

Happy May!

Hello to everyone! May has come and I hope you are all doing well and staying safe and keeping strong. This is not an easy time as we are now entering week 8 of our stay at home. I know this time brings out situations and personalities that we didn't know we would have to work through or have to try to understand such a difference we see in each of us.

I'd like to share a story about what happened to me recently – I was pretty blue one day last week. I couldn't get out of my own way, I was angry at EVERYTHING. I was crying and mean to everyone. Then I stopped dead in my tracks when I finally 'heard' myself. I knew instantly what I needed – I needed to increase my frequency. You see we humans are made up of molecules in motion and not just us, everything has a frequency. We get our frequency with what we put in our bodies (food is fuel) and what we surround ourselves with (emotions, negativity, positivity) and I was one walking negative person! So I went back to basics. I turned off all my electronics and laid down outside on the deck in the sun. I let the warmth wash over me to start the process – then I reached for my Oils. I have 2 Oils I always reach for when I'm lost and feeling 'out of sorts'. I instinctively reached for Valor, a blend of 5 essential oils that help build confidence, balance, courage and self-esteem. I put 3 drops on my diffuser necklace and within minutes, I could feel my energy coming back, my thoughts started to change to positive and boom! Just like that, I'm in my craft room, dancing and singing.

I'm always amazed at how the Oils work and how fast they work. Valor is just one of many oils that can lift your spirits. Frankincense is another, and it's also great for your skin! So I decided to help keep my frequency high and spread my joy. So! There are 2 new creams available – Body Butter and Hand Lotion. With all our hand sanitizing, the hand lotion is a wonderful addition with the added bonus of increasing your frequency!

With spring we have new hope. We can walk in the woods and talk to ourselves to put 'things' in order – if that helps you. We can garden and get our hands dirty. Planting flowers and vegetables is a great way to help us focus. Pansies are a favorite for their smiling faces! Once we are all done, we can reach for the Gardener's Hand Scrub or Soap and scrub away the dirt and grime and our hands will be soft and smooth. Grab a small dab of the Hand Cream and you will feel your hands quiet down and relax. The oil of Frankincense will increase your frequency and balance you. Your sleep will be calmer as your mind relaxes. Amazing and wonderful!

If feel yourself being a bit more negative or unsure some days, reach for your happy Oils and let them help you. Drink a nice glass of water and sit in the sun. Spring is here! Let the Hope of Spring wash over you!

Lots of fun gift ideas are available in my ETSY shop for the Graduate, Dad, birthdays and Bridal Showers. There are Scrubs (Margarita Scrubs in a Margarita Glass!), Soaps (Salt bars, Coffee Soap Scrubs, Loofahs - for that soft skin feel), Rollerballs (for Sleep, Headaches, Floral, Nerves and building your Immunity) to Diffuser Necklaces that include a sample Essential Oil. Contact me directly and we can work on your individual gift. Head over to my Etsy site and view all the lovely gifts that can be available. There are 2 different options for Gift boxes and each order includes a free gift!



Shampoo bars! Take the hassle out of using plastic bottles and filling up the landfills! They come wrapped in wax paper and leave your hair soft and smooth. No conditioner is required! Available in a 2 pack in 3 different scents!



Margarita Sugar Scrubs! These are just fun fun fun! Made with organic sugar, coconut oil and Lime Essential Oil. Lime helps purify the skin and give it a nice glow. The sugar and coconut exfoliates and soothes the skin! Smells wonderful!



Gift Boxes full of chemical free and fun gifts for that special person in your life. There are 2 options both ship free of charge! The combinations are endless! Contact me directly to create your special gift!



Sandalwood Salt Bars - this is a mild exfoliation with the benefits of Sandalwood Essential Oil. It helps with mild skin irritations and can help reduce inflammation. It also has an age-fighting ingredient! A beautiful scented soap!



Hand Sanitizer - available in 2oz, 8oz & 16oz with different tops: disc, spray, pump or 2oz disc and spray. They are made with 95% alcohol, aloe vera and immune boosting Essential Oils.



New! Body Butter made with Shea Butter, Cocoa Butter, and Avocado Oil. Both have skin healing properties of Frankincense or Frankincense and Ylang Ylang Essential Oils.

Final Thoughts:

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. Enjoy the smiling faces of your Pansies this spring!

Peace and Love

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, have a strong Seed to Seal promise 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.