



Helping You Live Better

Letter from *Stacey*

Greetings Excel Family and Friends!

I hope this weekly newsletter finds you all well.

One thing that I have been doing a lot more of lately, that I have found very helpful, is the use of my essential oils. I wanted to share a little bit about this with you this week, in case it could help you too!



Some popular calming and relaxing techniques that people like to use are meditation, focused breathing and yoga. If these things aren't for you – give essential oils a try.

In my home, I like to break out my essential oils to help keep me calm, healthy and happy (not to mention it makes my house smell amazing)! A few of the oils I use are Frankincense, Orange, Ylang Ylang, Lavender, Angelica, Roman Chamomile and Palo Santo. These oils are great for calming nerves and fighting depression.

Here are a few different ways in which I use my essential oils.

- I use an ultrasonic atomizer in my home. What this does is atomize the oils which breaks it down into tiny particles into the air.
- I like to take warm baths with a few drops in the water and relax.
- I also mix a few drops with a carrier oil and rub it into the bottom of my feet, at the base of my skull and at my temples.

Some carrier oils that work well are almond, coconut, olive or grapeseed oil. PLEASE NOTE – if you are going to use your essential oils on your skin, be sure they are therapeutic grade to avoid skin reactions.

One last way to use oils is by integrating them with acupressure points. Using just a drop of oil, gently massage it in using small circles. Points you can use to support calm nerves are:

- on the top of the foot in the groove between your big toe and second toe. You can find this point by going between the toes next to the joint of your big toe.
- on the inside of your arm. To find this point, lay your first three fingers below the bend in your wrist at the end of the three fingers, bring your thumb up and place it between the tendons.
- pinching the area between your thumb and first finger, where the groove is at, where the bones meet on the back of the hand. All of these points can also be beneficial without the use of essential oils.

I hope that these tips help and that you and your family are staying safe and well! I cannot wait to see you all back at Excel soon!

Stacey



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