

# FOUR SEASONS AROMATHERAPY

HANDCRAFTED NATURAL ESSENTIAL OIL SKINCARE PRODUCTS

ERICABERENS@GMAIL.COM

970/319-8832 ASPEN, CO

## **NEW! MASSAGE AND BODY OIL \$12**

*Stress Relief Blend* – Lavender and Lemon

*Exotic Blend* – Frankincense and Myrrh

*Flowery Blend* – Ylang Ylang and Neroli

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.

## **MOISTURIZING BODY LOTIONS**

**\$22/\$25**

*Peace & Calm* – Mandarin and Lavender. This soothing blend keeps you calm and composed. Sets the tone for your day if used after your morning shower. Also relaxing at night before bedtime to induce a restful night of sleep.

*Citrus* – Lemon, Grapefruit, and Rosemary. An uplifting blend to restore, refresh, and promote clarity.

*Frankincense & Myrrh* – A very special treat! A warm, exotic and ancient healing blend for hands, face and body. You will find this earthy, synergistic blend rejuvenates mature and sun-damaged skin, aids general skin tone and heals skin irritations. Frankincense is known to cultivate inner peace and reduce anxiety. The addition of Myrrh encourages fortitude and acceptance. Try it! Specially Priced \$25

## **NEW SCENTS! SOY WAX CANDLES** **Travel Candle in gold metal tin \$12** **Glass with glass fitted lid \$24**

*Relax* – Lavender

*Peace* – Cedarwood and Rosewood

*Love* – Ylang Ylang and Patchouli

*Refresh* – Peppermint, Pink Grapefruit and Tea Tree

Most candles purchased in stores are made from petroleum-based waxes with lead wicks. Four Seasons Aromatherapy uses clean-burning soy wax, lead-free wicks and 100% pure essential oils. Travel candles are in round metal tins with lids. Glass jar candles are fitted with a glass lid. Soy wax candles make great gifts and stocking stuffers!

## **NOURISHING BATH SALTS \$15**

*Calm* – Sweet Orange and Lavender.

*Refresh* – Peppermint and Tea Tree.

In addition to providing a glorious bath-time experience, Pink Himalayan salts have the therapeutic capacity to cleanse the body by ridding it of toxins. Four Seasons Aromatherapy bath salts are filled with beneficial minerals and organic essential oils. Treat yourself or a friend! 8 oz.

## **THERAPEUTIC HYDROSOLS AND MOOD MISTS \$20**

*NEW! 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.

*NEW! 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.

*Holiday Spice* – Spruce, Clove, Cinnamon, Ginger, and Orange. New Formula! Bring the season's best aromas into your home, shop, or office space year-round. The fresh scent is a comforting, long-lasting, lingering aroma with anti-bacterial properties perfect for bathrooms or any space that needs to be cleansed or "spruced up."

*"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

## LUSCIOUS SALT BODY SCRUBS \$22

**Lavender and Lemon Zest** - This earthy combination soothes, rejuvenates and nourishes skin.

**Peppermint and Rosemary** - Uplifts, energizes and stimulates. Heavenly!

**Men and women both love** the combination of sweet almond, jojoba, and apricot kernel oils with Dead Sea salts to exfoliate, moisturize and nourish skin. Mineralized salts detoxify and smooth skin. Rub this salt glow on the body in circular motions beginning at the feet and moving toward the heart to increase circulation and restore a sense of health and well-being. 8 oz.

## GOAT'S MILK FACIAL CLEANSER \$22

**Goat's Milk Lotion Cleanser** is perfect for all skin types. Its natural ingredients gently remove impurities without robbing skin of its natural oils. It is rich in powerful antioxidants that assist in the fight against free radical damage and promote cell repair, leaving your skin absolutely radiant. This formula slows the skin's aging process and fights the harmful effects of our environment. It spreads easily, rinses easily and never feels greasy. Very soothing and very anti-inflammatory, it's a treat for your skin morning and night. The ingredients in this cleanser are all on the Whole Foods premium body care products acceptable list. Lightly scented with essential oil of Lavender. 8 oz.

## 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*

## ULTRA-RICH NIGHT CRÈME \$26

**Made completely from natural ingredients**, Night Crème is enriched with the healing power of aloe, avocado and chamomile. Pistachio, horsetail and chickweed extracts along with collagen help keep the skin supple and blemish-free. Antioxidants like Vitamin E and Green Tea extract help protect the skin from the rigors of the environment. Natural oils and emollients like Shea butter and avocado and olive oils along with panthenol and sodium hyalauronate enhance the skin feel, and provide soothing and protective properties. Kojic acid is added to help prevent and reduce age spots. Night Creme spreads easily, soaks in quickly and never has a greasy feel. The ingredients are all on the Whole Foods premium body care products acceptable list. Lightly scented with Ylang Ylang essential oil. 2 oz.

## ESSENTIAL OIL 'PERFUME' ROLL-ONS \$11

**Pocket-size, convenient, no-mess, roll-on application** makes it easy to experience the benefits of essential oils, in a base of sweet almond oil, on the go! Pop these in your purse or pocket and use whenever needed. Just roll on wrists, behind the ears or wherever you normally apply fragrance. 10 ml.

**Love** - Spicy and sensuous, patchouli, ylang ylang, and cinnamon combine to connect you with the limitless abundance and prosperity of the universe.

**Clarity** - Promotes mental sharpness, alertness, memory improvement and a clear mind. Also helps to restore a sense of being grounded.

**Uplift** - Empower yourself and connect to feelings of courage, strength and happiness. Among other oils, lemongrass and petitgrain help to uplift your mood!

**Calm** - Roll this on your wrists and temples and breathe deeply to restore balance to body and mind. Lavender essential oil is one of the most effective oils to relieve stress anytime.