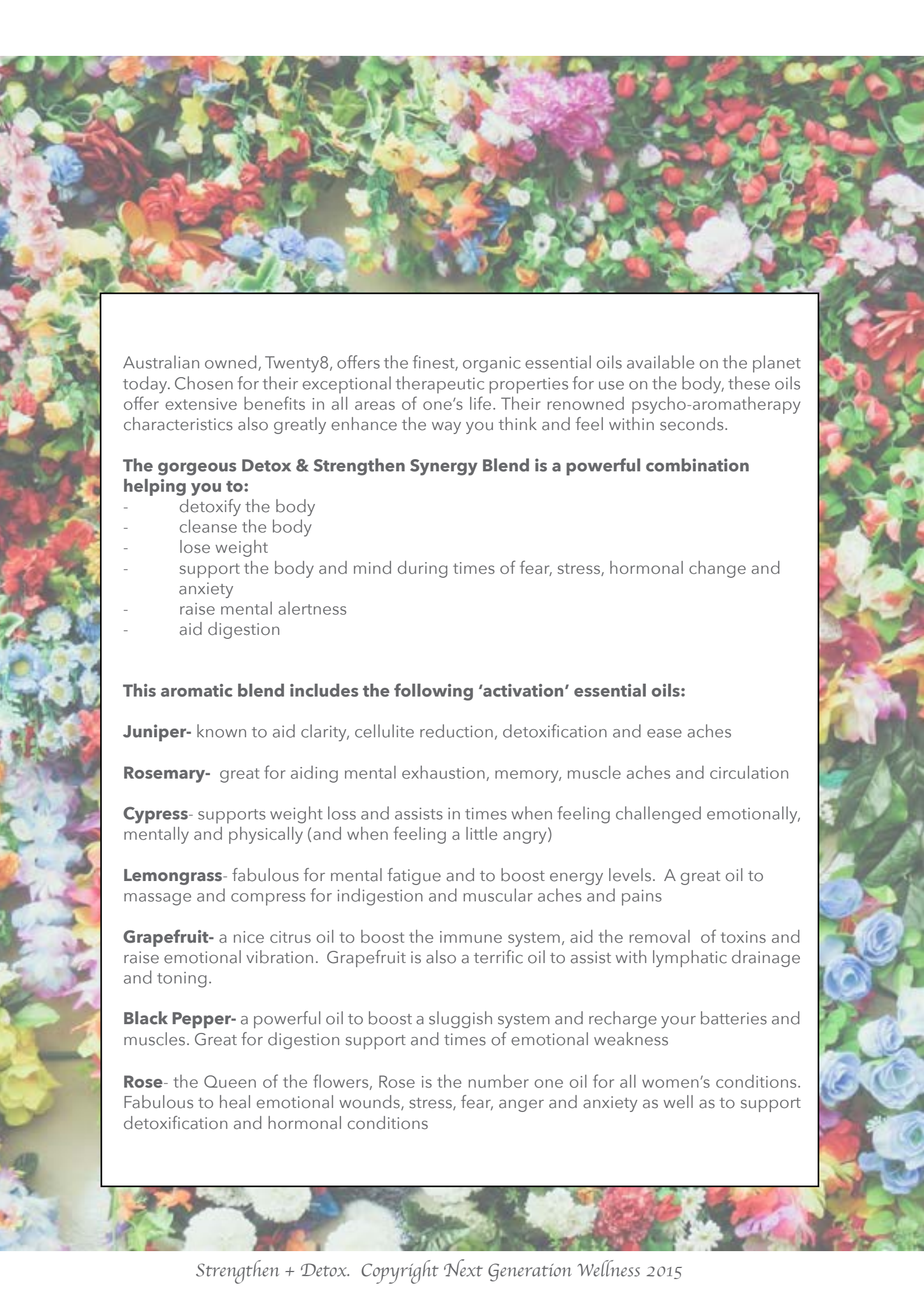


Strengthen & Detox

Daily rituals to
naturally detox &
cleanse, aid digestion,
strengthen the mind &
body, & manage stress,
fear & anxiety.





Australian owned, Twenty8, offers the finest, organic essential oils available on the planet today. Chosen for their exceptional therapeutic properties for use on the body, these oils offer extensive benefits in all areas of one's life. Their renowned psycho-aromatherapy characteristics also greatly enhance the way you think and feel within seconds.

