

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: *Basil "the oil of renewal" Essential Oil*

Bliss-a-plines" (That's disciplines that bring you bliss)

Possible Physical Benefits:

- Soothes sore muscles and joints
- Assists with clear breathing
- Acts as a cooling agent for the skin / May Soothe minor skin irritations
- Promotes mental alertness / Sharpens focus while studying or reading
- Enhances memory functions
- Lessens anxious feelings/ Reduces stress and tension

Possible Emotional Benefits:

- May help the symptoms of adrenal exhaustion which may include: overwhelm, fatigue, low energy and inability to cope with life's stressors.
- The smell of Basil oil bring strength to the heart and relaxation to the mind.
- Basil supports those under mental strain. /Excellent for nervousness, anxiety & depression.
- It brings rejuvenation of vital forces after long periods of burnout & exhaustion.
- Basil oil may strengthen the adrenals & restore the body to it's natural rhythms.
- Basil can be helpful in addiction recovery as it gives hope and optimism. It may assist an individual in giving up false stimulants or other substances related to addictions by increasing one's natural energy. It may support you in achieving greater balance & health
- It may help if you are anxious, weary, overwhelmed, tired, drained, exhausted or addicted.

Historical Uses: Bursitis, Carpal Tunnel, Bee Stings, Cramps, cuts, frozen shoulder, mouth ulcers, muscle spasms, snake bites, spider bites, wounds, respiratory problems, digestive & kidney ailments, epilepsy, and more!! **Price \$27**

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!!

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