

ZEN BOX PROFILES – JUNE 2016

ZEN BOX for June 2016 contains:

Zen SORE MUSCLE

Zen YLANG YLANG Essential Oil

Zen CEDARWOOD Essential Oil

ZEN SORE MUSCLE ESSENTIAL OIL BLEND

This is the natural “Icy Hot” solution to tight, sore or distressed muscles. Sore neck and shoulders from computer work or looking down at your phone all day? Sore calves or legs from your run or exercise? Back pain due to muscular issues? Foot or leg cramps from tight muscles? These are conditions ideal for this topical blend.



In addition, thanks to its ingredients, this blend ALSO can help you with energy or fatigue, and also with such conditions as congestion!

Here are the oils in your blend and exactly why they were chosen:

Certified Organic Jojoba Oil & Sunflower Oil as the carrier oils (remember, carrier oils are the oils blended with the essential oils so that you may apply it topically.) These oils love your skin and help with absorption of the essential oils.

Grapefruit – Helps with increased energy and uplift; helps the nervous system against exhaustion and performance stress. Helps boost circulation in and around your muscles, and is a lymphatic stimulant. Helps promote vitality.

Lime – Is known to be restorative and helps restore energy; improves mood; promotes mood balance and muscle restoration.

Black Pepper - Helps to reduce fatigue and increases energy; helps release blocked energy that may be pent up in your muscles; boosts circulation; is an anti-inflammatory; is fresh and dry.

Peppermint – Awakens and refreshes, helps stimulate energy; is uplifting and clears the mind and body (specifically your muscles) of tension.

Rosemary – Reduces stress, stimulates the mind and body.

HOW TO USE:

This is a topical blend which should also be inhaled when you use it (for additional effectiveness).

1) Massage drops on your area of soreness or tightness. Do this as often as needed or every few hours when you have major muscular tension.

2) Compress. Put drops of the blend on your cold or hot compress as well as on your skin before applying your compress to help relieve soreness, inflammation or muscle strain.

3) Need an energy lift? Take several deep breaths and it will help set you right!

4) Feeling sluggish or congested (including nasal congestion)? Inhale and apply to help stimulate the body and mind, boost circulation, and relieve sluggishness.

As you have learned, most essential oils are anti-bacterial and anti-viral, and this blend is no exception!

Safety: there is typically no skin irritation or reactions with the blends, but always test patch it once before starting to use. It's best not to use topically on babies or young children under 2 year of age. Remember to keep all essential oils away from the eyes, keep away from children and do not ingest or drink it!

Always refer to the SAFETY TIPS on the website: <http://www.zenbox-essentialoils.com/safety/>

ZEN YLANG YLANG ESSENTIAL OIL



Latin name: Cananga Odorata **Sourced:** Madagascar **Production:** Steam Distilled flowers

This exotic essential oil is pronounced “lang lang”, though some pronounce it “e-lang e-lang”! Several ZEN BOX members tell me this is their favorite essential oil! It is a very pleasant scent which is featured in my favorite perfume when I lived in Paris, Chanel No 5!

Ylang Ylang actually means “flower of flowers” (the flowers are shown above) and was given this name because of its exotic, sweet floral scent.

The Ylang Ylang tree does not produce flowers until its fifth year of growth! After this, it produces around 45 pounds of flowers each year for up to 50 years.

Mainly sourced from Madagascar (like ours), today Ylang Ylang trees are widely grown in tropical areas throughout Asia, including Indonesia, the Philippines and the Polynesian islands. It grows best in very moist tropical regions.

Ylang Ylang is considered to be very sensual oil, euphoric and, of course, romantic. It is also considered to be soothing. In aromatherapy, Ylang Ylang has the ability to positively impact emotions and can help create a calming, sensual atmosphere in your home. It especially can be useful for soothing you after a rough day.

HISTORICAL ANECDOTES: Throughout history in Indonesia, and even today, it's commonly been used to decorate the bed of newlyweds on their wedding night due to its aphrodisiac qualities. In the Philippines, healers have long used Ylang Ylang in salves to treat insect bites, snake bites, cuts, burns and scrapes.

SCIENTIFIC HISTORY: The French chemists Garnier and Rechler first recognized the medicinal properties of Ylang Ylang at the beginning of the 20th century when conducting research on the Ile de Reunion. They discovered that the oil made an effective treatment for all types of diseases including malaria, typhus and intestinal infections. The pair also noted its calming effect on the heart during times of distress (slowing a racing heart, helping to reduce stress.) In Chinese medicine, in fact, Ylang Ylang's calming effect on the heart is its primary therapeutic action.

Ylang Ylang has also been shown to be one of the most effective essential oils for epilepsy as shown in clinical trials performed by Dr. Betts of England.

