



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 3

Date May, 2007

Welcome!

This is our May newsletter. Don't forget to sign up to receive our free monthly newsletters at <http://cosmeos.net/>

Last month was our second 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 two newsletters. If you did not receive the first and second newsletters it is available on the website in the news section. We are going to archive them on our website so you can refer back to them or in case you missed reading it. See at <http://cosmeos.net/pages/news.html>

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.

*Wishing You Vibrant Health and a
Happy Mother's Day!*

Stacey Williams



Focus of the Month Replenishing Energy, Longevity, and Vitality

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

Last month in the April newsletter we discussed cleansing and now this month we would like to provide information on replenishing energy, important nutrients and essences that we may have been lacking before and after cleansing.

Now that our being is detoxified we can now add and replenish. Our bodies, minds, and spirits all need to be nurtured, so we can create balance in all aspects, establishing overall great health and longevity.

Nutrition is very important part of replenishing along with adding supplements and other natural modalities and practices. Again we are all different and need different things that will maximize our well-being.

If you would like help with planning a replenishing program for yourself we can help. We suggest doing an herbal consultation. For more information go to <http://cosmeos.net/pages/consultations.html>



Botanical and Natural Therapies

Based on our focus of the month we would like to suggest botanicals and natural therapies that can help you with replenishing energy, longevity and vitality. Botanicals and natural therapies are both useful for replenishing 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 replenishing the body is Gingko Biloba Ginseng, Nettle, Dandelion, Burdock, Licorice, Astragalus, and Gotu Kola. (See Recipe section for Zoom Balls and the link below for tinctures available).

<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 promoting emotional balance and well-being. A great flower essence to help replenish positive thoughts is Mustard. <http://cosmeos.net/pages/flower.html>

Essential oils can help replenish well-being on all levels and into your environment. Rosemary essential oil can promote rejuvenation and energy with clear thinking. <http://cosmeos.net/pages/essentialoils.html>

Hypnotherapy can help one to replenish or promote any mental aspect that you feel would be beneficial for creating ultimate well-being. <http://cosmeos.net/pages/hypnotherapy.html>

Reiki is a wonderful natural therapy that can replenish vibrant energy within the Chakras and energy meridians promoting overall well-being of the mind, body, and spirit. <http://cosmeos.net/pages/reiki.html>

Gemstones are also another wonderful way to promote replenishing energy, longevity, and vitality to ones chakras, auras, and environment. A gemstone that promotes positive and replenishing energy is Apopholite, Black Tourmaline, Clear Quartz, Dioptase, Orange Calcite, Orange Carnelian, Smithsonite, and Turquoise....just to name a few! You can wear them as pendants, loose in your pocket, or place them in areas of your car, office or home. See our selection we are adding to our website at this time. <http://cosmeos.net/pages/gemstones.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. If you would like to order bulk herbs or teas please contact us at info@cosmeos.net or phone us at (406)952-4011. All other items are ready for purchase right on our website!

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. *Your convenience is one of our main missions.

New Products! All natural herbal soaps made safe for us as well as our planet and species! 15 varieties to choose from and plus one especially for your "best friend" dog! We are currently adding them to our site for your convenience.

**wild soapbar soaps
by Maggie Hanus**

**Safe ingredients, wild and organic herbs with eco-friendly packaging*

Bluebonnet – A blue lavender scented bar made with real farm grown bluebonnets.

Mesquite – Wild mesquite bean meal and soothing organic oatmeal make this tan bar scented scrubby feel with earthy patchouli blend of oils.

Prickly Pear- Organic aloe and cactus with a dark dusty rose color scented with an energizing rosemary essential oil blend that exfoliates.

Horsemint – A light green bar is infused with the anti-bacterial properties of horsemint and tea tree, along with a refreshing scent of spearmint.

Wildflower – A decorative bar scented with rose geranium essential oil blend with shreds of colored soap and wildflowers.

Sunflower- A yellow bar scented with a tangy citrus oil blend with the exfoliating properties of ground sunflower seeds and petals.

Cedarwood – A rust colored bar with exfoliating properties and an invigorating forest and wild cedar wood scent for the outdoor lovers.

Yucca Root – A brown swirled bar that includes sudsy wild yucca root and an antimicrobial action from the herb chapparal with tea tree essential oil blend.

Honey Oat- Made with goats milk, organic oats and wild honey with super moisturizing properties with no added scents.....natural scents occur from the honey and oats!

Mustang Grape – A dark violet and green soap made from grapes with anti-oxidant and phyto-nutrient qualities.

