

## body·licious

Over ten years ago, Food for Thought pioneered the concept of custom aromatherapy blending. We decided to offer an opportunity for our customers to enjoy the benefits of aromatherapy in a cost effective manner. Rather than having to buy several different bottles of essential oils to make one recipe, we'd blend those oils together and charge by the drop. It is a great way to discover which oils work best for each person, without having to spend a lot of

money.

Over time, we have expanded the concept to include base ingredients, such as lotions and bath gels, in order to make even easier to have true aromatherapy products that are perfect for each individual. Not only do you get a perfect blend, but you are also able to cut back on waste and save money!

The custom blending process is simple. First, select a bottle. We have empty bottles available to purchase, or you may bring in your own clean, empty bottle (as long as we can determine the size). You select which base you'd

like and which oils you'd like us to add. The bases are sold by the ounce and the essential oils are sold by the drop. Reference materials on hand to assist you in developing blends suited to your needs. We also continue to offer essential oils for those that wish to utilize the oils without a base.

Once you discover your favorite oils, Food for Thought offers several lines of essential oils available in by the bottle. Once you start mixing your own blends, you will see how much fun aromatherapy can be! Stop by today and take a sniff!

### Featured Items available at our blending bar:

Goat's Milk Lotion  
 Massage Gel  
 Hemp Lotion  
 Breakout Buster  
 Almond Oil  
 Bubble Bath  
 Silky Shine Shampoo  
 Green Tea Cleanser  
 Baby Shampoo  
 Psoriasis Cleanser  
 Sombra Hand Sanitizer



## What are essential oils?

Essential oils are hot in the beauty industry right now. What makes us cringe is that they are being so misused. Many companies are filling their products with junk and adding a few essential oils, to make it appear more "natural." Don't be fooled! Read all the ingredients before buying just any product that touts itself as using essential oils. The other day, one employee found a rather pricey, big-name hair treatment product online, that played up its "aromatherapy" connections. It was so full of junk, she couldn't believe anyone would put it on their hair!

Essential oils are very powerful. Just one drop

of your favorite essential oil is approximately equivalent to 30 cups of herbal tea. All essential oils, with the exception of tea tree, lavender, and perhaps helichrysum, should be diluted. An essential oil is a liquid that is generally distilled (most frequently by steam or water) from the leaves, stems, flowers, bark, roots, or other elements of a plant. Essential oils are not really "oily." Essential oils are volatile (turn from a liquid to a gas at room temp); Heat causes the oils to evaporate more quickly. One way to check and make sure that you are working with a pure essential oil, is to place one drop on a piece of paper. True essential oils will evaporate, without leaving any oily residue.

Essential oils can vary greatly in quality and price. Various factors that can affect the quality and price of

the oil include the rarity of the plant, country and conditions that the plant was grown, quality standards of the distiller, and how much oil is produced by the plant.

Essential oils should not be mixed with petroleum based ingredients, including mineral oil. Nor should they be stored in plastic or metal bottles for long periods of time. Store essential oils in glass bottles, in a cool, dry location.

Essential oils have a variety of healing benefits, depending on their chemical composition. They also provide numerous benefits for skincare.

The best way to determine which oils to use is with a reference guide. Food For Thought has many great books on aromatherapy available. We also sell our essential

oils by the drop, which allows you to experiment and determine which oils work best for you, without investing a lot of money. Stop by our custom blending bar for more information!

Here is a quick recipe that is a favorite for a gentle pick-me-up and brain booster!

### Brain Power Blend

5 drops Lavender  
 2 drops Lime  
 1 drop Geranium  
 1 drop Bergamot

