



Balanced BE Essentials

www.aroma.com.au

Newsletter Nov/Dec 2011

It's been a busy few months and it is great to finally have our Newsletter finished with time for you to decide on our Christmas Specials. I can't think of a better present than a healthy one and aromatherapy certainly ticks all the boxes when it comes to giving. Many of you are very generous and give to family, friends and neighbours while some of you have let me know that you love the products so much that you hide them when family come to visit. That's why the Specials that are being offered are "twins" and I thank you for the feedback that encouraged us to offer them this way. And we've decided to offer a complimentary soap sample in a canvas bag so that those who haven't tried them can experience the beautiful difference with these naturally moisturising soaps.

I feel really blessed to be involved in an industry that I love and one that focuses on health. It is immensely rewarding that the products I have developed have been able to help so many of you. My Christmas will be a joyous one celebrating over 16 years since I first started selling aromatherapy products. It's hard to believe it's been that long!

Over these last months I have been very involved in researching NEW products to add to my range and I look forward in the near future to sharing the results with you. There are also many anti-aging products containing stem cells on the market that promise "real" results in moisturising your skin and I'm road-testing them so that I can give you my thoughts and suggestions.

I'm reminded of a quote in my diary in December 1996; "Nature inspires us with her gifts to awaken, harmonise and balance mind, body and soul". What could be more true of essential oils.

City to Surf

A BIG thank you to those who donated to the Bears of Hope Charity. Balanced Essentials was proud to be associated with such a worthy cause. Yes, we made it to the end in 2 hours 39 minutes and 41 seconds. And the Xavier Bear Team raised the most money of all the Bears of Hope Charity Teams involved collecting just over \$7,800.



TVSN - Television Shopping Channel

We were hoping to announce in this Newsletter the dates and times of the shows but we are still finalising the last of the details so that we can make it all that much more special for those of you who watch TVSN. Yes, there was a lot to sort through but we are nearly there and we are planning now for the shows to start in December. You can ring us at the end of November (or contact TVSN direct on 13 23 10) and we will advise you of the times so that you can watch the first shows live to air.



My Recent Experience

Just recently I burned my hand badly on the steam from my kettle. What a relief to use lavender essential oil followed minutes later by BE Relieved. By the end of the day you could hardly see any redness and there was no blistering.

CHRISTMAS CLOSURE: Office closes Friday 23rd December 2011 and re-opens Monday 9th January 2012.



SPECIAL #1

"BE Relieved Twin"

BE Relieved Twin with BE Uplifted 60g Soap in canvas bag
\$99.50 (save \$19.50)

SPECIAL #2

"BE Sport Twin"

BE Sport Twin with BE Uplifted 60g Soap in canvas bag
\$99.50 (save \$19.50)

SPECIAL #3

"BE Lite Twin"

BE Lite for Cellulite Twin with BE Uplifted 60g Soap in canvas bag
\$99.50 (save \$19.50)

SPECIAL #4

"BE Lite Lotion Twin"

BE Lite Firming & Toning Lotion with BE Uplifted 60g Soap in canvas bag
\$89.50 (save \$19.50)

SPECIAL #5

"BE Male & BE Sensual"

BE Male Aftershave & BE Sensual with BE Vital 60g Soap in canvas bag
\$109 (save \$20)

SPECIAL #6

"BE Vital & Lotion"

BE Vital Massage/Facial Blend & BE Lite Firming & Toning Lotion with BE Vital 60g Soap in canvas bag
\$89.50 (save \$14.50)

SPECIAL #7

"BE Soaps"

BE Uplifted, BE Calm & BE Vital Soap Sets with BE Inspired 60g Soap in canvas bag
\$59.50 (save \$14)

POSTAGE & HANDLING CHARGES
\$10.50 for each order under \$150.

Any order over \$150 (or if this is your first order with us) postage & handling is free. Pensioners receive a 10% discount.