The gorgeous Detox & Strengthen Synergy Blend is a powerful combination helping you to:

- detoxify the body
- cleanse the body
- lose weight
- support the body and mind during times of fear, stress, hormonal change and anxiety
- raise mental alertness
- aid digestion

This aromatic blend includes the following 'activation' essential oils:

Juniper- known to aid clarity, cellulite reduction, detoxification and ease aches

Rosemary- great for aiding mental exhaustion, memory, muscle aches and circulation

Cypress- supports weight loss and assists in times when feeling challenged emotionally, mentally and physically (and when feeling a little angry)

Lemongrass- fabulous for mental fatigue and to boost energy levels. A great oil to massage and compress for indigestion and muscular aches and pains

Grapefruit- a nice citrus oil to boost the immune system, aid the removal of toxins and raise emotional vibration. Grapefruit is also a terrific oil to assist with lymphatic drainage and toning.

Black Pepper- a powerful oil to boost a sluggish system and recharge your batteries and muscles. Great for digestion support and times of emotional weakness

Rose- the Queen of the flowers, Rose is the number one oil for all women's conditions. Fabulous to heal emotional wounds, stress, fear, anger and anxiety as well as to support detoxification and hormonal conditions



The Rituals.

Depending on the condition or the benefit you are seeking, there are multiple methods for applying essential oils. Each method produces different healing and results as it works on the mental, physical, emotional and spiritual bodies.

The overall aim of holistic aromatherapy is to bring about a state of balance and harmony within the mind, body and soul. This is why high quality essential oils are so popular and have such incredible effects and results for so many people of all ages.

HOW?

In the **MIND** via the psycho-therapeutic effects of essential oils. Research is proving more and more about the amazing connection between our sense of smell and the behavioural & emotional centre of the brain.

In the **BODY** via the pharmacological actions of essential oils. Eucalyptus for example has expectorant and decongestant activity reducing the swelling of mucous membranes & loosening of phlegm.

And in the **SOUL** via the metaphysical qualities of essential oils. There is an incredible and rich history with the use of essential oils in religious and meditative ceremonies from the ancient Egyptians, Romans and Indians. Many today still use these powerful fragrances to enhance their own experience of enlightenment, contentment and inner peace.



Ritual 1.

Daily Body Boost

We are all aware of the benefits of massage. Massage increases circulation, promotes sleep, reduces stress levels, increases muscle tone, promotes elimination of toxins and waste, supports weight loss, increases skin pliability and enhances wellbeing. So imagine the effects on your wellbeing if you had a massage every day!! Well, you can and it only takes a few minutes every morning to do it. It is easy, simple and effective, and the results are profound.

