

Happy February!

For such a short month, it sure is busy! There is Ground Hog Day, Valentines Day and Presidents day. There is also School Vacation in Massachusetts and the ski season is just about in full swing – albeit with not a lot snow, boo.

Most of you know that I am ski fanatic. I ski as often as I can, which is never enough! I ski mostly in the East, which includes Maine, NH and VT. My goal is get out west soon since they seem to be getting all the snow we usually get. All that fresh air and exercise helps keep me in balance, which comes from just trying new things and having it become a habit.

I hope you are all doing well with the changes you set out for yourself. It takes discipline to keep going when you may be tired or sore or even hungry. But our end result is what we focus on. Discipline it's doing what we know needs to be done even though we may not want to. I know you all have it in you. If you need boost or just a friend to get through that one tough spot, just send me an email. Talking it through is one of best medicines we have!

February is known as the month of love. It is also a time when plants are getting a little tired of not having enough warm sun. By the end of this month, we will have gained an entire hour of light at the end of the day. Even now, it is light almost till 5:30pm! This is a bonus for folks that work till late afternoon. It allows us to get that Vitamin D (as I spoke about last month) and know we are trudging toward spring. As we start to see our plants go a little crazy, we talk to them, turn them to the sun and just let them know, spring is coming.

Back to love talk – love can be of different levels. But the biggest love needs to be of ourselves! Self-love will promote love everywhere in your lives. Your child will feel it, your spouse of SO will feel it and your animals will feel it! Your days will be hard or easy but love will prevail and that smile will come back! Hugs are a great way to pass on the love, support or that confidence boost you may need. Spread those hugs and smiles around like confetti! The ones who need it will take them in, and life will become just a little lighter for them!

Workshops and Events:

March 7th – Soap Making using Melt and Pour. [Enchanted Gift Loft, Oxford, MA](#)

Feb 29th – [Charlton Arts and Activities Center](#) – Open House! I'll be talking about soap making and setting up a soap making class for March! I'll be handing out samples, stop by!

As we head into February, even though spring is on our mind, we are still deep in the winter months. February has been known to dump quite a bit of snow on us on any given day. Winter seems endless because we can smell spring. Colds can still creep in and cause us to set back and stop. Diffuse Thieves, Frankincense and Lime or like today, I have Cypress and Lime. Keeping with the season of Kapha (frigid winter days) there are things we can do to help us get through this month and further depending on how the weather turns.

I talked about exercise and diet last month, they are still important to keep going. Keeps us light and on our feet and ready for spring when she does arrive. Keep the essential oils sense on the grounding side - Cypress, Frankincense, Spruce. But we can also add a kick of a citrus to start waking up the senses. Add a little Orange, Clary Sage, Ylang Ylang to light a little 'spark'!

Yup, I went there - this is the month of Love after all! Let's enjoy all this lovely month has to offer us!

Here are some of what is available on my Etsy site.



Sugar scrub cubes for you or your sweetie

Made with Jasmine, Rose, Ylang Ylang essential oil. So sensual and very uplifting.



Sugar scrubs stars - great for your feet or hands for calming and grounding at the end of the day or when you just want to relax.

Made with Lavender, Clary Sage and Bergamot Essential Oils.



Winter face and body salve. Made with Rosehip Oil, Almond Oil and Coconut Oil. Essential Oils include, Roman Chamomile, Myrrh, Patchouli and Lavender. Anti-inflammatory and can reduce the appearance of wrinkles.



Love Essential Oils? Want to be surrounded by your favorite Oil? These Diffuser Necklaces will give you that. Add a drop or 2 of your favorite oil (Lavender, Valor, Orange, Bergamot) and you're all set for a few days. They come with a sample oil and a wool ball!

Some Essential Oil hacks that are simple but very effective.

- Need a bit of pick me up in the AM? Add a drop of Peppermint Vitality to your water or smoothie
- Cut yourself and it won't stop bleeding? Put a drop or 2 of Lavender on it and add a little pressure.
- Freshen up your bathroom? Add a drop or 2 of Lemon EO in your toilet and let it sit for a bit, flush for a refreshing aroma.
- Add a drop or 2 of Lemon, Orange, Thieves inside your vacuum bag or on the filter – mmmm
- Need a quick perfume? Lavender, Joy, Valor, Patchouli on your neck, wrists and/or chest
- Back to peppermint – diffuse around where your kids do homework. F.O.C.U.S
- Sinus's angry – take a drop of Tea Tree with a teaspoon of carrier oil (Olive Oil, Coconut Oil) and run along your sinus's then take a big deep breath in.
- Stinky school sneakers? Make a quick spray with Peppermint, Eucalyptus, Tea Tree, Lemon and distilled water – bye bye stink!
- Baking soda is a great scouring tool. Sprinkle on your shower floor and/or sink, spraysome thieves on it to make it wet and create a paste. Let it sit for about 5 minutes then scrub and it will sparkle AND smell nice!

Let me know what hacks you have up your sleeves and we can share!

Final Thoughts:

Workshops are a fun way to learn about Essential Oils. If you are interested in learning more about them, 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 it 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 or contact me via email for any orders.

Happy New Year to all!

You can reach me at:

www.theviolethummingbird.com

Theviolethummingbird@gmail.com

<https://www.etsy.com/shop/TheVioletHummingbird>



**** disclaimer – Always know where your oils are sourced from. I use Young Living Essential oils because they own all their farms and I know how they maintain their farms. Know your source and always be extra vigilant.**

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.