



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 2

Date April, 2007

Welcome!

This is our April newsletter and we want to share our new website. Sign up to receive our monthly newsletters at <http://cosmeos.net/>

Last month was our first newsletter and we are excited and happy to be able to present another.

We hope that you enjoyed and obtain useful knowledge and information from our first newsletter. If you did not receive the first newsletter it is available on the website. We are going to archive them on our website so you can refer back to them or in case you missed reading it.

We will include the focus of the month, new products, services, specials, news, recipes, special features and discounts in each issue so that you will be informed and updated monthly.

We are here to serve you in a convenient, comforting, positive and joyful manner.

Happy Spring & Earth Day!

Stacey Williams



Focus of the Month

Spring Cleansing

Our focus this month is spring cleansing our body, minds, and spirits.

People often think of spring cleaning their houses but not the home that their spirit resides in (Body and Mind). Cleansing your body and mind can renew your spirit and can bring about positive energies while providing you with a rejuvenated being. What a great way to start spring off!

Each individual is different, so a cleansing program may be different for each person. A person with a weak constitution should not cleanse or should seek professional advice when doing so.

Nutrition is very important part cleansing. Some people can do just a juice diet or people with a weaker constitution can do a lighter diet like vegetable or fruit soups. We suggest anyone that wants to cleanse should remove all meats, dairy and other allergen foods from the diet. These items can be added slowly back into the diet after your cleanse is completed.

People can do a three, five, seven or more day cleanse. It depends again on the individual. If you would like help with planning one for yourself we can help. We suggest doing an herbal consultation. For more information go to <http://cosmeos.net/pages/consultation.html>



Botanicals & Natural Therapies

Based on our focus of the month we would like to suggest botanicals and natural therapies that can help you with cleansing.

Botanicals and natural therapies are both useful for cleansing our body, mind, and spirit. There are natural options that can help. We will suggest some that maybe useful for you.

Herbal tinctures recommended for cleansing the body is the formula "Blood Cleanser" or "Flor Essence Detox Formula" by Flora Health (a certified organic product).

<http://cosmeos.net/pages/herbaltinctures.html>

Flower Essences are specifically made to work with our mental being in a safe way that does not affect medications being taken. They can help you effectively and safely cleanse unwanted emotions that maybe getting in the way of clear thinking. A great flower essence to help cleanse repetitive and unwanted behaviors or thoughts is White Chestnut. It also helps to keep the monkey mind at bay!

<http://cosmeos.net/pages/flower.html>

Essential oils can help cleanse your environment and help your body to detoxify as well. (See Recipes Section and the link below for more information).

<http://cosmeos.net/pages/essentialoils.html>

Hypnotherapy can help one to promote clearing any unwanted thoughts and behaviors as well.

<http://cosmeos.net/pages/hypnotherapy.html>

Reiki is a wonderful natural therapy that can help cleanse the Aura, Chakras, and energy meridians releasing any blockages that may prevent overall cleansing of the mind and body.

<http://cosmeos.net/pages/reiki.html>



New Products & Services

We have new blended herbal tinctures and glycerites. We will be adding more.....stay tuned. We may provide you with bulk herbs for purchase in 3.5 oz. packages as well as medicinal and pleasure herbal teas. First we would like to hear your response to this idea. Let us know by contacting us at info@cosmeos.net.

Let us know also of any other item or idea that you would like to be provided. If there is a need we will surely provide them.

*We would add bulk herbs that will be most popular for use, although we can special order for your convenience. Your convenience is one of our main missions.

New Product coming soon! All natural herbal soaps made safe for us as well as our planet! 15 varieties to choose from and one for your dog too! Watch our May newsletter or website at <http://cosmeos.net/pages/naturalbeautyproducts.html>

New Link: Check out this new link on the Links Page "Blue Star Love".....adopt a Star Child today. If you need help please contact us and we will assist.

<http://cosmeos.net/pages/links.html>



Discounts & Specials

This month we are offering 10% off of the herbal tincture "Blood Cleanser"

*Except for shipping and handling. Purchase \$100 worth of product or services and receive a \$25 Gift Certificate towards other purchases or for a friend!



Recipes

Recipe for Essential Oils "Cleansing and Refreshing your Environment."

Clary Sage 5 drops

Lemon 10 drops

Sweet Orange 15 drops

Add the above oil mixture to 1oz. of Vodka and 4 oz. of distilled water into a clean mister/spray bottle. Spritz throughout your space for cleansing and refreshing the air.



