

JennScents® Scentinel

JennScents®, Inc.

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Dear Aromatherapy Friends

Here is to a happy, healthy and joyous 2011! As we embark yet on another year, we should take a moment to reflect on the years past achievements, successes and challenges. Let's honor those who have blessed our lives and congratulate ourselves for accomplishing so much. It isn't always the big goals we conquer but also the little things that make a difference in your life and those of others.

Are there any lessons to be learned from your year's experiences? Anyone to thank or forgive? Any unfinished goals or dreams you'd like to pursue?

These are important questions as they can help you make 2011 your best year! Looking back can help you make a solid, prosperous plan for the future.

For JennScents, we accomplished so much in 2010 with your help. We released three new Certification Courses, created an online store, redesigned our website making it more user-friendly, developed our JennScents Facebook page, traveled within the states and to Singapore to teach aromatherapy and introduced several new products.

Our goals for 2011 is to bring you even more premium education via webinars and tele-seminars, continue to provide excellent, high-quality, therapeutic products, release our final core Certification Course and offer our new Course, Aromatherapy for Animals.

We'd like to take this opportunity to thank each and every one of you for your loyalty and support over these past eight years and look forward to countless more. We love to hear back from you any time whether by phone, email or [Facebook](#).

INSPIRING AROMATHERAPISTS

How can aromatherapy help our body?

Aromatherapy, using pure 100 % essential oils, provides immune support to help cells, tissues, organs, muscles and membranes stay strong and healthy.

The skin is our largest eliminative organ and is our first line of immune support. An invisible layer above the epidermis, called the acid mantle is responsible for protecting

the body from foreign invaders.

This acid mantle may be destroyed by generic antibacterial sanitizers and washes, chemical exposure, germs, viruses, bacteria and other factors.

100% pure essential oils may actually strengthen the acid mantle, making it stronger and thicker hence, boosting immunity. Essential oils may actually be viewed as CPR for dying,

oxidized cells and tissues, aiding in their resuscitation.

This information and more can be found in the JennScents Holistic Aromatherapy Home Study Certification Course Program.

For more information or to purchase please visit www.jennscents.com or at www.herballure.com/jennscents

JAN 2011

Coming
Soon

JennScents® Full Product
Line Catalogue

Teleseminars

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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.

Eucalyptus Essential Oil *by Christine Aikey*

Eucalyptus trees are native to Australia commonly known as gum trees. The leaves are steam distilled. Its aroma is camphoraceous, pungent, penetrating and fresh with slightly sweet undertones. Therapeutic properties include antiviral, antibacterial, antiseptic, antifungal, analgesic, decongestant, expectorant, febrifuge (fever reducer), stimulant and insecticide.

Since the late 1800's it has been used in remedies to treat coughs and other respiratory concerns. Eucalyptus oil is one the best oils to use in a diffuser to prevent transmission of airborne illness. Key uses for this oil include air pu-

rifier, antiseptic, colds & flu, coughs, parasites and respiratory congestion. It blends well with Thyme Linalol, Pine, Peppermint, Lavender, Frankincense, Sweet Marjoram, Rosemary, Tea Tree and all citrus especially Lemon and Pink Grapefruit.

Precautions include not using undiluted on the skin, avoiding in cases of epilepsy or hypertension, and exercise caution with asthmatics.

Learn more about Eucalyptus in the [JennScents Introduction to Holistic Aromatherapy Certification Course](#). See the JennScents® Recipe Guide for the Respiratory

Congestion blend.

Disinfectant Room Spray ~ 2 oz. purified water, 6 drops Eucalyptus Globulus, 6 drops Pine, 3 drops Thyme and 3 drops of Tea linalol drops Tree.



Christine Aikey is a Holistic Aromatherapy Consultant and Detox Foot Bath Provider. She can be reached at www.everybodys herbs.com or at the JennScents® Aromatherapy Bar.

Remember during cold and flu season to clean hands, phones, counter tops, door knobs and sinks, with the [JennScents Antibacterial Hand Sanitizer](#), it's antibacterial, antiviral and antifungal.

Aromatherapy Pet Corner *by Jenny Wallace*

Helping Your Dog with Respiratory Congestion

Eucalyptus is a wonderful essential oil for aiding dogs with congestion and respiratory issues. It has antiviral, anti-inflammatory and expectorant effects. There are several ways this can be best used with your dog.



- Spray the Eucalyptus Respiratory blend on a bandana and tie around your dog's neck.
- Put several drops of Eucalyptus in a diffuser and have the dog stay in the room .
- Place several drops of Eucalyptus in the shower and this along with the shower steam will help your dog to breathe better.
- Spray the Eucalyptus blend on your dog and massage into fur, avoiding eyes.
- Spray the Eucalyptus blend on your dog's bedding to provide a good night's sleep.
- Do not apply Eucalyptus Essential Oil undiluted directly on your pets skin/coat.

Eucalyptus Blend

6 drops *Eucalyptus globulus*
 5 drops Myrrh (*Commiphora myrrha*)
 2 oz Natures Fresh Enzyme Spray
 Combine in 2 oz spray bottle

Jenny Wallace, aromatherapist and owner of Something Smells Good! Aromatherapy Bar in Bristol, Virginia, specializes in Aromatherapy products for pets and humans. For more info, visit www.something smells good.com.

