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NOVEMBER & DECEMBER 2020 NEWSLETTER NO. 107

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## HEALTH &amp; LIVING

## 6 OF THE MOST SOUGHT-AFTER BENEFITS OF AROMATHERAPY

**Did you know that aromatherapy has been used for hundreds of years? For many, it promotes relaxation, helps with sleep, and even alleviates pain. True aromatherapy comes from leaves, stems, and petals of flowers and herbs. It is an all-natural approach to healthy living, and it hasn't stopped trending.**

The benefits of aromatherapy have been growing over the last decade. In this article, we're going to go over some of the most popular benefits of aromatherapy and how you can incorporate essential oils into your lifestyle.

### 1. Aromatherapy for Anxiety Relief

Depression or anxiety is treatable – typically with multiple forms of intervention. While aromatherapy may not work on its own, studies have shown that it can help to boost moods and alleviate stress. The Journal of Alternative and Complementary Medicine posted a review in February of 2009 addressing this. Patients who used essential oils on a regular basis (through diffusers or therapeutic massage) found that certain scents created an emotional lift.

People who suffer from anxiety may benefit from scents like lavender, chamomile, and rose. These particular oils can have a slight effect on the nervous system, promoting calm and relaxation. This is because aromatherapy works by stimulating nasal smell receptors which are then sent straight to the brain – to the part of the brain that controls feelings and emotions. There are even things like diffuser necklaces available, allowing people to take their favorite scents with them to work.

### 2. Pain Relief

People who live with chronic pain are consistently looking for new ways to manage it. Studies have shown that by using true aromatherapy, some patients found pain relief. Keep in mind that this doesn't mean any kind of "good smell", but rather, oils derived from plants. This also has to do with the way the scents travel from the nose to the brain. This means that it can treat pain by stimulating the brain itself.

Another way to take advantage of essential oils when managing pain is a topical solution. As long as you're using oils taken directly from a plant source, this can be a very effective source of pain management. The downside of topical oils is that they can sometimes create skin problems like rashes, so make sure to do a small test before you massage it into the painful area. Also, make sure that you're diluting your oils – straight oils on the skin can be problematic for sensitive users.

### 3. Odor Management

Whether you're looking to manage home odors (like pets) or business odors (like foot traffic), essential oils may be something you'd like to include in your space. Oils can mask unpleasant smells. Unlike a traditional air freshener, essential oils permeate the air around them. Because of their strength, they also stay in the air. If you include them in your cleaning routines or as an add-on to your office space, the odor of the oil is going to be more pronounced than other unwanted odors.

Introducing aromatherapy into your space is also going to create a more relaxing and inviting atmosphere for family or employees. Because there are so many different kinds of scents, you can choose the scent that best fits your environment.

### 4. Creating a Brand

If you own a business, you may have heard of scent branding. Scent branding is a way to associate the scent of your choice with your company. Aromatherapy makes that simple. Essential oils can be used in your cleaning products or via diffuser, and if you stick with the same scent, people will start to think of you anytime they smell it. The way your store or space smells can also influence what people buy, how long they stay there, and whether or not they'll come back.

Purchasing a high-quality diffuser for your work environment is the best way to get started with scent branding. You can start the diffuser in the morning and keep it running all day. Contrary to common belief, you don't need to use a large amount of oil in your diffuser. A small amount will create a subtle, all-day scent that your employees and customers will appreciate...

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### JOKES OF THE MONTH

## HA-HA-HAVE A LAUGH

**Q: What do you use to mend a jack-o-lantern?**

A: A pumpkin patch.

**Q: Why did the scarecrow win the Nobel Prize?**

A: Because he was out-standing in his field.

**Q: Who helps the little pumpkins cross the road to school?** A: The Crossing Gourd.

**Q: Why do trees try new things so often?**

A: Because every autumn, then turn over a new leaf.

**Q: What is a scarecrow's favorite fruit?**

A: Straw-berries

**Q: What is the cutest season of the year?**

A: Awwwtumn.

**Q: What is it called when a tree doesn't think it's autumn?** A: Disbe-leaf.

### SIMPLE DINNER RECIPES

## SPAGHETTI SEASONING MIX

**So you want to make homemade spaghetti, huh? Well here's a recipe to make your own homemade spaghetti seasoning mix. Create your mix, add to tomatoes, any choice of meat, and you've made spaghetti sauce!**

### Ingredients:

4 Tbsp Corn starch  
7 Tbsp oregano  
4 Tbsp Sugar  
2 Tbsp paprika  
5 Tbsp Kosher salt  
2 Tbsp Onion Flakes  
1.5 Tbsp Onion powder  
1.5 Tbsp Garlic powder  
2 Tbsp Black Pepper  
7 Tbsp Basil  
2 Tbsp Parsely  
2 tsp red pepper flakes

### Instructions:

**1.** Mix together and store in an air tight container. It'll be ready for anytime you want to make homemade spaghetti!



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#### **THE PACIFIC BREEZE EXPERIENCE**

Pacific Breeze was founded in 1973 and since then, Pacific Breeze has been providing businesses with products and services ranging from odor control to office supplies becoming an established industry leader. To ensure that our status in the industry is maintained, we at Pacific Breeze demand the highest quality in our products, service, and vendors.