

From Paris with LOVE

Nothing says “romance” like Paris!

As a young girl sitting in French class and day-dreaming of Paris, fancy French perfumes, and the gothic architecture of The Cathedral of Notre Dame we were studying, never did I really think I would ever get to visit there. Fast forward a few decades and my dream came true and one of the treasured highlights in my travels.

Paris ~ Known as “The City of Lights” with its iconic and most recognized monument in the world, The Eiffel Tower, is truly all about Love. As a hopeless romantic, while we are sharing the love this month, I'll discuss some aromatic sensual essential oils and how to use them in recipes.

Why not create an aromatic setting to pamper that special someone you love? Alluring essential oils and absolutes are a great way to arouse the senses and enhance energy and libido.

Here's a list of some essential oils and absolutes with known aphrodisiac and anti-depressant (uplifting) properties: Cedarwood, Jasmine, Rose, Cardamon, Chocolate, Clary Sage, Ylang Ylang, Geranium, Vetiver, Vanilla, Neroli, Nutmeg, Sandalwood, Patchouli, Rosewood, Cinnamon, Ginger and more. While many of these oils are also expensive perfume materials, they are used frequently in aromatherapy.

Cardamom

(Elettaria cardamomum) This spice has long been used as digestive aid and ground in coffee. The essential oil is steam distilled from the seeds which produces a sweet, spicy aroma. It is used in many love potions as a warming, refreshing, and invigorating aphrodisiac.

Cedarwood

(Cedrus atlantica) Cedarwood was one of the many essential oils used by Cleopatra to warm the heart of Mark Anthony. It has a rich, warm and woody aroma. It is known to be very sensual and soothing, calming emotions, creating harmony, and encouraging sexual response.

Chocolate

(Theobroma cacao) Chocolate Absolute or Cocoa Absolute. A known aphrodisiac, it is also known as the “Food of the Gods”. A food-grade heavenly aromatic extraction of the cocoa bean, which is a thick, rich, dark brown color and has a rich genuine chocolate aroma.

Jasmine

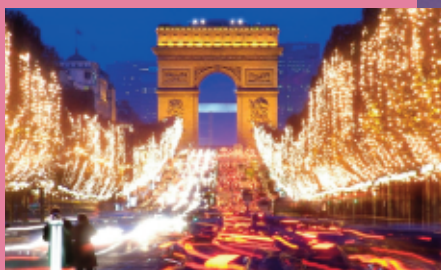
(Jasminum grandiflorum and Jasmine sambac) The sweet, flowery and exotic scent of Jasmine is known as the “King of Flowers,” used since ancient times as an aphrodisiac. In a recent study, men preferred the scent of Jasmine over Lavender to calm the mind and release tension.

Neroli

(Citrus aurantium var. amara) The rich floral sweetness of Neroli is known as a gentle tonic to the nervous system. Its properties are sedative, anti-depressant, soothing and aphrodisiac. By easing mental and emotional tension, it is uplifting to the spirit, thereby paving the way for romance.

Rose

(Rosa damascena) and (Rose centifolia) Rose Otto and Absolutes. A rich, warm, spicy-floral scent with honey undertones that is a renowned aphrodisiac. It calms and soothes, supports the heart-yin, while restoring a sense of well-being. A drop or two in a massage, facial, or bath oil creates a luxurious, soothing experience.



Rosewood

(*Aniba roseodora*) or (*Bois de Rose*) Aphrodisiac, anti-depressant, balancing and calming. Woody, floral-like, and slightly spicy, Rosewood is a complex fragrance that stands well on its own with no need of blending, yet it blends well with a lot of other oils. Refreshing, uplifting and balancing to the nervous system.

Sandalwood

(*Santalum album*) Sandalwood's aroma is velvety soft, woody, sweet and exotic. It is wonderful by itself blended in a few drops of jojoba and blends well with many other oils. Used in India for thousands of years as a perfume and incense, as well as in Ayurvedic medicine.

Vanilla Bourbon Absolute

(*Vanilla planifolia*) Most of us recognize the sweet captivating scent of vanilla. The essential oil is a viscous dark brown liquid with a rich, sweet, balsamic, vanilla-like aroma. Beneficial for its calming and soothing properties and adds depth and playfulness to a blend or perfume.

Vetiver

(*Vetiveria zizanoides*) In India known as the "Oil of Tranquility," this tropical grass has an earthy, smoky aroma. Potent and complex so only a little is needed. Awakens sensuality, balancing to the immune system and nourishes the body, mind and spirit.

Ylang Ylang

(*Cananga odorata*) The exotic, seductive, sweet tropical floral scent of Ylang Ylang is a renowned aphrodisiac, anti-depressant and sedative oil. Known as the "Flower of Flowers", it is calming and grounding while restoring a sense of well-being.

Set the atmosphere for romance with candlelight, soft lights, music, wine, flowers, or chocolates and try the recipes below:

A Willing Heart

A sensual diffuser blend

6 drops Cardamom • 5 drops Neroli • 6 drops Nutmeg
Mix essential oils and add to a diffuser for inhalation.

Wanderlust

For a dreamy night, spark a bit mystery and romance

4 drops Cedarwood • 4 drops Sandalwood
8 drops Rose or Rose Absolute • 10 drops Clary Sage
4 drops Sweet Orange • 4 drops Vanilla Absolute

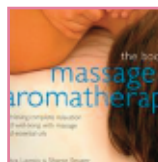
Mix essential oils and add to 2 oz Fractionated Coconut Oil or 2 oz. Unscented Lotion.

Embraceable You

A playful and flirty bath for lovers

2 ounces Rose Hydrosol • 8 drops Rosewood
3 drops Jasmine • 3 drops Ylang Ylang Complete
1 drop Vetiver

Mix essential oils and add to 1 teaspoon of carrier oil such as Sweet Almond or Fractionated Coconut Oil. Add oil mixture to Rose Hydrosol and pour into a warm bath, dispersing with your hand. The addition of fresh rose petals adds to the romance. Relax and enjoy!



Essential Oil of the Month: Jasmine grandiflorum

February Specials: Absolutes: Chocolate, Jasmine grandiflorum, Jasmine sambac, Rosa damascena, Rosa centifolia, Vanilla Bourbon **Essential Oils:** Cardamom, Cedarwood atlas, Neroli, Rose Otto, Rosewood, Sandalwood, Vetiver, Ylang Ylang Complete

Azucar CD, Seduction Synergy, Choco De-Lite Botanical Soap, Rapture Candle – 2.25 x 3.5 sq., Temptation Dark Cocoa Powder, Book of Massage & Aromatherapy, Heart & Soul Bath Salts, Lavender Terry Bath Pillow, Rose Hydrosol, Fractionated Coconut Oil, Lavender Sunshine Body Butter, Sachet Bag – Heart (SB8), Azure Sea Fragrance Oil, Teardrop Glass Diffusers, Victoria Mini Perfume Bottle, Tulip-shaped Sterling Funnel, Perfume Fragrance Strips, EarthStone Rose Quartz Sterling Pendant, EarthStone Sterling Silver Earrings, Dried Red Rose Petals, 10 ml. Cobalt Blue Glass Bottle, Sterling Perfume Container - Rectangle with Engraved Top

For your music needs, be sure to check out our February Music Specials.