Trivia

What plant substance can help you detoxify and it also can help reduce body order if consumed?

Chlorophyll. Get your greens today!!!



News & Events

We have added the News section to the newsletters each month since we feel it is important to keep you up to date on any new developments or issues that we find interesting or helpful to you.

Happy Earth Day! April 22nd

Visit Organic Earth Day website see our links page

<http://cosmeos.net/pages/links.html>

Spring Cleansing & Planting

Since in this issue we have been talking about cleansing, we want to raise everyone's awareness regarding our earth and that we as individuals need to clean up and support our earth and environments in a positive way.

As individuals we can plant trees and now is the time to order for spring planting! United Plant Savers is also supplying spring plant mixes for Northern and Southern regions for only the price of shipping and handling - \$5.00. Get yours today!

<http://cosmeos.net/pages/links.html>



Feature of the Month

Cosmeos wants to introduce Jennephyr Reiche-Sterling of Earth Heart Spirit, LLC.

Jennephyr is an herbalist and herbal educator. She will be conducting plant walks and herbal classes.

Please read the following information if you are interested and if you have questions you can contact her for more information at ehsher@msn.com

Welcome to Earth Heart Spirit LLC., Herbal Educational Resources.

My name is Jennephyr and I am an herbalist, herbal educator and a Reiki practitioner. I would like to thank Cosmeos Natural Health & Beauty for inviting me to be in their news letter this month when spring is truly budding and leafing out for us.

If you are interested in learning more about me and Earth Heart Spirit please call me at (406)452-5473 or email me at ehsher@msn.com

I will also be sending out a seasonal newsletter, so make sure to sign up by emailing me, I will reply with an overview of Earth Heart Spirit LLC., our mission and offerings to the community. I am available for herbal consultations and Reiki sessions on Tuesdays from 9 a.m. until 3 p.m. Appointments are necessary. The purpose of this article is to let you know about the plant walks that have been scheduled for the seasons. I would also like to inform you of a class that I am planning.

Plant Walk Series Schedule:

River's Edge Trail Walks: These walks are a series that will teach us of the many medicinal plants that grow here in Montana, some of them native plants and some of them introduced, but all beneficial to our health. We will take three walks throughout the season on the River's Edge Trail and see each plant in it's different stages of growth, making it easy to identify at any time of the year. See schedule below:

April 9, 2007 6-8 P.M.: We will meet at the Parking Lot where the train is or this first walk. Please try to arrive a little bit early so that we can get started at 6:00.

July 14, 2007 4-6 P.M.: Meet at the "Train" Parking Lot

October 6, 2007 1-3 P.M. : Same meeting place.

Carpenter Creek Plant walk and Workshop, "The Importance of Creating Daily Ceremony": \$20.00 for Workshop and \$5.00 for carpooling. May 5 if the weather is good or otherwise June 3.

We will meet at the Morning Light Coffee Parking Lot at 9 a.m. and carpool to Carpenter Creek in the Little Belt Mountains. Bring a lunch, water and good hiking shoes. We will cross over one creek bed so bring some sandals or water shoes if you don't want to go barefoot. This is a Plant identification walk ending in a meadow where we will do a plant meditation. The group will create a ceremony together and discuss ways as to how we can each develop our own personal ceremonies for daily practice.

"Laying the Foundations of Herbalism"

I would like to plan a workshop around April 21 or 22 and April 28 or 29 at the YWCA. The workshop will be "Laying the Foundations of Herbalism". This will be a two day class to be held on either a Saturday or Sunday for two weeks. Each class will be four hours long with a 20 minute break in the middle, the first class will be lecture and the following weekend will be a hands on workshop. The purpose of this workshop will be to lay a foundation for further herb studies with me, and to give you a basic precept of the world of Herbalism. I will outline not only the basics of herb studies but also my class series. The workshop will cost \$50.00, this will include both days, eight hours of workshop time. The tentative time will be 1 p.m. to 5 p.m. in the afternoon and a snack will be provided. I need at least 7 -10 people to sign up for this class before I can even rent the space and make a solid date for this workshop. If you are interested please email me. Let your friends know, send out the word.

Disclaimer: Cosmeos Natural Health and Beauty owner and employees are not medical doctors or licensed practitioners. They cannot diagnose, treat or prescribe. They can recommend, educate, and help with natural therapies. **The information on the website and in this newsletter is only to inform and is based on experience and opinion.** It is wise to see a licensed medical practitioner for any health conditions, doctor's approvals and checkups. If you are younger than 18 years you must have an adult approval.