



HOP INTO SPRING...essential oils for household & body cleaning



Nancy Rattray, BCND, CNHP

Nancy is a Doctor of Naturopathy and dedicates her life to educating clients in holistic and natural health. Her own recovery from cancer in 2006 has inspired her to help others regain their health through non-invasive and effective therapies and products. Nancy holds a Bachelor of Science in Education from Bowling Green State University, graduate of Trinity School of Natural Health and

Board Certification as a Doctor of Naturopathy from the American Naturopathic Medical Association. She offers clients cutting edge integrative therapies through the use of Young Living™ Essential Oils, Biomat™ thermo-therapy, Raindrop Technique™, Reflexology, and educational workshops on holistic health.



Sun shining, birds chirping, and flowers blossoming. Springtime is just around the corner—a time of cleansing and regrowth. Color will start to come back as the last bits of gray and white melt away. Seeds will be planted and then it is time to water, regrow, and tend to our plants.

The same way we tend to our plants, we have to remember to tend to our bodies and environment. See what essential oils can be used for household cleaning and body cleansing, plus DIY activities!

SPRING CLEANING

Time to open up the windows and let the fresh air in. Spring cleaning is a great way to get rid of winter's must. Instead of filling your house with chemicals as you clean try a healthier and eco-friendly version with Young Living's Thieves line.

Thieves is an essential oil blend *known for its antibacterial and antiseptic properties.* The Thieves line carries many different products like household cleaner, dish soap, laundry detergent and more! The Thieves Household Cleaner can be used on any surface in your home for dusting, spot cleaning, scrubbing, or any other cleaning need.

Another way to spruce up the house is with Lemon essential oil. Like Thieves, Lemon is also *an antiseptic/antibacterial oil making it perfect for cleaning.* Diffuse Lemon into the air or make your own DIY cleaner. All you need is a glass spray bottle, ¼ cup white vinegar, 1 ½ cups distilled water, and 20-25 drops Lemon essential oil. Simple all purpose, chemical-free cleaner in minutes!

BODY CLEANSE

Not only is Lemon essential oil good for household cleaning it is also

good for cleaning and taking care of your body!

Slosh off your dead winter skin by making a Lemon face scrub. In a mason jar mix 1 cup white sugar, ¼ cup melted coconut oil, and 15 drops Lemon oil. It will leave your face feeling smooth and looking bright! Lemon can also be used internally.

TIP: Add a few drops of Lemon Vitality to purify your drinking water while adding a fresh taste!

Tea Tree oil is another great oil to use for *cleansing and purifying your skin.* A simple way to use Tea Tree oil is to add a couple drops to your facial cleanser. It helps diminish blemishes and leaves the skin feeling cool and refreshed.

In need of some hair TLC. After the cold of winter, your luscious locks might not be so luscious. Start by diluting a few drops into some coconut oil, heat it up, cool to touch and massage into your scalp and hair. Wrap hair up into a towel and let sit for 30 minutes. This will help bring moisture back into the hair and promote hair growth.



Contact Nancy today
440.343.9921
By Appointment
or

www.nancyshealinggarden.com
www.healthwellnessoils.com



WORKSHOP SCHEDULE

NANCY'S HEALING GARDEN

Nancy's Healing Garden Training Center

7465 Jasani Ct. Mentor Ohio 44060

440-343-9921

Reservations Requested

Tues. Feb. 6, 7-9PM...Wellness with Essential Oils

Tues. Feb. 13, 7-9PM...Elixir of Life

Sat. Feb. 24, 10AM-12PM...Toxic Free Home:
DIY Make & Take product (\$6 supply fee)

Tues. March 6, 7-9PM...Intro to Wellness with Essential Oils

Tues. March 13, 7-9PM...Spring Home Makeover:
All natural, chemical free products

Tues. March 20, 7-9PM...Plants & Trees: The Science
Behind Essential Oils

