

# Balanced BE Essentials

PO Box 276 Glenorie NSW 2157 ABN 35 080 300 812  
Street Address: 1014 Old Northern Road, Glenorie NSW 2157  
Tel: (02) 9652 0555 Fax: (02) 9652 0800

Email: be@aroma.com.au Website: www.aroma.com.au

Please note our new address and freecall # 1800 836 826!

APRIL 2003

**A Balanced Approach  
to health and lifestyle  
are the key  
ingredients for a  
successful and happy  
existence."**

## SOME IMPORTANT TYPES OF AROMATIC MOLECULES FOUND IN ESSENTIAL OIL BEARING PLANTS

**TERPENES**  
stimulant, antiviral  
ie most citrus & needle  
oils

**ALCOHOLS**  
tonifying, energizing,  
antibacterial,  
antiviral, antifungal,  
germicidal  
ie marjoram, rosemary,  
geranium, cypress

**PHENOLS**  
bactericidal, strongly  
stimulant  
ie thyme, oregano

**ALDEHYDES**  
sedative, antiviral,  
antiinflammatory  
ie melissa, litsea  
cubeba

**ESTERS**  
active on central  
nervous system  
ie lavender, clary sage,  
petitgrain

**KETONES**  
mucolytic, cell  
regenerative,  
ie rosemary verbenone,  
sage

**OXIDES**  
expectorant  
ie eucalyptus globulus,  
hyssop

**SESQUITERPENES**  
antiinflammatory,  
antiallergic

**SESQUITERPENE  
ALCOHOLS**  
liver & glandular  
stimulant  
ie frankincense, myrrh,  
pachouli

## What are essential oils and how can aromatherapy help me?

Essential oils and their uses have been known to humankind for over 5,000 years. They have the ability to penetrate into the deep layers of the skin and affect the whole person – both physically and emotionally.

**They add moisture, tighten, cleanse, detoxify, increase blood circulation, calm and support the body's functions.**

They are *lipophilic* – or easily mixed with fats – their molecules are smaller than the molecules making up the skin, making them able to penetrate easily, and therefore very quickly.

Essential oils when properly administered produce no harmful side effects. They *mobilise* the body's own self-healing powers. They awaken and strengthen vital energies and self-healing capabilities and can deeply influence our psychic equilibrium or psychological well-being and regulate physical imbalances.

They have the ability to directly affect the brain and when absorbed by the skin, can reach the organs to be treated through the connective and lymphatic tissues and the circulatory system. Excretion of essential oils from the body takes place in the lungs and kidneys.

Essential oils greatly support the skin, the largest organ of our body, in its many functions. In diluted forms, they are used for massage, in therapeutic baths, for compresses, and in skincare treatments. Aromatics work well as an adjunct to other types of treatment and indeed, will be strengthened in its effectiveness when combined.

**Madame Marguerite Maury**, a French biochemist, found that aromatherapy stimulated the reproduction of skin cells and restored the elasticity of muscle

tissue, enabling the skin to remain healthy & comparatively un wrinkled.

Some comments from our customers:

*Once again I must write to you to thank you and tell you how beautiful your new "BE Sensual" oil is. I have and use all your oils – just love them. My favourite was "BE Lite", now I have another favourite. I could not BE without any of them. So I could not wait to receive the... new "BE Sensual". When I opened the bottle the smell was just divine. I remembered you saying it was beautiful for the face so I started using it on my face. It felt so soothing as my skin was stressed from using A.H.A's (it was red and blotchy). Within two days my skin looked normal again, which was great as I had been trying different products trying to fix the blotchy red patches – to no avail. But "BE Sensual" was healing my skin. It looked smooth, firm and plump. It is without a doubt the best face product I have used. I have tried the most expensive cellular serums and creams. But no more! I will only be using your "BE Sensual" oil on my face. It is too beautiful just to use as a massage or bath oil. Also it is very, very relaxing. It is so good to wake up in the morning knowing my skin will look good and every day I use it my skin looks better and better. I just love it. I am so pleased to have found a product that works. Regards and best wishes, Margaret. Berkeley Vale.*

*For the last few years I've suffered terribly from arthritis in the hands making knitting an impossible task, so I... ..finally thought – may be? I made a circular shawl for our new grandson. I'm a night time only knitter) and with about*

*6 inches to go – on several circular needles and about 1200 stitches at that stage. I found a small amount of BE Relieved rubbed it into my hands before I started knitting and away I'd go – pain free! Isn't that wonderful. I'm working my way through the whole range and loving it all. Many thanks, Dorothy. Warners Bay.*

### Many thanks!

Last month we decided to introduce our first large-scale mailout and product specials. We were inundated with the response and orders that we received. Balanced Essentials would like to thank all those who responded with a very big "thank you".

We will endeavour to send out a regular newsletter with special offers and look forward to helping you "help yourself" with our products for health and well-being.

Please let us know if you have any suggestions that might help us improve our service and information to you.

### TVSN live program dates for April 2003:

**Sun 6th** from 7.30-8.30pm  
**Wed 16th**—two shows from 3.30-4.30pm and 8.30-9.30pm.

Cheryl Gilbert  
Owner/Creator  
Balanced Essentials