JennScents Product Focus *by Tina Carter*

RESPIRATORY CONGESTION RUB

We are well into winter and cold and flu season is upon us. Pure essential oils have historically been used to fight colds and infections. A great recipe for respiratory congestion blends the pure essential oils of Rosemary (*Rosmarinus officinalis*), *Eucalyptus Globulus*, Pine (*Pinus sylvestris*), Sandalwood (*Santalum album*) and Myrrh (*Commiphora myrrha*). This JennScents® Aromatherapy recipe is traditionally used to help relieve dry cough and chest congestion as well as alleviate sinus concerns, snoring, fever and common allergies.

By combining these scents, you will benefit from antimicrobial, antiviral, antifungal and anti-infectious

properties naturally found in these essential oils.

Sandalwood historically provides antispasmodic and antiseptic properties. It has been used to help minimize the risk of infection, thereby a good option for chronic bronchitis.

Pine is known for its expectorant and antiseptic properties, making it useful in pulmonary complaints. Besides using Eucalyptus as a decongestant, Pine is also a great essential oil for muscular discomfort, body aches and fever.

Rosemary is best known for its refreshing, aromatic scent and has been used medicinally for centuries. It's well suited for respiratory ailments, stiff, tired muscles and is sudorific (promotes perspiration).

Myrrh has anti-inflammatory, expectorant, decongestant, antimicrobial and sedative properties.

Great to combat a dry, catarrh cough and chronic chest congestion.

For the full recipe on page 33 in the [JennScents® Aromatherapy Recipe Guide](#) available at the **Clermont Herbs and Day Spa** or online at



www.jennscents.com. A must have for aromatherapy enthusiasts, this guide is filled with over 60 recipes, safety tips, definitions and more.

Tina Carter, Health Enthusiast and owner of TM Specialty Products, Inc. and Natural Products Source in Clermont www.naturalproductssource.com.

JennScents® Healthy Skin Care Tip:

Remember to clean your cell phone with the [JennScents Antibacterial Hand Sanitizer Spray](#) each day as contaminants can congest skin around the jaw line and ear region.

JennScents Blemish Buster

Banish the blemishes at any age with this botanical, chemical free, paraben free, light weight effective formula containing aqua sol silver a known natural antibiotic, antibacterial and antifungal.

The custom blend of essential oils help fight bacteria, soothe redness, calm inflammation, offer pH balance and help heal acne, skin irritations and lesions.

Lavandula angustifolia (lavender) is calming, soothing, promotes blood circulation in the epidermis and supports natural healing functions.

Melaleuca alternifolia (tea tree) a powerful antiseptic, is a wonderful essential oil to combat blemishes.

Callitris intratropica (blue cypress) is antibacterial and anti-inflammatory. It is proven to combat the toughest of

Citrus aur. bergamia (bergamot) FCF helps balance the sebum of the skin and combats excess oil buildup.

Boswellia carterii (frankincense) not only has antibacterial and antifungal properties it's also good for fine lines and aging skin.

To try our [Blemish Buster](#) or other [JennScents Skin Care products](#), please visit us online at www.jennscents.com.

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Independent Nature's Sunshine Distributor
Regional Manager #1365631-9
www.mynsp.com/jennscents

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 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. Please allow 3-4 weeks for a response.

Upcoming Events - 2011

Monthly	Schedule for all classes available on www.jennscents.com ; or email us at jh@jennscents.com
Anytime	JennScents® Certification Courses, Home Study, www.herballure.com/jennscents or www.jennscents.com
Jan 10	Learn about the Digestive System & herbs from 1-2pm at the Clermont Herb Shoppe
Feb 14	Learn about the Respiratory System & herbs from 1-2pm at the Clermont Herb Shoppe
Mar 26	Natures Sunshine Nat'l Health Convention, \$35, register www.naturessunshine.com
April 11	Learn about the Intestinal System & herbs from 1-2pm at the Clermont Herb Shoppe
April 21	Clean Green, Clermont Herb Shoppe, 6-7pm, Free
May 9	Learn about the Circulatory System, Clermont Herb Shoppe, 1-2pm, Free
June 13	Learn about the Glandular System, Clermont Herb Shoppe, 1-2pm, Free
Nov 10	Aromatherapy for Pets, Clermont Herb Shoppe, 6-7pm, Free
Oct 1	Winter Garden Sunshine Healthy Conference, 9-5pm, \$35, Winter Garden Recreation Center, please register by calling (407) 656-9119



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, \$195.00, www.herballure.com/jennscents
- ◆ JennScents® Aromatherapy Recipe Guide, \$20 + s&h - www.herballure.com/jennscents
- ◆ JennScents® Aromatherapy Guide for Pets, \$20 + s&h - www.herballure.com/jennscents
- ◆ 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. A portion of the proceeds go to support the United Aromatherapy Effort, helping people in crisis with aromatherapy.

Reference and Resource Center

Have a question on aromatherapy? Ask us on Facebook....[JENNSCENTS](https://www.facebook.com/jennscents)

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

www.naha.org - Aromatherapy education, events, tips, recipes, schools, publications and more. FREE newsletter available

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.