

# Spa and Skincare Content Club Tips & Recipes

## Saying NO for self care!

I want to talk to you today about one of the most important words that you can use to take care of yourself. You may have already guessed it, the word is NO. This little word is an amazing tool that you can use to keep your time, energy and life under control. It can also cause some stress and drama when you first start using it..... It's hard to tell your boss no you can't work extra, your husband you can't do his errands, or your kid you can't deliver her lunch! I'm sure you have your own list of things you wish you could say no to. The truth is that once you start the people in your life will soon get used to it, and they will respect your time more.

Think about the week ahead and how you can use NO to help you find more time for the things that are most important to you!

## Essential Oils for a Good Night's Sleep

Having a fully restful night's sleep vitally important for your body and mind. Limiting your sleep, can damage your body and cause it to lose energy rapidly. Stress levels rise with improper sleep, which makes dealing with the day's activities very difficult. Using essential oils aka

aromatherapy can help relax, sleep better and enjoy a refreshing morning.

A busy day, whether you're an employee or the business owner will have you building up stress! Stress can seriously inhibit a good night's sleep. The unsettled sleep will increase stress even more and can even effect your immune system making you susceptible to illnesses. Essential oils can help you relax and sleep more soundly throughout the night.

Some people think that quantity of sleep is very important. However, it isn't the amount of sleep that you get, but the quality sleep that is most important. Getting six to seven hours of sleep is usually enough for your body to replenish its energy levels.

Essential oils can help you fully relax and fall into a deep sleep. You will notice the difference the next morning when you wake up and feel revitalized from the previous day. Not only will you feel replenished on the outside, your mind and body will feel healthier from a quality night's sleep.

There are several essential oils that can help you have a good night's sleep. Bergamot, Lavender, and Sandalwood, are great oils for

relaxation. Although each has beneficial effects separately, combining all three has the best effect on your mind and body.

### **Bergamot**

Bergamot is a peel from a fruit that smells like citrus. The potent citrus smell can refresh and calm the mind.

### **Lavender**

Lavender is a must-have oil to keep on hand due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension.

### **Sandalwood**

Sandalwood essential oil is very soothing. It can help you relax and calm your emotions, so that you can sleep throughout the night.

### **SIMPLE SLEEP BLEND**

Lavender - 1 drop

Bergamot - 1 drop

Place these on a tissue and place between your pillow case and pillow. Nighty night!