SPECIALS ONLY AVAILABLE WHILE STOCKS LAST

BULK DISCOUNTS NOT AVAILABLE FOR NEWSLETTER SPECIALS

PLEASE NOTE: FREIGHT ADDED FOR OVERSEAS ORDERS

We send our products to: NZ, USA, UK, Japan, China, Malta, Singapore, Greece, Germany, Latvia, Hong Kong, Taiwan, Canada, France, South Korea, Malaysia, Qatar & Pakistan.

Don't forget our website at

www.aroma.com.au

for secure ordering - or e-mail us at be@aroma.com.au

Hand washing with soap is best

The largest, most comprehensive study ever done comparing the effectiveness of hand hygiene products shows that nothing works better in getting rid of disease-causing viruses than simply washing one's hands with good old-fashioned soap and water.

Among the viruses soapy hand washing flushes down the drain is the one that causes the common cold. Other removable viruses cause hepatitis A, acute gastroenteritis and a host of other illnesses.

A separate key finding was that waterless handwipes only removed roughly 50 percent of bacteria from volunteer subjects' hands. Anti-microbial agents were best at reducing bacteria on hands, but waterless, alcohol-based agents had variable and sometimes poor effects, becoming less effective after multiple washes, Sickbert-Bennett said. For removing viruses from the hands, physical removal with soap and water was most effective since some viruses are hardy and relatively resistant to disinfection.

Authors: Drs. William A. Rutala and David J. Weber, professors of medicine and epidemiology at the UNC schools of medicine and public health; Dr. Mark D. Sobsey, professor of environmental sciences and engineering in public health; and medical technologist Maria F. Gergen-Teague. Dr. Gregory P. Samsa, a Duke University biostatistician - American Journal of Infection Control.

Natural Cleaning Solutions

Cleaning Paste: Use natural cleaning solutions such as 1 part of bicarbonate of soda to 1 part vinegar and add a few drops of lemon juice (or lemon essential oils) which can be mixed together.

Lemon Cleaner: Lemon juice can be used to dissolve soap scum and hard water deposits and is also useful to clean and shine brass and copper. Cut a lemon in half and sprinkle bicarbonate of soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains.

Spray Cleaner: Use 1 part vinegar to 1 part water and add a few drops of lemon essential oil.

Furniture Polish: Add a few drops of lemon essential oil mixed with ½ cup of olive oil or sweet almond oil as an alternative to furniture polish.

Fabric Softener: Vinegar is a natural fabric softener as well as a disinfectant and deodoriser. This can be especially helpful for families who have sensitive skin. Add ½ cup of vinegar to your wash (you can add a few drops of essential oil as well). Vinegar also helps break down laundry detergent more effectively. What a bonus! And don't worry as the smell of vinegar disappears when it dries.

An alternative to lemon essential oil (but more costly) is to use BE Uplifted Pure Essential Oil Blend. The advantage of this is that it contains lemon, lemongrass, lavender, bergamot and geranium essential oils and you only use half the amount that you would if you used lemon essential oil. You also have a more complex and beneficial blend for your cleaning.

Air fresheners

I've long been aware of the danger to our health through using synthetic air fresheners. And yet we are constantly being exposed to television commercials that takes your breath away with the beauty of their products to "freshen and disinfect your home" and the awe-inspiring scenery that comes with it i.e. pine forests, mountains, running streams etc. Well the emphasis really is on "takes your breath away". A chemical that may be in them is called 1,4-dichlorobenzene, or 1,4-DCB and it could harm your lungs.

It is found in air fresheners, toilet deodorizers, and mothballs, and is present in the blood of nearly all Americans. Chemical 1,4-DCB gives mothballs their distinctive smell. The finding came as part of a National Institutes of Health study that looked at 11 household chemicals. All 11 chemicals are emitted as gasses by common household products. Chemical 1,4-DCB was the only chemical in the study which was linked to lung damage. But what will we find out about the other chemicals over the course of time?