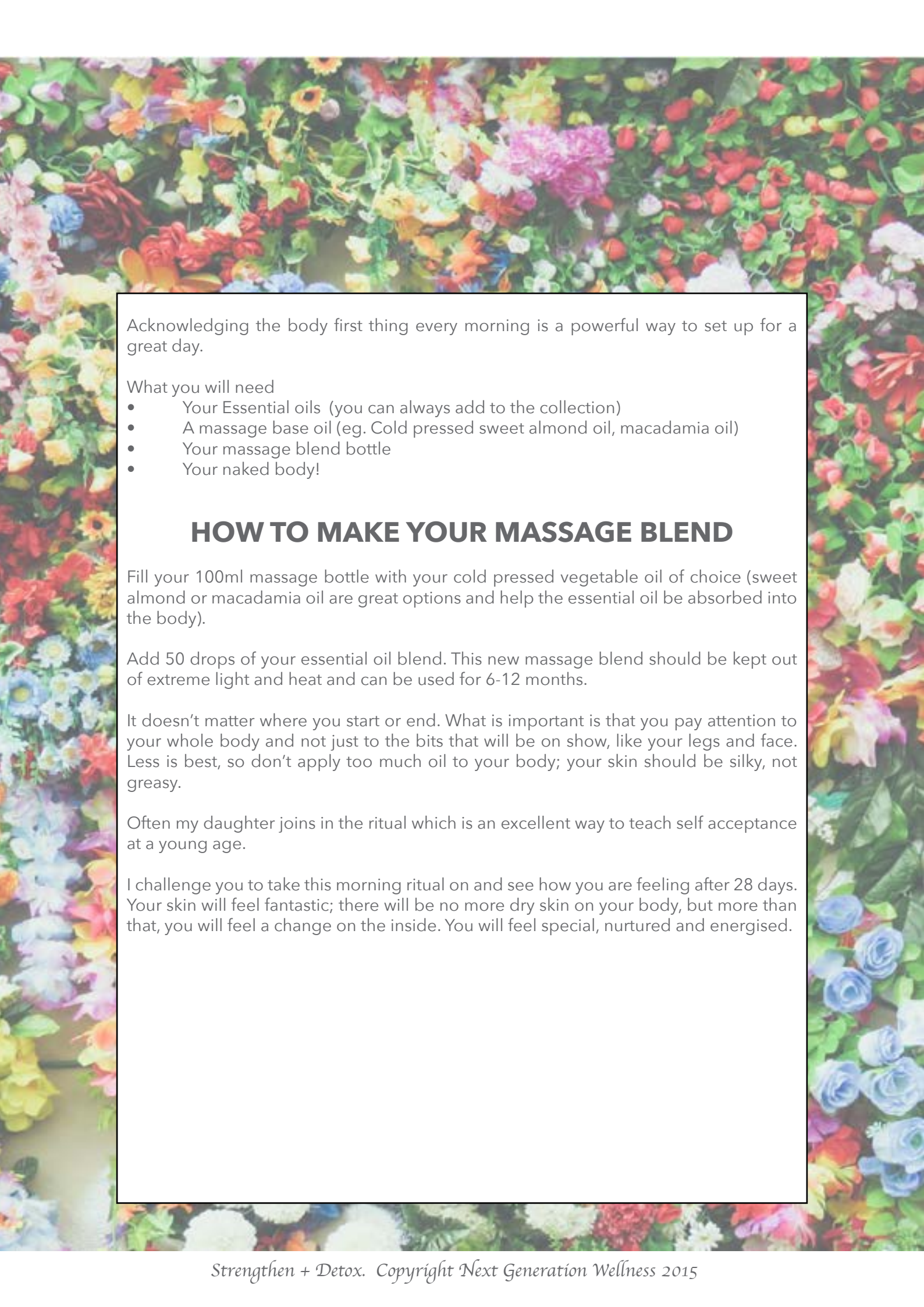
Having a daily aromatic body rub or massage is a great insurance policy for your overall health. The important thing to remember is to ensure the products you massage your body with, are natural and full of essential vitamins and minerals. Also, it is important to make sure you do a good invigorating body rub, not some airy-fairy tickle! You want your body to wake up, feel alive and be ready to get into the day. You also may have guessed by now that you are the one performing the aromatic body boost!

A little note: How do you feel when you stand naked in front of a mirror? Are you horrified, pleased, shocked or totally besotted? If you cannot stand in front of the mirror every morning and say 'Wow I look and feel great,' then you need to take on the Body Boost and do it every day!

We are often quick to criticise our body, be disappointed in it and abuse it, yet we don't fully commit to helping and supporting it to be its best. This moment, right now is the beginning of the rest of your life, and it is time to acknowledge the amazing machine you have - the one that you are LIVING in. Your body is a temple, an incredible vehicle that transports you through life, no matter how it looks, so it is your responsibility to praise it, soothe it and support it.

Just remember it's ok to want to change your body, but aim for better health rather than weight loss or shape change. If the focus is on feeling better in body and mind, then you will find it easier to stay on track, rather than focusing on weight or size measurements. Give yourself time to change if that is what you would like to happen. Don't expect miracle creams or surgery to 'fix' you!

Real, lasting change comes through a holistic approach. The Body Boost ritual will have you honouring and nurturing your body before you know it and will provide you with the confidence and space to create change allowing your body to begin to transform. The most wonderful thing about your daily Body Boost is the fact that you are acknowledging yourself every morning and checking in with you. Before beginning your boost take a moment to ask yourself - how do I feel? Then feel your answer before selecting the appropriate oils to support you for that moment and day. Normally we are so busy getting everyone else ready or thinking about what we have to do for the day ahead that we forget the most important thing of all: ourselves.



Acknowledging the body first thing every morning is a powerful way to set up for a great day.

What you will need

- Your Essential oils (you can always add to the collection)
- A massage base oil (eg. Cold pressed sweet almond oil, macadamia oil)
- Your massage blend bottle
- Your naked body!

HOW TO MAKE YOUR MASSAGE BLEND

Fill your 100ml massage bottle with your cold pressed vegetable oil of choice (sweet almond or macadamia oil are great options and help the essential oil be absorbed into the body).

Add 50 drops of your essential oil blend. This new massage blend should be kept out of extreme light and heat and can be used for 6-12 months.

It doesn't matter where you start or end. What is important is that you pay attention to your whole body and not just to the bits that will be on show, like your legs and face. Less is best, so don't apply too much oil to your body; your skin should be silky, not greasy.

