



Pure aroma

And unadulterated scents

Bev Gray, RA, CH

Essential oils aren't always essentially what is on the label. Essential oils can be tampered with anywhere along the distribution chain, from the farmer's field to the company selling the oils. Why? Money! Greed! Fillers or synthetics may be added to stretch the amount of oil that can be sold.

That means when we're purchasing essential oils for therapeutic use we need to be as discriminating as when selecting food or fine wine.

Essential oils used therapeutically should be free of pesticides and chemical additives. They should be genuine and authentic. According to early French distiller Henri Viaud, "Genuine essential oil is pure and natural. No adulteration has occurred after distillation. Authentic

means the essential oil is derived exclusively from the plant named on the label with no additives."

How can you be sure if you are buying good quality essential oils? Train your nose! Smell everything. A discerning nose will eventually be able to tell quality authentic essential oils from lesser quality synthetic oils. Their aroma should be fresh, full bodied, and have a vibrant energy. Also, the label should reflect the contents. The plant's common name, its scientific name, and the region where the oil was harvested and distilled should appear on the label.

When using essential oils on your skin—especially on your face—pure, genuine, and authentic are very important.

Face oil for mature skin

Massage your face daily with this essential oil blend to leave skin feeling soft, silky, revitalized, and regenerated.

- 2 drops frankincense
- 3 drops neroli
- 2 drops carrot seed
- 2 drops lavender
- 1 Tbsp (15 mL) sweet almond oil
- 1 1/2 tsp (7 mL) hazelnut oil
- 1 1/2 tsp (7 mL) jojoba oil
- 1 vitamin E capsule

Blend essential oils with sweet almond, jojoba, and hazelnut carrier oils. Break open vitamin E capsule and squeeze it into mixture. Pour into a 1-oz (30-mL) bottle and store at room temperature. It will stay potent for up to eight months at room temperature but will last longer if refrigerated.

A few essential oils

These are some of the most popular essential oils.

Frankincense (*Boswellia carteri*)—Ideal for meditation, frankincense is balancing and fortifies and quiets the mind. In skin care it is particularly useful for older skin because it has a tonic effect and reduces the appearance of wrinkles. Frankincense is also good for skin blemishes, dry and mature complexions, and for healing scars and wounds.

Neroli (*Citrus aurantium*)—Distinguished by their sweet floral scent, neroli flowers have deeply relaxant and uplifting effects on the nervous system. Neroli's ability to stimulate new cell growth makes it valuable in skin care for all skin types, but particularly for mature, acne-scarred, and sensitive skin types.

Carrot seed (*Daucus carota*)—Carrot seed oil is considered a great addition to skin care products as it helps nourish, tighten, revitalize, and rejuvenate skin. Carrot seed oil is excellent for mature complexions and for treating many skin conditions including eczema, psoriasis, boils, and rashes.

Lavender (*Lavandula angustifolia*)—Famous for its cell regeneration properties, lavender enhances the actions of all other oils and therefore has a wide range of applications. Lavender is very relaxing and balancing for both mind and body. Its antiseptic qualities help soothe skin irritations.

Carrier oils

These carrier oils are used to dilute essential oils and to carry them therapeutically onto the skin.

Sweet almond oil (*Prunus dulcis*)—Rich in vitamin D, almond oil helps to rejuvenate skin. It is odourless and has great penetrating qualities. Suitable for all skin types, it is particularly good for dry, sensitive, and mature skin.

Hazelnut oil (*Corylus avellana*)—Full of vitamins, minerals, and proteins, hazelnut oil is fast absorbing, astringent, and toning. It is good for acne and for oily and combination skin types.

Jojoba oil (*Simmondsia chinensis*)—Known for its nourishing and anti-inflammatory properties, jojoba oil has the ability to stay fresh indefinitely. That's because it's really a wax and so won't go rancid. Jojoba's chemical composition is close to the skin's own oil (sebum), making it good for all skin types. **a**

Bev Gray, RA, CH, a skilled herbalist, registered aromatherapist, and educator, loves to share her passion for medicinal and aromatic plants. She owns Aroma Borealis Herb Shop in Whitehorse. yukonherbshop.com.



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