Those who had the highest amounts of the chemical in their blood showed diminished lung function, which could be serious for those with asthma or other lung problems. Reduced lung function is also a risk factor for heart disease, stroke, and lung cancer. Air fresheners have been linked to cancer in the past, and this new study may demonstrate one reason why.

It's best to avoid using any chemicals in your home. And please think carefully about this new craze to disinfect all surfaces of your home including your cutting boards and children's high chairs! You may like the smell of air fresheners but at what cost. Using therapeutic essential oils are an excellent and safe alternative. Use a vapouriser, spritz bottle or incense to add the aroma that will freshen and delight. And remember, essential oils are anti-bacterial as well.

Information: Dr Mercola 10 Aug 2006 www.mercola.com

Did you know that anxiolytic means anti-stress?

A recently released study shows a significant anti-stress or anxiolytic effect of Sweet Orange essential oil. A second study was performed using Bergamot essential oil, similar to Bitter Orange, and one of the most highly regarded anti-stress, anti-depressant essential oils. The study revealed an anti-stress result from adolescents wearing an aromatherapy necklace, infused with Bergamot. That's why these essential oils are included in many of our blends.

Study 1: Anxiolytic-like effect of sweet orange aroma in Wistar rats. Prog Neuropsychopharmacol Biol Psychiatry. 2010 Mar 6. Faturi CB, Leite JR, Alves PB, Canton AC, Teixeira-Silva F. Universidade Federal de Sergipe-Departamento de Fisiologia e Departamento de Química, Av. Marechal Rondon, S/N-CEP 49100-000-São Cristóvão/SE-Brazil.

Study 2: The effects of aromatherapy on stress and stress responses in adolescents J Korean Acad Nurs. 2009 Jun;39(3):357-65. Seo JY. Department of Nursing, Youngnam Foreign Language College, Gyeongsan, Korea. marseo@hanmail.net

This study was done to examine the effects of aromatherapy on stress and stress responses in adolescents using Bergamot essential oil.

CONCLUSION: Aroma inhalation could be a very effective stress management method for high school students.

Specials

Just in time for Christmas

SPECIAL #1

BE Relieved Twin

BE Relieved Twin
with BE Uplifted 60g
Soap in canvas bag



Save \$19.50

\$99.50

SPECIAL #2

BE Sport Twin

BE Sport Twin
with BE Uplifted 60g
Soap in canvas bag



Save \$19.50

\$99.50

SPECIAL #3

BE Lite Twin

BE Lite for Cellulite
Twin with BE Uplifted
60g Soap in canvas bag



Save \$19.50

\$99.50

SPECIAL #4

BE Lite Lotion Twin

BE Lite Firming & Toning Lotion
with BE Uplifted
60g Soap in canvas bag



Save \$19.50

\$89.50

SPECIAL #5

BE Male & BE Sensual

BE Male Aftershave &
BE Sensual with
BE Vital 60g Soap in
canvas bag



Save \$20.00

\$109.00

SPECIAL #6

BE Vital & Lotion

BE Vital Massage/Facial
Blend & BE Lite Firming &
Toning Lotion with BE Vital
60g Soap in canvas bag



Save \$14.50

\$89.50

SPECIAL #7

BE Soaps

BE Uplifted, BE Calm &
BE Vital Soap Sets
with BE Inspired 60g Soap in canvas bag



Save \$14.00

\$59.50

Bonus Soap With Each Special Listed

Made from using traditional soap making methods.
The soaps have a rich creamy texture and will
lather easily without excess foam. Mild and gentle.

Ingredients: Organic coconut
oil, purified water, sweet
almond, macadamia and
wheatgerm oils with various
blended essential oils.



