



Newsletter

Issue No. 8

Date October, 2007

Welcome!

Fall is here! The leaves are starting to turn gold, orange and red from the cooler days and nights. We at Cosmeos are wishing you a wonderful fall season!

Remember to e-mail your questions or suggestions to the following e-mail address. info@cosmeos.net

Don't forget to receive our **FREE** monthly newsletters at <http://cosmeos.net/> Archived newsletters are available on the website in the news section or click this link <http://cosmeos.net/pages/news.html>



*Wishing You Vibrant Health
Happy Herb Day-October 13th!
Stacey Williams*



Focus of the Month Sleeplessness

Our focus this month is sleeplessness and how we can help prevent sleepless nights or provide relief for ourselves in the event with natural protocols.

As we go into the fall the sun is disappearing sooner and daylight savings time is upon us. Our own internal time clocks are adjusting as well.

Many people experience sleepless nights and need assistance when it becomes an issue. Sleep is a very important part of our well-being and many people do not receive the adequate amount due to many circumstances. Alternative therapies and natural remedies can provide relief for sleeplessness.

If you would like help with a plan for preventing sleepless nights or assisting with sleep issues we are able to help by making suggestions. We recommend doing an herbal consultation. We will also consult with your practitioner if needed for major illnesses. 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 Sleep. Botanicals and natural therapies are useful for promoting sound sleep. There are natural options that can help. We will suggest some that maybe useful for you.

Herbal tinctures that promote sleep and relaxation are Valerian, Hops, and Chamomile. We also carry a combination tincture named "Restful Sleep" <http://cosmeos.net/pages/herbaltinctures.html>

Essential oils of Lavender work well placed in a diffuser in your bedroom. <http://cosmeos.net/pages/essentialoils.html>

Hypnotherapy or Reiki can be very helpful in promoting relaxation and sound sleep as well. <http://cosmeos.net/pages/hypnotherapy.html>
<http://cosmeos.net/pages/reiki.html>



New Products & Services

We are planning to buy herbal tinctures and other botanicals from a new supplier. We will be adding them soon so stay tuned. If you have any questions feel free to give us a call at (406) 952-4011 or email us at info@cosmeos.net.



New Products!

This month spa soy candles in a variety of natural scents coming soon! Look for them on the following link! <http://cosmeos.net/pages/bath.php>



Discounts & Specials

Herb Day Celebration Discount: Purchase \$100 worth of product or services and receive a \$25 Gift Certificate towards other purchases or for a friend! See our new electronic gift certificates at <http://cosmeos.net/pages/bath.php>



Recipes

Sleep Pillow Sachet

Helps promote restful sleep!

Add the following dried herbs to a small drawstring bag or handmade sachet that you can sew shut.

- ¼ tsp. Lavender
- ¼ tsp. Hops
- ¼ tsp. Chamomile
- ¼ tsp. Roses

Plus add 2 drops of Lavender essential oil. After sealing the drawstring bag or sachet put it inside your pillow case.



Trivia

What herb in beer makes you sleepy?
Hops!



Hops is a flowering plant that is used in making beers around the world. It can be used in pillows to induce sleep. It is also a digestive aid and an appetite stimulant.



News & Events

Herb News:

Herb Day. October 13, 2007. See our links page for the Herb Day website to see all 2007 events!

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

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

Located in Columbia, Maryland at the Sheraton Columbia Hotel. Pre-conference 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.



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. **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.html>)

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.