Wild Carrot Complexion- A facial bar that is ultra moisturizing which contains wild shea butter, goats milk, wild carrot, and an anti-aging blend of essential oils.

Gulf Sea Scrub – A gray bar that has the exfoliating and detoxifying properties from the sea salt, sea clay, and mineral rich sea kelp and finely ground pumice.

Sassafras – A dark brown and spicy exfoliating bar made with spice and sassafras.

Wild Weeds - An olive green bar made with the skin-loving chickweed and plantain herbs, a grassy and cucumber scent.

Pecan Praline- A vanilla pecan and almond scented dessert soap bar.

Woof Wild - Dog shampoo in the relaxing formula with a cedarwood/fir needle blend. Cute dog paw print bars on an organic hemp rope.....helps to condition, deodorize, repel flees and ticks and is great for sensitive skin.

See this selection and more at <http://cosmeos.net/pages/naturalbeautyproducts.html>



Discounts & Specials

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



Recipes

Zoom Balls by Rosemary Gladstar are an excellent way to pep up your step in a balanced manner. She says it will keep the doctor away for a long time! If you need herbs for this recipe contact us at info@cosmeos.net or by phone at (406)952-4011.

Makes 60 large Zoom Balls.

3 C. tahini (drain excess oil from the top)
 1 C. cashew or almond butter
 2 C. honey (more or less to taste)
 5 oz. guarana powder
 2 oz. kola nut powder
 2 oz. Siberian ginseng powder
 1 Tlbs. cardamom powder
 1 oz. Asian ginseng powder
 1/2 oz. nutmeg and/or mace
 2 oz. bee pollen
 2 vials royal jelly
 1 package carob or bittersweet chocolate chips
 8 oz. unsweetened shredded coconut, lightly toasted.
 1 C. finely chopped almonds
 Unsweetened cocoa powder
 2 lbs. bittersweet dipping chocolate (optional)

1. Mix tahini, nut butter, and honey until smooth. Combine herbal powders, bee pollen, and royal jelly and add to tahini mix.
2. Add carob or chocolate chips, coconut, and almonds mix well. Mix in enough cocoa powder for desired thickness.
3. Roll into small balls. If coating with chocolate chill balls in refrigerator for easier dipping or spread onto a baking sheet, chill, and cut into squares.
4. Melt dipping chocolate in double boiler. Dip balls or squares into chocolate and let cool on wax paper.
5. Store balls in a cool place on baking tins.....will last a few weeks.

*This recipe was found in Rosemary's book called the Family Herbal, a great one to have! Thanks Rosemary! Yum!



Trivia

What is a popular Chinese rejuvenating herb? Ginseng.....there are different varieties of ginseng. Siberian ginseng is not considered a true ginseng because of the constituents involved.....a true ginseng has ginsenosides and Siberian ginseng has eleutherosides. Ginseng is an adaptogen, aphrodisiac, and a stimulant. Great for creating energy, longevity, and vitality!



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.

Herb News: For up to date and current news go to Herb Research Foundation on our [links page](http://cosmeos.net/pages/links.html)
<http://cosmeos.net/pages/links.html>

World Wildlife Fund: Offering A Heartfelt Mother's Day Gift for Mom. Give a great gift for your mom that will give back to our planet and animals. Go to World Wildlife Fund on our [links page](http://cosmeos.net/pages/links.html)
<http://cosmeos.net/pages/links.html>



Feature of the Month



In Cahoots for Tea

118 Central Ave. Great Falls, MT 59403
 Phone: (406)452-2225

Cosmeos wants to introduce In Cahoots for Tea! A tea shop owned and operated by Pam Kohut for 11 years.

In Cahoots for Tea is all about tea! Tea is full of vitamins and minerals with cancer fighting anti-oxidants.....a great way to replenish our body, mind, and spirit. [cont.]

In Cahoots for Tea carries a large selection of varieties and types of tea. They also carry all tea accessories and more including China, pottery, tea infusers, tea cozies, etc. They have a British Pantry as well that includes tea cookies, items military personnel have acquired from missions or being stationed in Europe, and other imported food items. They are also a Heritage Lace Dealer that carries a large selection and will make special orders. They carry specialty items such as old fashioned hats made by Katy and other fun gift items.

The newest edition to the shop is a Tea Bar that includes a place to sit. Take your pick at the bar or tables and chairs for a nice cup of tea or coffee and scones as well as other pastries.

Check out the shop locally or go to their website to place orders. (See on our links page at <http://cosmeos.net/pages/links.htm> !

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.