

Coaching from the Mat with The Spa Lady



Yoga, Essential Oils, Natural Products & More
"Pamper" Your Life with The Spa Lady
Aromatherapy, Spa Products & Wisdom Circles

Extreme Self Care Topic: *Arborvitae* Essential Oil *Bliss-a-plines" (That's disciplines that bring you bliss)*

Possible Physical Benefits:

- Protects against environmental and seasonal threats
- Promotes healthy cell function
- Natural insect repellent
- Protects the body from harmful elements while supporting normal cell activity
- Used by native Americans for health benefits (<https://www.youtube.com/watch?v=wmvuQ7cplGo>)

Possible Emotional Benefits:

- The Oil of Divine Grace- The Tree of Life
- Assists individuals who believe that all progress has to be made through struggle or solitary.
- Addresses the need to control one's outcomes in life.
- Invites individuals to live with PEACE and JOY by TRUSTING in the abundant flow of divine grace.
- Arborvitae is a grounding oil.
- It's Latin name means "to sacrifice". This oil invites people to sacrifice their personal will & ambitions for a far more fulfilling way of living.
- Teaches that TRUE strength comes through emptiness or willingness to receive strength. It asks individuals to relax, take a DEEP breath and TRUST in the flow of life.

Historical Uses: Spiritual communication during rituals, coughs, fever, intestinal parasites and venereal diseases. This oil may help with hair loss, nourish the skin and has powerful effect on the subconscious and unconscious mind. **Price \$30**

Facilitated By:

Roberta Fortune, The Spa Lady (Serial Entrepreneur since 1990)

Essential Oil site: <http://www.mydoterra.com/spalady/>

Spa Products: <http://www.beautipage.com/robertafortune>

Juice Plus Info: <http://thespalady.juiceplus.com> or <https://thespalady.towergarden.com>

ESCAPE...RELAX and have FUN!!

Willow Health Food & Wellness Center * 4309 County Line Rd. * Chalfont, PA 18914
www.willowhealthfood.com * 215-997-2838