

# JennScents® Scentinel

JennScents®, Inc.

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[www.jennscents.com](http://www.jennscents.com)

## Note from JennScents® - Happy Holidays!

Scent your stress away! Stress is a major contributor to all health imbalances and diseases. If you can give yourself just five minutes a day to relieve your stress level, and keep it from "boiling over", you can improve your quality of health, life and vitality.

It's really simple, just create a "De-stress" list and pick one thing per day to do. Don't worry, JennScents® is here to help you. For starters, there are

great scents that offer not only physical improvements, but mental, emotional and spiritual balance as well.

Keep an Aromatherapy De-Stress Kit with you with a little note inside reminding you to breathe, take a walk, find something beautiful to admire or to enjoy a cup of tea. My personal aromatherapy Stress Relief Kit includes a bottle of lavender, red mandarin, frankincense,

cinnamon and lemon. I also carry our JennScents® signature Stress Relief Spray in my purse.

To learn more about how the body reacts and responds to stress, please join me for my brand new teleseminar, Aromatherapy for Glandular Support (Thyroid, Adrenals, Hormones & Pancreas) on Thursday, October 20, 8:00pm EST.

Best wishes for a happy & healthy holiday season!

October 2011

Coming  
Soon

JennScents® Full Product  
Line Catalogue

Teleseminars

More Live Classes

## INSPIRING AROMATHERAPISTS by Joan Nieuwenhuis

Attention to all Jennscents® students: past, present and future. Jennscents® Institute is now offering two aromatherapy supply packages per course, to enhance your learning experience and develop your skills as a holistic aromatherapist.

Package one is designed for those who want it all, includes the majority of supplies discussed in that particular course. Package two is designed for those students on a budget and those who need to supplement their current aromatherapy supplies. Both packages offer you a

savings of 30% off our retail prices.

Each package consists of 100% pure essential oils and carriers chosen specifically to compliment the topics covered in each course. For your added convenience we also include spray bottles and jars to provide you with everything you need to start making your very own aromatherapy blends.

If you have not yet begun your Aromatherapy journey and are interested in finding out more about the educational courses we have to offer, please visit [our website](http://our-website.com), as well as our [certification correspondence](http://certification-correspondence.com)

[certification correspondence](http://certification-correspondence.com) courses that include DVD so that you can become certified in Holistic Aromatherapy from the convenience of your own home.

We look forward to partnering with you on your journey of Aromatherapy.

For more information or to purchase courses, please visit [www.jennscents.com](http://www.jennscents.com).

Joan Nieuwenhuis, JennScents Education Coordinator. She can be reached at 352-243-9627 or [jh@jennscents.com](mailto:jh@jennscents.com).

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The 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.

## Myrrh Essential Oil *by Desiree Hall*

Commiphora myrrha, more commonly known as Myrrh, is derived from the Arabic and Hebrew word *mur*, meaning bitter. Myrrh is collected from the *C. molmol* (Myrrh) bush, which is native to north-east Africa and southern Asia. Myrrh is a member of the same Burseraceae plant family as Frankincense (*Bosewilla Carterii*).

Myrrh oil is a pale-yellow to pale-orange colored liquid. It has a warm-spicy odor and sharp balsamic, slightly medicinal base note. It blends well with lavender, frankincense, patchouli, rose, rosewood, sandalwood, tea tree and thyme. Myrrh is Anti-catarrhal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, astringent, carminative, cicatrisant, emmenagogue, expectorant, fungicidal, sedative, stimulant, tonic, uterine

tonic and vulnerary (wound healing).

Myrrh is one of the oldest known aromatic substances, dating back to at least 1550 B.C. The richly decadent earthy aroma of Myrrh Oil gently inspires complete body harmony, allowing you to experience peaceful serenity.

Historically, Myrrh was used as perfume, incense and medicine in ancient civilization. Ancient Greek used Myrrh for treating wounds, in fact it was reported that every Greek soldier had Myrrh with them when leaving for war. Myrrh is also used in skincare products to treat athlete's foot, eczema, wrinkles, cracked skin and wounds. It is great for coughs, colds and flu's. Two of Myrrh's best keep secrets are that it acts as an aphrodisiac and sun screen.



