



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 4

Date June, 2007

Welcome!

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

This is our fourth newsletter and look forward to providing many more. We want to thank all our friends, family, and clients/customers for all the support and patronism.

If you did not receive the first, second, or third newsletters they are 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 hope you all had a joyful spring and wish you a wonderful summer filled with fun outdoor activities. We are going to do the same but are always here to serve you in a convenient, comforting, positive and joyful manner.

Wishing You Vibrant Health and a Happy Father's Day!

Stacey Williams



Focus of the Month Healthy Skin

Our focus this month is providing our skin with all the necessities needed for it to be beautiful and healthy.

The largest organ of our body is the skin. It is more important than most people know. It helps to protect our bodies from harmful chemicals, holding moisture in, and releasing toxins.

We must take into consideration that our skin must be nourished, healed, and protected just as the other organs of our bodies.

Our skin can say a lot about how we are feeling, what we consume, use, and do in everyday life. It is very important to keep the skin functioning properly.

If you would like help with planning a program for yourself for promoting healthy skin 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 promoting healthy skin.

Botanicals and natural therapies are both useful for promoting healthy skin. There are natural options that can help. We will suggest some that maybe useful for you.

Herbal tinctures that promote healthy skin are using blood cleansing herbs because our skin shows blood impurities in many forms. "Blood Cleanser" is a blended herbal tincture useful for this and is available [click on the link below to order].

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

Natural Soaps and Skin Brushes that exfoliate and are healthy, safe, and luxurious for our skin. Skin brushes can be used wet or dry. Brushing the skin removes dead skin that may clog pores and help promote proper skin function.

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

Infused oil of marigold/calendula can be directly applied to sores, wounds, and acne. It has anti-microbial properties that can help prevent further infection. It is also good for sunburns and other skin irritations.

Essential oils lavender or Lavendula Augusta folia essential oil is wonderful for minor burns and bug bites. You can dab it on directly or put it in a base/carrier oil. *If burns are serious or cover more than a small area seek immediate medical attention!

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

***See Recipes section for Sunburn Spritz!**



New Products & Services

We have new blended herbal tinctures and creams. 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! They are now available on our site for your convenience. 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 Sunburn Spritz

Brings sunburn relief and healing!

20 drops Lavender Essential Oil

1 oz. Aloe Vera Juice

1 1/2 oz. Distilled water

Mix in a 2 oz. spray bottle and spritz on sunburns.



Trivia

What is a popular house plant used for burns? Aloe Vera is a native plant to the south western regions of the United States. Its leaf can be cut off at the tip and applied directly to the skin for fast and effective healing of sunburns or burns.



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: 2007 Montana Herb Gathering, July 20 - 22nd.

Located Montanagua Moss Creek Sanctuary 20 miles west of Kalispell, Montana. See our links page for Montana Herb Gathering website for more information.

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

World Wildlife Fund: Offering A Perfect Father's Day Gift for dad. 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>



Feature of the Month

Feature of the Month includes the highlights about a person or business that would like to be featured in our newsletters.

This month we did not feature a person or business, but want to display information regarding the "Feature of the Month".

We will offer this service to a person or business that is of similar nature and values. We would like to feature those that are in the natural or alternative health areas offering services or products that would be of value to our readers. We approve and accept on a first come first serve basis or if it coincides with our focus of the month.

If you would like to be featured or have questions please contact us at info@cosmeos.net or (406) 952-4011. We accept trade or a small gratuity for the service.

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.