



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 5

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Welcome!

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

This is our fifth newsletter! We wish to provide you with information that is beneficial as well as interesting. Please feel free to make suggestions on the types of things you would like to know or read about! E-mail your suggestions to info@cosmeos.net

Look for all our archived newsletters on the website in the news section or click this link <http://cosmeos.net/pages/news.html>

We hope you are enjoying your summer as we are doing the same. We are always here to serve you in a convenient, comforting, positive and joyful manner.

Wishing You Vibrant Health and a Happy and Safe Fourth of July!



Stacey Williams



Focus of the Month Sprains & Bruises

Our focus this month is sprains and bruises and how we can help ourselves in the event with a natural protocol.

During the summer months we seem to be more physically active outside due to the nice weather and at this time we seem to acquire more physical injuries. Always seek the medical attention from a licensed practitioner if you a major injury. If you have a major injury you may consult with your practitioner to see if natural remedies are appropriate for you.

Minor sprains or bruises can be helped with use of alternative or natural modalities easily and safely. Sometimes we can remedy ourselves without the advice of a professional when it comes to minor injuries saving us time and money.

If you would like help with a minor injury in your life we are able to help by making some suggestions. We recommend doing an herbal consultation. We will also consult with your practitioner if needed for major injuries. 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 sprains and bruises.

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

Herbal tinctures that promote pain relief and reduce inflammation is "White Willow". "Cramp Bark" is great for relief of sore muscles as well. Check out other herbal tinctures that are great for wound healing. "Witch Hazel" is also great with its vulnerary, astringent, anti-inflammatory, and antiseptic properties for bruises with cuts.

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

Creams: Arnica & Comfrey Cream A Comfrey cream with infused oil of Comfrey, tinctures of Arnica, Witch Hazel bark, and essential oil of peppermint. It is excellent for recovery from severe sprains & bruises. Arnica reduces bruises and swelling while Comfrey promotes tissue healing.

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

Essential oils of lavender work well rubbed directly on bruises and inflammation. Helichrysum (*Helichrysum italicum*) diluted in a carrier oil is a great and specific remedy for bruises and sprains but is a pricey essential oil. Roman Chamomile (*Chamaemelum nobile*) is an essential oil that reduces soreness and is an anti-spasmodic. Again this is another pricier essential oil.

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



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! Gemstones are now available for your pocket or Reiki. Gemstones have the natural ability to change the energies around you and within. Check out the variety we have available for you.



Discounts & Specials

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



Recipes Soothing Soak

Helps reduce pain and inflammation!

5 drops of Sandalwood Essential Oil

5 drops of Lemon Essential Oil

2 tablespoons of Witch Hazel

Add to a basin with warm water and soak until the water becomes cool.



Trivia

What is an herb that is known for is aspirin like qualities but does not upset your stomach and also helps lower back pain? White Willow Bark



News & Events

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>

Northwest Herb Fest. July 21 -22nd

Located in Pleasant Hill, Oregon. See our links page and go to the Herbal Transitions website for more information.

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

18th Annual AHG Symposium. Oct. 26 - 28th

Located in Columbia, Maryland at the Sheraton Columbia Hotel. Preconference intensive on Oct. 25th. See our links page for the AHG website for more information.

<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.