

FOUR SEASONS AROMATHERAPY

Handcrafted Natural Essential Oil Skincare Products

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HOLIDAY
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MOISTURIZING BODY LOTION \$25

Frankincense & Myrrh – An ultra-nourishing all-over body lotion with precious essential oils. This combination will tone, heal, lift and protect your skin. Additionally, there are meditative and emotional benefits to this blissful combination of ancient oils.

"Today, allow yourself to become curious about the soothing spiritual replenishment offered by aromatherapy. The restorative comfort and power of fragrance also has the ability to enhance the days to come."

– Sarah Ban Breathnach

MASSAGE AND BODY OIL \$12

Exotic Blend – Frankincense and Myrrh

These **body oil blends**, made from natural sweet almond and apricot kernel oils, are excellent emollients that help hydrate and nourish your skin. Massage oils will not only make more pleasurable massages, but can also be used as a general moisturizer or in a bath for the ultimate pampering! 4 oz.

THERAPEUTIC HYDROSOLS AND MOOD MISTS \$20

Sleep – Lavender, Clary Sage, and Ylang Ylang. This highly effective aromatherapy spray contains soothing essential oils to help promote a restful night's sleep. Spray on your pillow, sheets, around your bedroom and on your face at bedtime. As you deeply inhale the aroma, you will feel a difference as you doze off to a wonderful night's sleep.

Freshen Up – Spruce, Fir, and Cedarwood. We all have need for a natural scent to counteract stale closets (especially those well-worn shoes) and smelly bathrooms. This fresh, room hydrosol can be sprayed anywhere you need to 'freshen up' the air.

Breathe Easy – Rosemary, Eucalyptus, and Lemon. A purifying and anti-bacterial blend that helps keep nasal passages open and ease congested lungs. Promotes wellness during cold & flu season. Perfect for use in the steam shower!

Peace & Calm – Mandarin and Lavender. Spray this and feel your entire body relax as calm washes over you and a peaceful smile appears on your face. This blend helps adults and children breathe deeply, release stress, and create a calming effect any time of the day. Great as a linen spray, it's wonderful to spray on pillows and sheets at bedtime to promote sleep.

Goddess – Rose, Geranium, Patchouli, and Clove. Restore your true nature! The combination of floral and earthy scents grounds even the most harried woman. Feel balanced, clear-minded, and focused. Goddess Hydrosol Spray helps alleviate nervous exhaustion and creates a welcoming atmosphere while improving concentration.

Be Joyful – Sweet Orange and Mint. This cheerful, synergistic combination works to refresh, rejuvenate, and restore energy, and to uplift mood, particularly during the long, dark winter season. Also eradicates unpleasant odors in the bathroom, kitchen, and in pet areas. Spray frequently to enhance the atmosphere of any room.

About Four Seasons AromaTherapy est. 2005

Aromatherapy is the holistic practice of utilizing naturally extracted aromatic essences from plants to promote the health of body, mind & spirit. This practice uses essential oils not only to prevent & heal illness but also to promote a sense of well-being. Essential oils are obtained through highly labor-intensive processes which extract the vital essence of aromatic plants from the flowers, fruits, seeds, or skin of the plant, as well as the bark, leaves, roots, or wood of certain trees. These oils are often referred to as the "life force" of plants and contain varied therapeutic properties.

Synthetic fragrance oils are primarily made from petrochemicals and attempt to duplicate the smell of a specific plant. A 1986 report by the National Academy of Sciences reports that 95 percent of the chemicals used in synthetic fragrances are derived from petroleum and many other toxins capable of causing disease.

Four Seasons Aromatherapy products are handcrafted in Aspen, Colorado, made with only pure essential oils and all-natural ingredients, and packaged in attractive bottles and jars with pretty labels. Give yourself and others the gift of natural health and beauty. Essential oils give great delight when used for pampering the body, and you can rest assured that their naturalness will be doing you nothing but good all around. I hope you enjoy using these products as much as I enjoy making them!
Erica