



# Cosmeos

*Natural Health and Beauty*

## Newsletter

Issue No. 1

Date March, 2007

Welcome!

This is our first newsletter along with our new secure website [www.cosmeos.net](http://www.cosmeos.net).

We hope that you enjoy and obtain useful knowledge and information from our newsletters and that they will help you to improve your life and well-being.

We are going to include knowledgeable information on botanicals and natural therapies, such as herbs, essential oils, flower essences, gemstone therapy, Reiki, and hypnotherapy. We will continue to add updated natural health products and modalities for your benefit.

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

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

*Welcome and Enjoy!*

*Stacey Williams*



### Focus of the Month Stress

Our focus this month is in regards to the effect that stress has on our mental and physical well-being.

Stress is one of the major causes of mental and physical illnesses. We have to remember that our minds can affect our physical well-being.

We wanted to focus on stress first because we feel that it can disrupt healing processes. It also affects many of us on a daily basis because of our busy lifestyles that we lead today.

What better way to start your healing processes than with stress relief. Stress relief can help you be better able to focus on your needs as well as make better decisions. In the next section we will discuss botanicals and natural therapies that can help you with **stress relief**.



### Botanicals & Natural Therapies

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

Botanicals and natural therapies are both useful for promoting stress relief. There are natural options that can help. We will suggest some that maybe useful for you to help relieve your stress.

**Herbal tinctures** such as Valerian and Skullcap tinctures can be quite effective. We can help you find the appropriate herbs for you with an herbal consultation as well. Go to <http://cosmeos.net/pages/index.html>

To learn more or find tinctures available for purchase go to <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. Rescue Remedy is a great and very effective stress reliever. It's been called "Yoga in a Bottle". It can also be used to help your child or family pet. To learn more or find the flower essences available go to the following link. <http://cosmeos.net/pages/flower.html>

**Essential oils** can help with stress as well. Neroli, Lavender, Nutmeg, and Basil are helpful in relieving stress. (See Recipes Section). To learn more or find the oils available for purchase go to <http://cosmeos.net/pages/essentialoils.html>

**Self-Hypnotherapy** can also be quite effective for most people and also does not affect medication being taken. To learn more about hypnotherapy or request services go to <http://cosmeos.net/pages/hypnotherapy.html>

**Reiki** is a wonderful natural therapy that can help reduce stress as well. It has been used to help reduce stress so that weight loss and other healthful benefits can occur. To learn more about Reiki or request services go to <http://cosmeos.net/pages/reiki.html>

## New Products & Services

We will be adding products and services as we become more familiar with your needs.

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](mailto:info@cosmeos.net).

Let us know also of any other item or idea that you would like to be provided. If there is great 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.

## Discounts & Specials

This month we are offer a dollar off coupon on Rescue Remedy Flower Essences and 10% off of your entire purchase except for shipping and handling by signing up for our monthly newsletters. Go to our Home or News page to sign up.

## Recipes

Recipe for Essential Oils "Stress Relief"

**Neroli 7 drops**

**Lavender 3 drops**

**Lemon 20 drops**

Add to a diffuser or drop a couple drops of the blend on a tissue or in steaming cup of water and leave in your space. Petitgrain can be substituted for Neroli. It is a cheaper but harsher version of Neroli.

**\*Do not add to boiling water.**

**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.