Ylang Ylang essential oil benefits include:

- Increasing blood flow
- Relieving inflammation
- Regulating heartbeat & Helping with cardiac problems
- Lifting mood, sexual desire or euphoria
- Promoting healthy intestinal function
- Helping with symptoms of PMS
- Help with epilepsy (but discuss with your doctor of course)
- Is an effective analgesic

With a naturally rich, floral scent that's considered "romantic" and uplifting, many people like to diffuse Ylang Ylang in their bedrooms, use it in a body cream or even add some to household cleaning products.

HOW TO USE:

Breathe in the delicious scent whenever you wish or diffuse it.

1) **The uplifting, romantic or euphoric scent** is great for diffusion in the home or bedroom for a “romantic” or happy environment.

2) **For PMS:** Blend 6 drops Ylang Ylang (and if you wish, add 2 drops lavender) in 1 ounce of a carrier oil or cream and apply to the back of neck and lower abdomen to help relieve symptoms.

3) **Feeling depressed, negative or down?** Research shows it can help release negative emotions, including anger, low self-esteem and jealousy. Diffuse, inhale or add to your body cream and use as needed.

4) **I suggested this in an earlier ZEN BOX profile for Rose Geranium:** put several drops of Ylang Ylang on your toilet paper roll in the bathroom. The scent will waft in the bathroom and refresh when you use any toilet paper. I also do this in my guest bath and always get asked about the wonderful scent.

5) **Impotence.** Try Ylang Ylang to help increase libido. Diffuse, inhale or apply to your body – or even put a drops on your bedsheets.

6) **Hair and Skin.** Ylang Ylang has been highly sought after for centuries for its natural thickening effect on hair and also its healing properties on the skin. Put a few drops in your shampoo, and in your night cream!

7) **Racing heart (perhaps due to anxiety?)** Try breathing in some Ylang Ylang.

8) Thanks to some of its components like linalool, Ylang Ylang has **excellent pain-relieving qualities** as well as anti-inflammatory qualities.

9) Ylang Ylang of course has **antibacterial properties** as well! Good for both airborne bacteria as well as use against a cut (but always patch test first if using directly on skin.)

Zen CEDARWOOD Essential Oil



Latin Name: Cupressus Funebres **Sourced:** China **Production:** bark or bark chips are steam distilled

Although termed Cedarwood, the most important essential oils of this group are produced from distilling wood of different junipers/cypresses (Juniperus and Cupressus like ours), rather than true cedars (Cedrus.)

the SAFETY TIPS on the website: <http://www.zenbox-essentialoils.com/safety/>
Essential Oils Have Super Powers®

I simply love inhaling this essential oil! It reminds me of the southwest, of dry saunas (like in Sedona) or beautiful forests. It has a comforting scent you find in nature. In aromatherapy, Cedarwood helps increase endurance, supports confidence and is very grounding.

CAUTION: Some research indicates to AVOID Cedarwood when you are pregnant.

BENEFITS OF CEDARWOOD: Cedarwood is grounding and earthy, but holds many powers as well. It is anti-inflammatory, helps with congestion and is an expectorant; American Indians in the northwest use it as a diuretic and for kidney conditions; it repels insects and was used for storage chests for this quality (think of those old Cedar chests!); it helps to heal wounds and is of course an antibacterial agent. It can help to promote hair growth, can help with toothaches and gum irritations if you don't have Clove handy, helps to reduce skin irritations; it stimulates the metabolism and is well-known to help with lung issues and chronic bronchitis; it is an astringent; it helps with skin-related issues and specifically eczema.

A FEW HISTORICAL ANECDOTES: Cedarwood essential oil is believed to be the earliest oil used by ancient Egyptians in the mummification process, considered very holy. Egyptians also found medicinal and cosmetic uses. Cedarwood is believed to be one of the earliest ingredients in incense used in the temples, in oil lamps and in perfumes for both the living and the dead in their pyramids.

The Egyptians built temples, palaces, houses, furniture, and mummy coffins from Cedarwood. There is also some biblical evidences that Cedarwood was used in building the Temple of Jerusalem started by King Solomon. 1 Kings 6:36 of the Bible states that cedar beams were used.

French Doctors Michel and Gilbert recorded in 1925 the good results obtained using Cedarwood in cases of chronic bronchitis, and its tonic and stimulant properties.

HOW TO USE:

Inhale or diffuse when you feel the need; when you wish to create a welcoming, low-key and earthy environment (or if someone in your environment has a constant cough!)

1) Chronic Bronchitis, coughing or agitation. As mentioned above, French physicians reported good results with Cedarwood use in cases of chronic bronchitis. Diffuse it and/or inhale from the bottle or personal inhaler often if suffering. Put 5-7 drops in an ounce of body cream, gel or oil and massage on your chest, throat, back of neck and wrists.

2) Eczema. Eczema is a common skin disorder that causes dry, red, itchy skin that can blister or crack. Cedarwood essential oil can help reduce the inflammation that leads to this irritating skin issue; it can help reduce skin peeling. Add 5-10 drops to 1 ounce of your skin lotion, oil or cream and massage on the area; or put 5-10 drops in your bath and have a soak.