Often my daughter joins in the ritual which is an excellent way to teach self acceptance at a young age.

I challenge you to take this morning ritual on and see how you are feeling after 28 days. Your skin will feel fantastic; there will be no more dry skin on your body, but more than that, you will feel a change on the inside. You will feel special, nurtured and energised.



Ritual 2.

Aromatic Bath

Once weekly at least, even if only for 5 minutes.

Why is it good for you?

Electrical appliances such as televisions, radios, video recorders and microwave ovens emit positive ions (electrically charged atoms) when used. These positive ions generate a static energy that can drain your energy.

Water is known to help eradicate stress and fatigue that can be caused by an overload of positive ions. As we soak in an aromatic bath, the pores of our skin open and absorb small amounts of the essential oils, which not only exfoliate and soften our skin, but also re-charge our 'battery'. As our body regains its composure and functions normally again, we relax and unwind, feeling revived in body and mind.

Setting the scene

As they say, ninety percent of the success of any production lies in the preparation, so here's your chance to design the stage:

- Set candles around the room
- Play your favourite music
- Have a rolled-up towel or hot water bottle to use as a pillow
- Grab a robe to put on afterwards

Now, pour a glass of wine or make yourself a cup of herbal tea. Keep the phone handy if you feel like a chat, or place a good book nearby that you'd like to read.

Fill your bath and make sure that it is not too hot, or it will zap your energy and dry out your skin. Add six drops of your selected essential oils and agitate the water.

You may wish to add the drops to a tablespoon of full-cream milk or base oil to help disperse the essential oils more thoroughly.

Immerse your body into the water and then breathe deeply, in through your nose and out through your mouth. Close your eyes and take a moment to feel your body as the tension from your muscles and your mind slip away, and you relax and let go. Listen and be swept away by the soothing music, smell the scented aromas around you and feel the silky water washing over you.

Notice how the weight of the world slips away as your body melts into itself and a deep calm....

After soaking and relaxing for about ten minute treat the body to a good scrub. Using an exfoliant and a little vigour massage and rub over your whole body to remove some of the dead skin cells.



Ritual 3. Spritzer

Often during the day

Why is it good for you?

Use your spritzer when you are feeling nauseated or tired, cranky, confused, studying or on long journeys. Carry a spritzer in the car or your handbag as an instant mind changer.

How is it done?

Fill your spritzer bottle with purified or distilled water and add 3-6 drops of essential oils. Place a spray pump cap on the bottle and shake vigorously to disperse the molecules. Pump 3-6 times to expel the aromatic water onto the face, body or into the environment. These blends will last for only a month, so keep using and refill each month.



Ritual 4.

Transit

Why not download the free *Omvana App* on your phone for some relaxing meditation music, and accompany this with a cotton wool bud with 2 drops of your essential oil blend and place it in the air vent of the car. Breathe consciously and deeply- a simple missing link to improved physical and emotional health.

Notice how you feel starting your work day or how your kids feel on the way to their school or errand.



Ritual 5.

Inhalation

When you are feeling super flat, an inhalation of essential oils is an energising ritual. The sweating action, mixed with the oils can help to cleanse the system and the inhalation allows the oils to be absorbed by the body easily.

HOW IT'S DONE

Fill the basin or a bowl with very hot water (be careful not to boil) and add 3-4 drops of your essential oil. Place a towel over your head and lean over the basin. Breathe in your mouth and out your nose and then in your nose and out your mouth. Repeat for several minutes.



Ritual 6.

Vaporisation

Why not pick up a vaporiser (oil burner) from your 'cheap' shop and use your blend everyday at home and workplace.

Why is it good for you?

Releasing heated essential oil molecules into the air with water using a vaporiser is a wonderful way to set a mood or create an atmosphere. It also makes a beautiful natural air freshener too.

More importantly, the ritual of lighting a vaporiser at the beginning or end of the day is a fantastic way to change your state of mind. When you are feeling challenged and pulled in every direction, your active vaporiser can become like your 'secret weapon' as it transforms the atmosphere to support you. As you light the candle inside the vaporiser, think about igniting and regenerating the inner light within you. The 'inner flame' that sometimes "dims", especially as we get busy, and the stress of daily life begins to compound.

