 50%!

JennScents Scar Reducer Cream *by Joan Nieuwenhuis*

Do you try to hide your physical scars with makeup and clothes? Can't wear that perfect outfit because of the scar on your leg? When we have scars, it is sometimes difficult to get past them to achieve goals we may have set for ourselves. Even though the scars may be unnoticeable to others, for the person who has to live with it, it is sometimes impossible to overlook.

Don't let your scars keep you from achieving your goals or looking your best. Try our [JennScents® Scar Reducer Cream](#), and start the healing process today. It is a special blend of 100% pure essential

oils and botanicals specifically formulated to break down the heavy scar tissue and encourage growth of healthy skin.

This special formula includes Helichrysum, an amazing vulnerary essential oil. It is particularly important when scar tissue is involved. In this blend it works in partnership with MSM cream to deliver these therapeutic benefits deeper within the tissue. Historically MSM has been documented to help heal skin irritations including inflamed and itching skin, and scar tissue especially when used in combination with vitamin C. The [JennScents® Scar Reducer Cream](#) includes rosehip

oil and grapefruit seed extracts, which are naturally high in vitamin C. If you have scars and are ready to start the process of removing them from your life then you should definitely give this product a try.

Take advantage of our Scentinel Discount Offer and try our [JennScents® Scar Reducer Cream](#) or other [JennScents products](#) at www.jennscents.com. Enter in Discount Code: NEW2012 and receive 20% off any purchase of \$25 or more.

Joan Nieuwenhuis, Holistic Aromatherapist and Education Coordinator for the JennScents Institute, Clermont FL, 352-243-9627.

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JennScents® , Inc. was established in October 2002 by holistic aromatherapist and entrepreneur Jennifer Pressimone. Jennifer has taught a variety of aromatherapy classes and workshops throughout the United States and internationally. Through the JennScents® Institute, she offers a Level I & II NAHA aromatherapy certification program as well as Continuing Education Credits for NCBTMB Members.

JennScents® , Inc. provides high quality, therapeutic products for various health concerns including personal care for women and men, pet care, children and natural cleaning. We offer a full-line of essential oils, carrier oils, aromatherapy accessories, educational books and aromatherapy products for retail and wholesale.

Jennifer Pressimone is a NAHA Regional Director, NAHA Donor Business Member and Diplomate in Spiritual PhytoEssencing. At JennScents®, we strive for excellence in education, product development and true aromatherapy awareness.

Jennifer can be reached at jh@jennscents.com. Please allow 1-2 weeks for a response.

Upcoming Events - 2011

Monthly	Schedule for all classes available at www.jennscents.com
Anytime	JennScents® Home Study Certification Courses
January 13	Detoxification Herbal Hour w/Steven Horne, 6-8pm, \$35pp, Clermont Herb Shoppe
January 14	NSP Flower Essence Workshop, 9a-4p, \$97pp, Wesley Center, Clermont, FL
February 8	Aromatherapy for the Heart, Free Teleseminar , 8:00p
March 5-9	NSP 40th National Convention, Waikiki, Hawaii
March 25-28	Beyond Organic National Convention, Orlando, FL
April 27	All About Diabetes w/ Lawrence Smith, 6-8p, \$25pp, Clermont, FL
April 28	NSP Natural Health School, 9a-4p, \$35pp, Wesley Center, Clermont, FL
May 9	Aromatherapy for Alzheimer's & Dementia Webinar, 8-9:30p, \$20pp

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JennScents® Bookstore: www.jennscents.com

- ◆ [JennScents® Aromatherapy Certification Courses](#), \$150 -\$195 each + s&h (includes DVD and workbook)
- ◆ [JennScents® Aromatherapy Custom Blending Bar Business Guide](#), \$195
- ◆ [JennScents® Aromatherapy Recipe Guide](#), \$20 + s&h
- ◆ [JennScents® Aromatherapy Guide for Pets](#), \$20 + s&h
- ◆ [Emotional Healing Sessions](#), \$150 (includes 80 min. consultation and 4 oz. custom blend), by appt. only
- ◆ [The Health Chic Guide to Hip, Fun & Delicious Living](#), \$20 + s&h (discounts available for 12 or more)
- ◆ [Ultrasonic Aromatherapy Diffusers](#), \$85, unit includes timer, cord and replacement parts.

Reference and Resource Center

Have a question on aromatherapy? Ask us on Facebook....[JENNSCENTS](#)

[View our blog weekly](#) for product updates, aromatherapy tidbits, recipes and more.

www.jennscents.com - Aromatherapy products, education materials and consultations. FREE Scentinel newsletter available.

www.naha.org - Aromatherapy education, events, tips, recipes, schools, publications and more. [Monthly teleseminars](#), free to [NAHA members](#) or \$50 per teleseminar.

www.thehealthchic.com - Healthy living tips, FREE newsletter and environmentally-conscious products

www.herballure.com - Natural Health educational material, [JennScents® authored books](#)

www.unitedaromatherapy.org - resources, charity, education

www.treelite.com - Natural Health educational material, Nature's Field e-newsletter, Sunshine Sharing Newsletter

<http://www.zytocompass.com/af/link.aspx?a=jpressimone> Have the compass scan? Use it as a new way to make custom blends.

[Beyond Organic Foods](#) - beyond organic nutrition with greenfed® beef, really raw cheese, [Amasai®](#), [SueroViv®](#), Botanical Waters