

The Intuitive Connection

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Oil Spotlight: Lavender



Most people have smelled Lavender, but did you know that it is the most adulterated scent on the market? The true scent of Lavender is not overly sweet, but fresh, light, floral, woody and sometimes fruity. Sourced from France and Bulgaria, the flowers are steam distilled to release the oil. Fun Fact: It takes 35 pounds of Lavender flowers to produce one 15ml bottle of oil.

Lavender can be used aromatically, topically and internally, and can be applied “neat” (meaning it does not have to be diluted). It contains a high percentage Linalyl Acetate (supports stress reduction) and Linalol (sedative properties), which is why Lavender can be so calming. It blends well with basil, bergamot, black pepper, cedarwood, chamomile, clary sage, clove, cypress, eucalyptus, frankincense, geranium, grapefruit, juniper berry, lemon, lemongrass, mandarin, marjoram, palmarosa, patchouli, peppermint, rose, rosemary, tea tree, thyme, and vetiver.

Lavender oil is very versatile when it comes to therapeutic properties. It is analgesic (pain relief), anti-inflammatory, antiallergenic, antibacterial, antifungal, antirheumatic, antispasmodic, cicatrissant, deodorant, immunostimulant, sedative, skin healing, tonic, and wound healing. This is an excellent oil for immune support, pain/inflammation relief, healing skin issues, and relieving stress, anxiety and insomnia. Emotionally, this oil calms, soothes and nurtures, reduces anxiety/fear, helps calms/control panic attacks and encourages balance in all body systems. Some suggested uses for Lavender are:

Emotional support:

- Inhale from bottle, diffuse, or use an inhaler for sedative and anxiety-relieving properties.

Physical support:

- Mix with Clary Sage, Roman Chamomile, Bergamot and Marjoram, rub on belly to relieve menstrual cramps.
- Blend equal amounts Lavender, Lemon & Peppermint and diffuse to relieve allergy symptoms.
- Add a few drops to your bath for a relaxing, worry free soak.
- Apply to the back of the neck to reduce feelings of stress or tension.
- Add a few drops to distilled water to make a spray for pillows or bedding at bedtime for a peaceful night’s rest. Or use the spray to eliminate odors on linens, mattresses, closets, car seats, or pet beds.
- Use in cooking to soften citrus flavors in lemon sauces, or to add a flavorful twist to marinades, baked goods and desserts.
- Add 1-2 drops to your favorite lotion or moisturizer to reduce the irritation from sunburn or dry skin.
- Apply 1 drop to a splinter or bee sting to not only soothe the wound, but the back the item out of the skin.

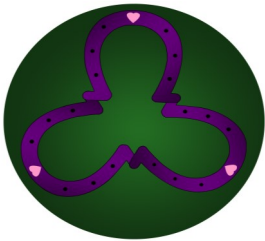
If you'd like more information about Lime or would like to order a bottle, please contact me by email at contact@trinityhealingconnection.com.



Check out our alpaca inspired lip balm flavor of the month featuring Toasted Almond!

“A fabulous diva whose a little “nuts” for food!”

Orange Almond



Trinity Healing

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Referrals

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Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

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Cindy Holt, Holt Holistic Healing

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