EXAMPLE:

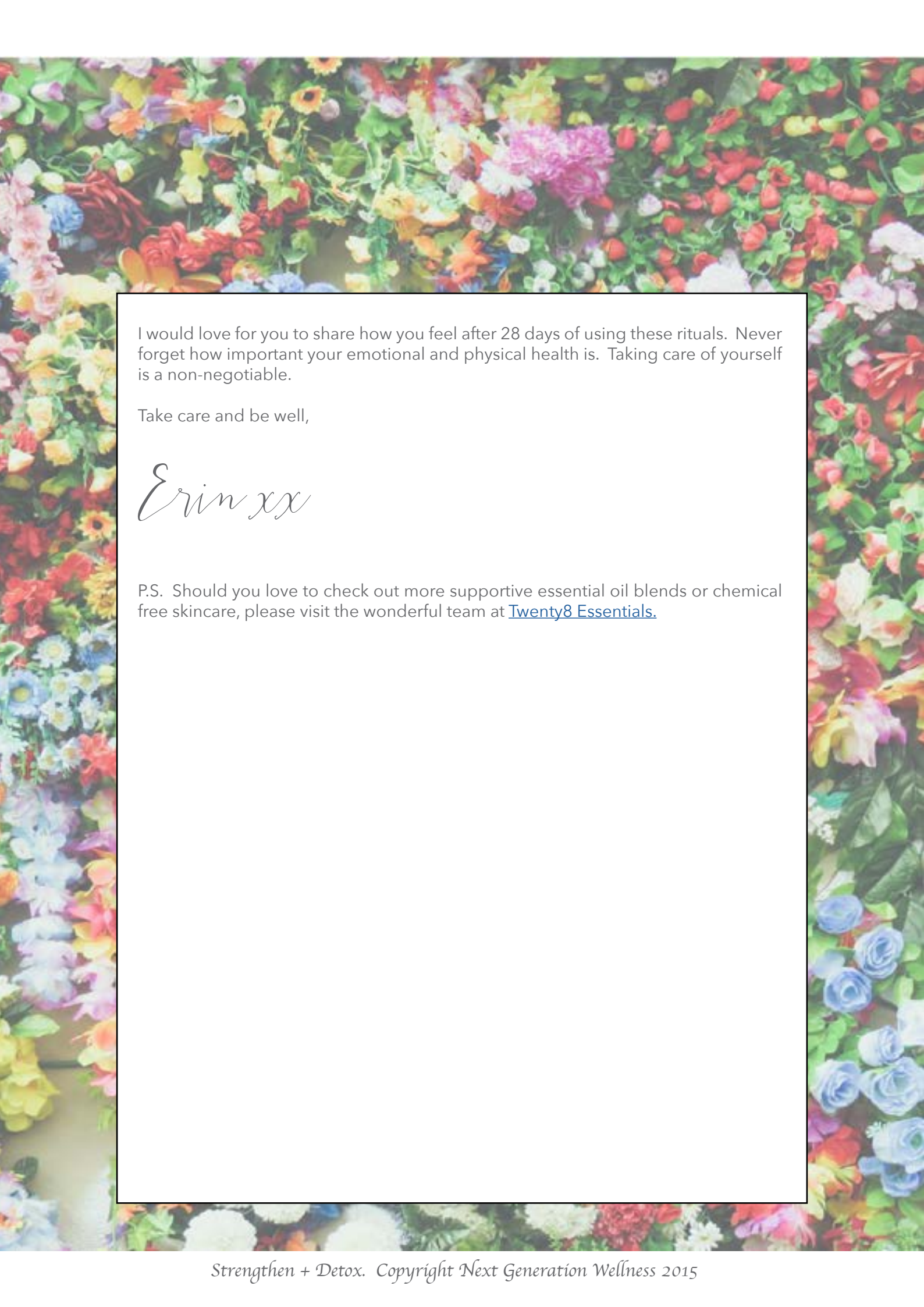
"I am worthy"

What happens technically to relax you is that the aroma released through the vaporiser travels via the nasal cavity where sensors send messages to your brain. Within approximately four seconds of registering the smell the brain releases chemicals and endorphins into the body to support you. The interpretation of the chemicals and endorphins depend on your interpretation of the aroma, ensuring that you always receive what you need.

How to use a vaporiser

Fill the top of the vaporiser with water and light a candle at the base of the unit and add 6-8 drops of essential oils.

You can use a vaporiser anywhere -- in your bathroom, bedroom, kitchen, family room, lounge, on the dining table or in the office.



I would love for you to share how you feel after 28 days of using these rituals. Never forget how important your emotional and physical health is. Taking care of yourself is a non-negotiable.

Take care and be well,

Erin xx

P.S. Should you love to check out more supportive essential oil blends or chemical free skincare, please visit the wonderful team at [Twenty8 Essentials](https://www.twenty8essentials.com).