

## August – Summer please slow down!

And just like that, we are in August! It was a wonderfully hot July - something I tend to enjoy and just take in. I do love my winter months but there is just something special about summer in New England.

August brings us closer to when school will start up again. Some kids like going back while others aren't so sure. There are the big kids going back to college to the little ones that are just starting out. This is where Essential Oils can come in and help.

There are sprays for helping with sleep, help untangle unruly hair and help support a healthy scalp to help deter those pesky creatures. There are rollerballs that support concentration, calming nervous jitters, focusing. Rollerballs that help support parents as they make a transition to sending their little ones off to school for the first time!

You can also use shower melts and/or bath bombs to bring nerves down at night before a tough test.

You can diffuse oils at night or during study time to help support your children as they work on homework, read or prep for a test. The possibilities are endless!

I will be hosting a rollerball extravaganza in early September for both parents and children to build a rollerball or 2 that will be most effective for them! I'll be posting that date soon!

### Upcoming Events:

August 24<sup>th</sup> - Hearts for Hooves - Blessings Farm Spencer MA

## August – almost a transition month

August is a beautiful month – it can get really hot and humid. As the month travels on, the nights tend to get cooler and we can be back to opening windows again!

But like spring, we have seasonal allergies that begin to show up. For some, the beginnings of the fall feel temps bring misery – watery eyes, sneezing and general feeling yucky.

There are 2 great options you can try to help alleviate and support your body during this stressful time:

1 - Lavender/Lemon/Peppermint blend. A great rollerball to put on your neck and across your forehead. Also be very careful with peppermint! If you get some in your eyes, reach for a carrier oil, such as Olive Oil or Coconut oil. But any fatty oil will help kill the sting. Never use water as it is an enhancer of the oil and it will make it much worse!

2 – Tea Tree Oil. This is my personal favorite when my head is full and my sinuses are ugly. I take a drop, dilute it with a Tablespoon of carrier and run my sinuses. I then cup my hands and take a deep breath in. Clears both your sinuses and your mind! Bonus!

Both of these options can be also added to a diffuser. As it travels through the air it will help support your body and your sinuses. Add a drop of Lavender to the Tea Tree blend for a restful nights' sleep.

August is also a time when parents and children start to think about school. There are wonderful rollerballs that children can use to help them as they start the year. Some that come to thought are: For Nerves, Immunity, Tummy support or if someone just woke up cranky! You can also diffuse oils to help with Focus and Concentration. Lots of options!

As I am going through my training for aromatherapy, I'm learning so much more about how Oils are distilled and extracted and how they work within our bodies. I love learning as much as I can on how Oils work and how certain oils, blended together can really help support our bodies in so many different ways. Topically and diffusing are the most common ways. Using them in shower melts or bath bombs, soaps, rollerballs and scrubs are a fun way to add them into your life to get the many benefits they have to offer!

As I always say, knowing where the oil is sourced and how it is extracted is important. I only use [Young Living Oils](#) because of their [Seed to Seal](#) promise.

Take a read through the process, it is very enlightening.

### Tips of the Month:

Did you know that Peppermint is also good for digestive support AND to help with headaches? It can also be added to spray bottle with distilled water and Lavender for a cooling spray. Lavender is great for sleep, but it is also super effective to rid bug bites, stings, add a drop to a teaspoon soaked in Witch Hazel for a refreshing skin toner. Lemon – add a drop to your water (always use glass and/or stainless steel bottles) for a nice refreshing taste and help cleanse your body (if you catch my drift.. !!). Take some Olive oil in a 2 oz spray bottle and add 5 drops of Lemon – instant furniture polish and hydrator for your furniture. I use it on my table and on my Leather couch - just check your furniture first – Lemon is a cleanser and can be strip away finishes that have not been applied correctly!

### Final Thoughts:

Workshops are a fun way to learn about Essential Oils. If you are interested in learning more about them, you can reach out to me for more information

Thank you for taking the time to read this Newsletter. Let me know if you have any questions. If you have something you are interested in learning, I will research and put in my next newsletter. The more we all know, the better we will all be. I welcome all comments and suggestions. Till next month.

If you are in need of a refill of an Essential Oil or rollerball/cream or interested in learning more about the Essential Oils, email me directly. If you need a refill head to my Etsy page or my website and you can re-order from there.

Let's dance this August!

You can reach me at:

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