# Rain Rain go away! Come again another day!

It sure is feeling that way! We’ve had quite a bit of rain this early spring but my daffodils are up, my tulips are up – well, the one that survived! All the perennials are coming up! The yard is coming together, soon it’ll be time to mow and some of us will be back to hiding in the house due to seasonal allergies. Closing doors and windows can cause stuffiness and that’s when we turn to artificial smells. There lies another toxin that we need to be aware of. Read on for more information.

Seasonal allergies – there is nothing good about them. Allergies are inflammation of your sinuses and cause quite a bit of havoc. Being an asthmatic, this time of year can be quite challenging. I diffuse Lemon, Lavender and Peppermint most days and I have a roller ball that I keep close. I also lean toward Tea Tree oil when I need an extra kick! As with most things, each person is different. Always go slow and remember that oils will enter your system in 26 seconds and will be completely metabolized in 6 hours.

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| Upcoming Workshops:  May 3rd at 6:30pm. Back by popular request: Parfumery! Sign up at:  [Signature Finishes](https://shopsignaturefinishes.com/)  May 26th at 10:00am: **Let’s make Bath Bombs!** at [Charlton Arts and Activities Center](https://www.charltonarts.org/)   |  |  | | --- | --- | | Signature Finishes  Make your own  Perfume! | Charlton Arts and Activities Center  Let’s make  Bath Bombs! | |

Upcoming Events:

May 3rd 6:30pm at Signature Finishes– Make your own Perfume

May 4th Sip and Shop (on Margaritas!) American Legion, Rehoboth, MA

May 18th Fairy Stroll at UUS of Gardner, 66 Elm St. Gardner, MA

May 25th Mary, Queen of the Rosary Memorial Weekend Vendor Mkt Spencer MA

May 26th 10:00am at Charlton Arts and Activities – Bath Bombs!

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| Welcome May!  Let’s hope all those April showers ( it sure did feel a little like Seattle weather for a while!) let all our beautiful gardens shine! Parts of yards are still very wet and the grass is growing and mowing still needs to wait. And when that grass starts to grow, a lot of folks head back inside due to different sensitivities. This leads me to talk about commercial air fresheners, candles, and incense. Many of them have very toxic chemicals that can cause quite a problem with our human bodies – not to mention our children and our pets. Reading labels on fragrances are just like reading labels on food. Take a ‘fragrance’ that you buy and read the back – can you pronounce the word? What does that word mean and how does it affect your family, on a chemical level. If you spend 5 minutes researching, I think you will be amazed. | This leads me to talk about diffusing Essential Oils. Again, you need to be aware of where the Oil you are buying is sourced, how to they take care of the soil, how they extract the oil and do they add any additives to extend the product. I recently had someone ask me if oils goes rancid. If you are using a high quality, Therapeutic Grade Essential Oil, it will not go bad. The oils have antibacterial and antiviral properties and do not contain water. Hence, they do not grow mildew, mold or yeast. They can oxidize and deteriorate over time, and lose their strength but they will not go ‘bad’.  As I always say, knowing where the oil is sourced and how it is extracted is important.  I only use [**Young Living Oils**](https://www.youngliving.com/en_US) because of their [Seed to Seal](http://seedtoseal.com/en) promise.  Take a read through the process, it is very enlightening. |

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Tips of the Month:

Let’s talk Orange. I recently read that eating an orange a day will lift your spirits and brighten your mood. That says a lot about that gorgeous fruit! It’s also good for fighting inflammation, both internally and externally. Another use is it gives your support for your digestion. You can also add Orange Essential Oil to your cleaners. Citrus oils are very effective at cleaning sticky surfaces and for disinfecting surfaces. Add a couple of drops to a bottle with carrier oil, such as Olive Oil, and use it as a furniture polish. Just smelling the oil will lift spirits and bring a little sunshine in if the day is dreary!

Final Thoughts:

The world of Essential Oils is a vast place with many options. My goal is to empower

each of you with knowledge to explore and learn to love Essential Oils. Know that

they are created from plants and plants contain no toxins. That is a wonderful

thought to know.

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, email me directly or head to my Etsy page or my website and you can re-order from there.

Let’s rejoice in this month of May!

You can reach me at:

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Disclaimer: I am not a doctor, nor do I try to be one. I cannot diagnose, cure or prevent any disease. I share my knowledge freely but it is not a substitute if you have a medical condition that persists. Please contact your physician if you do.