3) Hair loss. In France, Cedarwood is included in commercial shampoos and hair lotions for hair loss or alopecia. It can help stimulate the hair follicles and increase circulation to the scalp which can contribute to hair growth and slow hair loss. Herbalists and aromatherapists often recommend it often for this condition. Some research indicates that Cedarwood blended with lavender and rosemary could also help improve hair growth and health, by massaging it in and letting sit for 30 minutes (diluted of course, most often in coconut oil) or adding it to your shampoo. Research shows improvement over a 7 month period with daily use.

4) Antiseptic for Wounds. Cedarwood essential oil can be applied topically on wounds as an antiseptic (typically blended with coconut oil, an organic gel, or if direct, do your patch test first.) It defends the body against toxins and relieves your white blood cells and immune system of stress or malfunction — this protects your internal functions and fights off bacteria in the body. Create a blend by mixing 7-10 drops of Cedarwood essential oil with an ounce of coconut oil, and then rub the mixture on your body to help with wounds or infections.

5) Natural deodorizer for home or body. Cedarwood essential oil is comforting, reassuring and also possesses that forest or wood-like scent that many of us love. The soothing power of Cedarwood oil has the ability to change a person's perspective and create a wonderful atmosphere. Inhale cedarwood oil, diffuse it or add it to a body oil or cream.

6) Dry scalp or dandruff. Cedarwood essential oil helps reduce dry or flaky skin. It stimulates the scalp and increases circulation (as we saw in the hair loss description.) To take advantage of this essential oil benefit for dandruff or dryness, mix 5 drops of Cedarwood essential oil with 1 ounce of coconut oil; massage it on your scalp for five minutes. For the best results, let it sit on your scalp for 30 minutes or so — then wash it out and shampoo as normal.

7) Feeling at a loss, out of touch, loss of confidence? Try inhaling or diffusing Cedarwood to assist! In aromatherapy, it helps bolster confidence and grounds you, like a walk in nature.

8) Astringent. Add 1-2 drops to your toner for a nice tightening and refreshing feel. You can also do this by adding drops to organic jojoba or an organic aloe gel. Cedarwood is known to help with acne treatment, perhaps not as common as tea tree. It helps tighten pores after cleansing them. Use a few drops in a cleanser or as mentioned above, as an astringent. You could also add Cedarwood to coconut oil mixed with oatmeal for a scrub. However, for ongoing and active acne issues, we tend to recommend tea tree first.

9) Insect repellent. Cedarwood was originally used in chests and storage boxes thanks to the repellent nature of the wood, to protect contents of the box from critters. It has been found to repel all sorts of insects, including mosquitos. Since citrus essential oils (like lemongrass and lemon) are very effective repellents but CANNOT be used on the skin in daytime due to the strong photo-toxic reactions, Cedarwood could be a topical option. Add to your cream (4-6 drops

in an ounce), or put 4-6 drops per ounce of a spray bottle with water – but shake well before each use (oil and water separate!). Diffuse it on your patio.

10) Relaxing massage. Use 2-3 drops of cedarwood in an ounce of massage oil and relax after a long day (or week!).

ENJOY!

QUESTIONS: Email me at info@zenoilbox.com or info@zenbox-essentialoils.com , or call me at 727-319-6303.

Always refer to the safety tips on our website, www.zenbox-essentialoils.com, and please keep the Essential Oils away from small children (they might be tempted to drink)!

Care for your Essential Oils: Keep the lids tight as oxidation is the biggest enemy of essential oils and will shorten its life. Keep in a cool dark area – avoid direct bright light and warm to hot areas of storage. I keep some of mine in a little fridge.

My book, *Essential Oils Have Super Powers®*, is available on Amazon (both the 322 page paperback and Kindle.) I have created an Amazon discount code for the \$19.00 Book down to \$3.99: 399BOOK at www.sublimenaturals.com (free shipping, too.) I want everyone to feel informed and get the most out of their essential oils!

Want to buy more of one of the oils? You have a standing 25% OFF Discount with code ZENBOX25 at our store: www.SublimeNaturals.com. In addition, I am currently offering a **Buy 1 Get 35% Off the Second of anything.** You can also find diffusers, inhalers and Baobab carrier oil. Plus use your ZEN POINTS!

We are teaming up with another site in the next month to bring you benefits for aromatherapy accessories, gear, jewelry etc. at big discounts. Stay tuned!

Finally, I recently changed your benefit to **win a free ZEN BOX!** In case you missed the email, you only need to refer ZEN BOX to one person who subscribes to get your own FREE ZEN BOX in the next month! The benefit was initially to refer 3 people who subscribed to win your box. Good luck!

Warmly,

Kathy Heshelow, founder of ZEN BOX
Sublime Beauty Naturals®



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