



NEWSLETTER

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HAPPY NEW YEAR

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next order
See Page 2*

It's great to be part of a team or community, sharing information and the excitement of contributing toward a whole that's bigger than me. I've discovered the global community now and am having a wonderful time with my on-line [store](http://www.myreflexologystore.com), the Yahoo [reflexologycommunity group](http://reflexologycommunity.com), and now -- my BLOG (weblog).
<http://myreflexologystore.blogspot.com/>.

I've met a fellow Reflexologist and was so impressed with his BLOG that I asked if I could include some excerpts in this newsletter.

Aromatherapy - With Reflexology and Reiki

By: Ron Carnavil CR, Reiki Practitioner, Center City, PA, Tel: 215-545-4792
www.reflexologyarts.com, www.reflexologyarts.blogspot.com (for the full version of these articles)

For many years I worked with some of the top European fragrant houses in the retail world.

Aromatherapy is a gentle ancient art that utilizes the properties and aromas of essential plant oils to influence the body, mind and spirit for a feeling of "well-being."

Essential oils occur widely in the plant kingdom and are sometimes referred to as the plants "life force." This life force is very much connected to the human life force. When the two come in contact- **restoration** is possible.

Essential oils cause effects by two main routes - the **skin** and the **nose**.

Since my Foot Reflexology is performed on dry skin, I use essential oils diluted with Jojoba oil and apply them to the feet **after** the session is completed. It can give a relaxing or rejuvenating finish to the treatment.

I also use essential oils within my Reiki sessions by applying a single drop to the palm of my hands (and rub them together) before beginning. It seems to magnify the connection between the client and the energy.

Aromatherapy Hints From Ron

1. Always use a carrier oil when applying essential oils to the skin - check for sensitivity.
2. For feet application: Use 1 teaspoon of carrier oil to 3 drops of essential oil.
3. For inhalation: Use 2 drops of essential oil applied to a cotton ball.
(OR - buy a diffuser necklace at the [store!](#))
4. For a room spray: Use 4 ounces of water to 10-15 drops of essential oil (shake before spraying).
(OR - you can buy a bottle at the [store!](#))
5. When creating an aromatherapy blend (more than 1 oil) mix essential oils first, then add carrier oil (shake gently).
6. Use only pure essential oils from a reputable supplier - keep from heat /light.
7. Begin experimenting with essential oils by selecting one that you are intuitively drawn to-then find creative ways to use it. Educate yourself by picking up a book on Aromatherapy.

Aromatherapy is a powerful pathway that can open the consciousness, touch the spirit, quiet the mind and rejuvenate the body.

Is Foot Reflexology a Massage?

I really liked the way that Ron addressed this question on his [website](#).

Massage is defined as a systematic manipulation of the soft tissue of the body. Techniques include: sliding, percussion, kneading, friction, stretching and vibrating. Massage is a direct modality. It works on the area of concern.

Reflexology is defined as a system of applying pressure to specific reflex points on the feet.

Techniques include: finger and thumb walking, thumb hooking and rotating, and pinpointing. Reflexology is an indirect modality. It works away from the area of concern.

Both of these modalities have wonderful results in their applications, yet they are completely different techniques.

They stand alone..... or - in harmony.

What's happening in the Store!

With a new year stretched before you, it's time to focus on your business and what you can do to make your business prosper in 2007! I think you'll find products in the [store](#) to help you [Dress for Success](#), and [promote](#) your business in a variety of ways.

To get you off to a good start, I'm offering **10% Off** of any merchandise purchased in January. In order to do that, you'll need to contact me via e-mail at myreflexologystore@cox.net and list the products you want. I'll then send you an invoice with the appropriate total and you can pay me directly through www.paypal.com, or send a check.

Nancy Bartlett, NBCR

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble Helen Keller

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