



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 11

Date January, 2008

Welcome!

It is the start of a happy & wonderful new year! Cosmeos wants to introduce and welcome a new member of Cosmeos.....**Christine Deao**. Christine is our marketing director!

We at Cosmeos are looking forward to this happy New Year and will be introducing our new line of all natural products with detailed information that will be of great assistance to you as well as great products for you and our environment!

We look forward to providing you with great all natural products and services! Along with this we will be changing the theme of our monthly newsletters to help educate you more about what our products and services can do for you!

*Wishing You Vibrant Health
& A Happy New Year!*



Stacey Williams

&

Christine Deao

www.cosmeos.net



All Natural Aromatherapy Fresheners!

This month we are introducing our all natural aromatherapy fresheners!

What is aromatherapy? Aromatherapy is the use of plant oils/essential oils for psychological and physical well-being through sense of smell (olfactory sensor).

What are aromatherapy fresheners? Aromatherapy fresheners are air/body sprays made with essential oils.

Our aromatherapy-fresheners can be used as air fresheners for the home, office, gym or any other places you would like freshening. They can also be used as a body fresheners/perfume as well. They also have anti-bacterial properties as well as repel pests.

Many air fresheners on the market have been made with unhealthy chemicals that can cause lung irritations as well as disease. Our air fresheners are made with all natural safe ingredients that are healthy to people, animals, and our environment.

Our air/body fresheners are more than just fresheners they are aromatherapy! They have many different qualities or attributes that will benefit you, which we will discuss in further detail in this newsletter. We will be adding them to our website shortly! Stay tuned! www.cosmeos.net



Aromatherapy Freshener Descriptions

We will describe the five blends and explain their aromatherapy attributes.

We will have five great aromatherapy, blended scents available this month: Sandalwood & Vanilla, Patchouli & Tangerine, French Lavender, Clary Sage & Lemon Grass, and Jasmine & Grapefruit.

These are only a few blends that we are starting with and will expand as time goes on because of the great demand for aromatherapy attributes as well as air fresheners, and body/perfume sprays!



Sandalwood & Vanilla: Sandalwood (*Santalum album*) has a rich, sweet, woody, and floral delicate scent that is great for promoting a sense of well-being, bringing happiness and peace. It helps with stress, grief, fear, fatigue, exhaustion, insecurity, and irritability. **Vanilla bean extract** is a sweet and sensuous smell that is added to this blend bringing about an overall relaxing environment.



Patchouli & Tangerine: Patchouli (*Pogostemon cablin*) has a rich, earthy, woody aroma with a hidden fruity note. Patchouli promotes a grounding feeling and is great for mental focus, stress, anxiety, fatigue, exhaustion, and anger. **Tangerine** (*Citrus reticulata*) has a sweet orange citrus similar smell that promotes confidence, peace and happiness while relieving depression, anger, and fear.



French Lavender (*Lavandula angustifolia*) has a fresh, sweet, floral scent. Lavender promotes relaxation and is great for stress, panic attacks, irritability, depression and anxiety. It is also great for promoting enough relaxation for getting to sleep.



Clary Sage & Lemon Grass: Clary Sage (*Salvia sclarea*) has an herbaceous, earthy and light fruity note that promotes stress relief and is great for anxiety, fatigue, exhaustion, depression, and fear. **Lemon Grass** (*Cymbopogon citratus*) has a lemony, fresh, and earthy smell that promotes relaxation, freshness, inspiration, and renewed feeling and is great for depression or stress.



Jasmine & Grapefruit: Jasmine (*Jasminum officinalis*) has a warm, floral, and exotic smell that promotes confidence, less stress, and calmness that is great for insecurity, fear, fatigue, exhaustion, and anger. **Grapefruit** (*Citrus paradisi*) has a citrusy smell of lemon but similar to a grapefruit rind and promotes confidence, happiness, and fatigue and it great for depression, fear, and stress.

If you would like to contact us or have questions please contact us at info@cosmeos.net or (406) 788-2612.



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.