### Respiratory Blend

1 quart hot water: combine 3 drops frankincense, 2 drops Myrrh, and 1 drop peppermint. Pour water into 2 quarts glass bowl and mix in essential oils, Drape towel over head to allow steam to be inhaled. Keep head at least 5 inches from bowl. Inhale for 2 minutes and repeat as necessary.

[Click here to purchase your bottle of Myrrh today.](#) Happy Holidays!

*Desiree Hall, owner of Holistic Health 4 All and Wellness Coach can be reached at [www.holistichealth4all.com](http://www.holistichealth4all.com), 352-536-4116.*

Myrrh, not just for the holidays. It has historically been used to enhance gum health. Simply add 1 drop to your mouthwash, swish around in mouth for 1 minute and discard. Strengthens, tightens and tones gums, while combating infection and soreness.

## Aromatherapy Pet Corner *by Jenny Wallace*

### Amazing Myrrh for Pets

As you probably know, the use of myrrh can be traced back to the ancient Egyptians. They used it as an antiseptic, for embalming, incense, perfumes and ointments. In the bible, it was considered to be as precious as gold. A very significant oil during the Christmas holidays.

Myrrh continues to benefit us *and our dogs* in modern times. It is anti-inflammatory, antifungal, antiviral,



antiseptic and anti-tumorous. Recently myrrh has even been found to have anticancer properties as well.

For dogs, it is a great essential oil to have in your arsenal to treat the following:

- Skin conditions - Because it is antifungal, it works well for dogs with yeasty skin or ears.
- Teething pain - Will help soothe inflammation of the gums when combined with olive oil.
- Repel ticks - The aroma and chemistry will aid in repelling fleas and ticks.
- Boost the immune system - Myrrh is a very powerful antioxidant.

Myrrh can promote healing of chapped and cracked skin and elbows, so it makes a wonderful paw soother for dogs that have rough, dry paws pads.

### Paw Pad Soother

3 drops Myrrh  
3 drops Lavender

Combine in 1 oz. Coconut Oil and massage into your dog's paw pads daily, and as needed for maintenance.

*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](http://www.somethingsmellsgood.com).*

## JennScents Product Focus *by Darla Miller*

### JennScents® Antibacterial Salve

As we move into fall, we are faced with the cold and flu season. Public places (work, school, restaurants, the gym) pose a risk of being in contact with bacteria that could weaken our immune system. The Centers for Disease Control & Prevention (CDC) states Methicillin-resistant Staphylococcus aureus (MRSA), is a strain of staph bacteria that does not respond to some antibiotics including oxacillin, penicillin, and [amoxicillin \(http://www.cdc.gov/mrsa/\)](http://www.cdc.gov/mrsa/). PubMed Health indicates that although MRSA infections often occur in people who have been hospitalized or had surgery within the past year, instances of MRSA infections are increasing in otherwise healthy people in the community such as athletes who share equipment or personal items and children in day care facilities (<http://www.ncbi.nlm.nih.gov/>

[pubmedhealth/PMH0004520/](http://pubmedhealth/PMH0004520/)).

All 100% pure essential oils are Antibacterial. They can be your guardian angel by safely and naturally eliminating harmful bacteria, as well as bolstering your immune and respiratory systems.

### JennScents® Antibacterial Salve

is a topical salve with a special blend of antibacterial essential oils, such as myrrh (*Commiphora myrrha*), lavender (*Lavandula angustifolia*), oregano (*Origanum campactum*), thyme (*Thymus vulgaris* ct. linalool) and bergamot (*Citrus bergamia*), which specifically combat skin infections and irritations. The oil's antibacterial properties are bolstered by the addition of Silver Shield, with Aqua Sol Technology, which provides powerful support to the immune system. Silver Shield may be your most effective defense against emerging strains of bacterial, viral

and fungal infections.

