



Aromatherapy Oils for January

The essential oils that are best suited for these signs would be oils that facilitate the “practical and achievement orientated nature - Capricorn” and “practical and achievement orientated nature - Aquarius” of people born under these signs. Using these recipes will help you stay balanced and aligned with the energies of your birth time.

**Get any of these oils and products in our shop. Call for an appointment or come to our next shopping nights.*



Aromatherapy Recipes for your Astrological Sign

Oil Blends for Capricorn and Aquarius (measured in drops)

Capricorn

Dec. 22nd - Jan. 20th

Massage Oils Blend: Lavender 6, Neroli 6, Grapefruit 5, Bergamot 8, Ylang Ylang 5

Aquarius

Jan. 21st - Feb. 19th

Massage Oils Blend: Patchouli 4, Cedarwood 4, Orange 8 Frankincense 4, Grapefruit 8

- You can use these oils in a combination to make a spray or make them into a massage oil to be used as an after bath/shower oil.
- You can diffuse any of these oils in a scent ball preferably two to three essential oils at the same time.
- You can also make a beautiful perfume of these oils. Simply use the massage oil recipe and double it and add it to two ounces of massage oil or double the amount of the essential oil recipe and use a four ounce spritzer bottle or perfume atomizer.
- To use a vaporizer type of diffuser you use half of the recipe above. Rose is very powerful in essence so remember to only use one or two drops in your recipes so it does not over power the other scents.

****If you did not want to use the oils in a recipe you can use these oils independently. If you are wanting to use these oils to align yourself and your astrology sign then using at least three at once brings you the best results.*

Gemstone for January: Garnet



This wonderful red stone is deep in color and in beauty. It has been said to: Repair and heal love relationships. Release deep hurts. Intensify life's creative wants. Protects from disturbing dreams, depression or angry feelings. Helps to balance hormones and reduce inflammation. Carry a Garnet with you when you travel to protect you from accidents while away. Wearing gemstones helps bring the healing power of the stone to the wearer. Wearing or having the gemstone of your birth month close to you feels wonderful. It has been said that it feels unusually comfortable and calming to own and have close to you the gemstone that matches your birth time. Come by and find your birthstone we have a gorgeous selection of gemstone jewellery and room crystals.