

The Intuitive Connection

Inside this issue:

Upcoming
Events, Services
& Referrals

4

Oil Spotlight: Tea Tree



If you're looking for a versatile oil that "packs a punch," then look no further than Tea Tree.

Sourced from Australia, the leaves of the Melaleuca plant are gathered and then steam distilled to collect the precious essential oil. The scent of Tea Tree is very distinctive. It has a very herbaceous, medicinal scent, with undertones of Cardamom, Nutmeg and Sweet Marjoram. You can soften the strong medicinal scent by adding Lavender or Cardamom. Tea Tree also blends well with Peppermint, Eucalyptus and Lemon.

It is very versatile, and can be used aromatically, topically and internally. It is considered non-toxic, and can be applied "neat" meaning it doesn't have to be diluted with a carrier oil before application for most adults (if you have sensitive skin, it is always a good idea to dilute with a carrier oil). Because Tea Tree is so powerful, it is a good idea to dilute this oil when using with children, and it should be avoided with pets (unless under veterinary care).

Tea Tree possesses over 92 chemical components, which makes it an ideal remedy for many issues. Mostly made up of Monoterpenes (up to 65%) and Monoterpenols (up to 60%), the physical healing properties of Tea Tree include: analgesic, anti-acne, antibacterial, antifungal, antihistaminic, anti-inflammatory, antimicrobial, anti-parasitic, antiseptic, antispasmodic, antiviral, decongestant, expectorant, immunostimulant, and vasodilator. This is an excellent oil for immune support, the respiratory system, oral care and skin care. Emotionally, this oil helps to build confidence and strength, uplifts the spirit, clears negative energetic baggage, and helps to combat feelings of being a victim.

Some suggested uses for Tea Tree are:

Emotional support:

- Inhale from bottle, diffuse or place 1-2 drops in hands, rub together and inhale.
- Apply 1-3 drops on the bottoms of the feet.

Physical support:

- Add 1 drop in warm water and gargle several times a day to support a healthy throat.
- Add 1-2 drops to water, citrus drinks, or veggie caps to support the immune system.
- Add a few drops to a spray bottle and fill with water to clean surfaces and kill/prevent mold in bathrooms.
- Blend 1 drop with toothpaste to support healthy gums.
- Add 2 drops to steaming cup of water and breathe in several times a day to clear congestion.
- Add to acne creams (up to 5% dilution) for added acne/pimple breakout relief.
- Apply to fingernails and toenails after showering to purify and keep nails healthy.

If you'd like more information about Tea Tree or would like to try a sample, please contact me by email at contact@trinityhealingconnection.com.

Upcoming Events

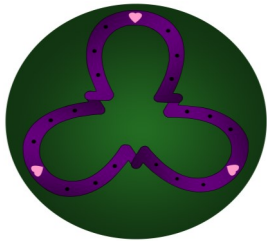
Mile High Mystics Spiritual Festival

Hassayampa Inn
122 E Gurley St
Prescott, AZ
October 31
9:30-4:30

Workshops

Beginning Animal Communication Zoom Workshop

8/15/20
9:00-11:30 (pacific time)
Follow-up 8/29/20
9:00-10:30 (pacific time)
\$40.00



Trinity Healing

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Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

Email: info@anneangelheart.com

530-755-4767

Kris Tondee

Psychic Reader

Website: readingsbykristondee.com

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