Customer Comments

I tried your BE Relieved for the first time yesterday. I have Trigeminal Neuralgia and am on a high dose of Tegretol. However, it's not foolproof. Changes of temperature or certain movement of the jaws still activate pain. I went to the pharmacy yesterday to find something to get relief & I was given a dab of BE Relieved. It worked within 5 mins. I later bought some & used again last night & worked in 10 mins. Amazing stuff. Thank you.

Frank Fowler

I have been using your oils for a few years now, especially the BE Relieved and BE Sport with the few ache and pains that I get from time to time. Then my Mum got sick with Shingles and I was caring for her. She was so pleased for me to massage the BE Relieved into her legs as the pain was so unbearable. Then unfortunately we had the sad news that my niece has breast cancer she has just finish her last Chemo session and hopefully all clear. But while going through it all she just couldn't sleep so I gave her some BE Calm which helped her so much, and she was so grateful to her aunty for that one.

So now if my family have any aches or pains they just ring me and that's why I have no oils left. But I just really wanted to thank you very much Cheryl for your oils. They have made a difference to my life and for me to be able to help my family is a great BONUS!!!

Thanking you so much!!!

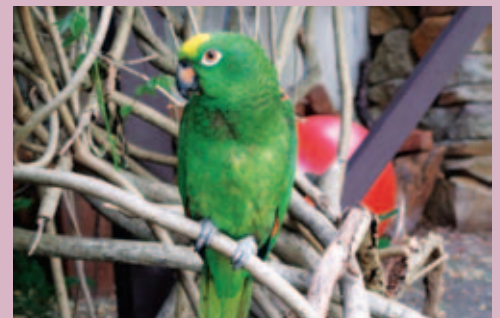
Julie Gule

I just wanted to let you know that I have found another way of using my BE Relieved! The last two nights I have gone to bed and then a few hours later I have woken with a really bad tummy ache and felt like I was going to be really ill. A couple of nights ago, when this happened for the first time, I went to the bathroom and felt really sick. On my way back to bed something told me to rub some BE Relieved on my tummy and on my chest (I also felt like I had heartburn), which I did and went back to bed. About 5 minutes later I felt this wonderful warmth spread from my tummy to my neck and it was such a nice feeling that I promptly fell asleep! By the morning, I was 95% better! Later that afternoon I was feeling fine. Then last night, hubby said he too was feeling a bit queasy so I rubbed in the oil. He too fell asleep within minutes! Later last night, I too then felt ill again, only this time it was worse. After wandering around the house trying to stop the sick feeling rising up, I went back to the cupboard and got out the oils and again rubbed it in. I put more on this time, as I was really feeling so unwell! I made my way back to bed and I found within 10 minutes I was in a deep, deep restful sleep! I woke this morning like I had never felt ill in the first place! Wow! That to me is a new way of dealing with feeling sick! Normally I would reach for something else but NOT ANYMORE!! I know the oils helps with my daughters period pains but I never thought it would help someone with what I can only describe as, slight food poisoning! That's what it felt like. Thank you again for your amazing products! My two teenagers only ever reach for the oils when they feel sore, sick or just for the smell of them!

Sandy Ronchi

Mr BE

If you've rung recently to order and heard singing, whistling or what seemed liked children playing then you've probably been listening to our office parrot, Mr BE, who likes to entertain us. He spends most of his time in a tree just outside my office window and joins us for lunch each day. He is much loved!



Balanced Essentials Pty Ltd

Freecall 1800 836 826

Tel: (02) 9652 0555 Fax: (02) 9652 0800

3050 Old Northern Rd, Glenorie NSW 2157

Po Box 276, Glenorie NSW 2157

ABN 35 080 300 812

Email: be@aroma.com.au

Website: www.aroma.com.au

*Cheryl & staff
would like to thank you for
your support during the
year and wish you a
happy and healthy
Christmas and New Year.*

Cheryl Gilbert



Cheryl Gilbert (Owner/Creator of Balanced Essentials).

BALANCED ESSENTIALS IS ALL AUSTRALIAN OWNED & OPERATED