

Special 2-page guide: 12 months of essential oils page 18
exploring the art and science of aromatherapy

Aromatherapy Thymes

THE EUCALYPTUS ISSUE

A FRESH AND FUN LOOK AT

Eucalyptus

YOUR NEW YEAR'S
WEIGHT LOSS
RESOLUTION RESOLVED!

ED BEGLEY, JR.
THE GREENEST MAN
IN HOLLYWOOD

8 TIPS TO ENHANCE
YOUR OFFICE

UNIVERSITY OF ARIZONA
INTEGRATED MEDICINE
PROGRAM MAKES STRIDES
IN CANCER RESEARCH

NATURE'S REMEDIES FOR
SEASONAL AFFECTIVE DISORDER
THE COMMON COLD AND FLU

aromatherapy

Aromatherapy is still in its 'infancy.' Its continued evolution will certainly change how it is viewed and used in a variety of ways.

The trend toward the therapeutic use of oils is undeniable. Any new oil that becomes more popular will do so not just because of its alluring scent, but also because it has a specific benefit. It will most likely be an oil that is easy to incorporate into daily use.

In order to meet the public's desire for oils that provide true therapeutic benefits, the manufacturers and suppliers will have to do a better job of quality assurance. In 10 to 15 years, I expect that the majority of companies selling wholesale aromatherapy products will have labs capable of doing top-notch quality testing. The use of synthetic fragrances (the f-word to aromatherapist) should become less popular, and better testing will eliminate them as an adulterant. Consumers will demand quality, in both individual essential oils and in aromatherapy products, and companies will respond by using tested - **pure essential oils.**

TIM BLAKLEY, AUTHOR, HERBALIST, AND EDUCATOR, AURA CACIA

beauty & bliss

the b list

the b list

natural, organic,
gentle on the skin,
healing, refreshing,
pure, therapeutic,

All NATURAL and packed with good stuff for the skin. These products pass the b list test and we love the smell.

1. AURA CACIA DEAD SEA SALTS
EUCALYPTUS AND LAVENDER
\$13 www.auracacia.com



2. 100% PURE ORGANIC EUCALYPTUS
SEA THERAPY BATH
\$19 www.puritycosmetics.com

3. L'UVALLA EUCALYPTUS TONER
\$40 www.luvalla.com (3 month supply)

4. DEEP STEEP ORGANIC
ROSEMARY-MINT HAND WASH
\$9 www.deepsteep.com

5. EO SANTIZING HAND WIPES
\$19 www.eoproducts.com

6. ANAKIRI SUNFUSION FACE AND BODY OIL
\$37 www.anakiri.com

7. NATRACARE ORGANIC ALL COTTON TAMPONS
\$6 www.natracare.com

8. VON NATUR COMPLETE BODY LOTION (UNISEX)
\$21 www.vonnatur.com