Fortunately, we do not need to lock our doors and hibernate until spring. The key to preventing MRSA or other infections is to keep your hands clean, keep cuts and scrapes clean, and avoid sharing personal items. We need to be diligent about protecting our wellness. Make sure your medicine cabinet includes products made with all natural, 100% pure essential oils that support your immune system, such as [JennScents® Antibacterial Salve](#).

This product can be purchased online at [www.jennscents.com](http://www.jennscents.com). Great to keep you healthy through the holidays!

*Darla Miller, owner of Old Thyme Aromatherapy in Leesburg, FL. She can be reached at [darla@leesburgherbshoppe.com](mailto:darla@leesburgherbshoppe.com).*

### ***JennScents® Healthy Holiday Skin Care Tip:***

Holiday stress can create blemishes around the chin and jaw areas. Use the [Antibacterial Facial Mist](#) to keep this area clean throughout the daytime.

## JennScents Face Firming Serum *by Christine Aikey*

Give the Gift of Youthful Skin this Holiday Season! Fight back the hands of time with this ultra-effective and luxurious Firming Face Serum containing rare sea algae, a precious mushroom extract, high-quality vegetable oils and organic essential oils. Nourish your skin with an army of firming, brightening and age-reversing actives that penetrate the layers of the epidermis to lift sagging skin, decrease hyper-pigmentation and prevent cell damage. It is best described as a vegetable alternative to surgery and a natural solution to Botox.

Firming Face Serum has been

scientifically proven to fight against wrinkles and facial expression lines. It exhibits a triple firming action for a total anti-aging effect; stimulates remodeling and contraction of collagen, protects elastic fibers against breakdown and scavenges free radicals.

Firming Face Serum significantly restores radiance to stressed mature skin to a more youthful level and reduces wrinkles measurably. Apply a small amount to face and neck after cleansing, paying special attention to thinning skin and sun exposed

areas. This light weight serum is absorbed instantly. May also be applied throughout the day to refresh and nourish the skin.

Take advantage of our Scentinel Discount Offer and try our [Face Firming Serum](#) or other [JennScents Skin Care products](#) at [www.jennscents.com](http://www.jennscents.com). Simply enter in Discount Code: JSFALL2011 and receive 20% off any purchase of \$25 or more.

*Christine Aikey, Holistic Aromatherapist and Herbalist at the Clermont Herb Shoppe & Day Spa, Clermont, FL, 352-243-3588.*

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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 and Donor Business Member. At JennScents®, we strive for excellence in education, product development and true aromatherapy awareness.*

*Jennifer can be reached at [jh@jennscents.com](mailto:jh@jennscents.com). Please allow 3-4 weeks for a response.*

## Upcoming Events - 2011

Monthly	Schedule for all classes available at <a href="http://www.jennscents.com">www.jennscents.com</a>
Anytime	<a href="#">JennScents® Home Study Certification Courses</a>
October 20	<a href="#">Aromatherapy for Glandular Support</a> , Free teleseminar, 8:00p EST
November 10	Aromatherapy for Pets, Clermont Herb Shoppe, 6-7pm, \$15pp
December 8	Aromatherapy Gift Making Workshop, Clermont Herb Shoppe, 6-8pm, Prices vary

JennScents  
Scentinel  
Discount Code  
JSFALL2011  
Receive 20%  
off any  
purchase of  
\$25 or more.

Nature's Sunshine: ongoing educational webinars, [www.nspwebinars.com](http://www.nspwebinars.com)

Naha monthly teleseminars: [www.naha.org](http://www.naha.org)

## JennScents® Bookstore: [www.jennscents.com](http://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](http://www.jennscents.com) - Aromatherapy products, education materials and consultations. FREE Scentinel newsletter available.

[www.naha.org](http://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](http://www.thehealthchic.com) - Healthy living tips, FREE newsletter and environmentally-conscious products

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

[www.unitedaromatherapy.org](http://www.unitedaromatherapy.org) - resources, charity, education

[www.treelite.com](http://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.

[www.beyondorganicsinsider.com](http://www.beyondorganicsinsider.com) Beyond Organic Foods—grassfed beef, really raw cheese, Amasai, SueroViv, Botanical Waters