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The Natural News

Ness's The Naturopath's National Newsletter



Notes from Ness

Well as we head into the summer and festive season frivolities, I hope you can look back at the energy you have put into your health this year and see the body, mind and soul benefits you have reaped.

I have seen so many of you lift your health to a new level and learn how to implement natural therapies in your and your families everyday lives with fantastic, vitality enhancing results. Well done peeps, I am so proud of you!

It has been a Big Year in the world of Ness the Naturopath (thats me ;)) with three amazing women joining me here at the Studio with exceptional skills to tend to everyone's health needs and time availabilities.

Remember to keep an eye on our Facebook Pages for offers, workshops and specials that we will be offering during 2020 and check out the info below for any Health Giving Christmas Gift Ideas too!

May you all be blessed with health, happiness and harmony during the Holidays Season and I look forward to 2020 being an absolute gem for all of us.

Hugs and Vibes, Ness xo

10 little gifts from you to you

Sometimes its just the little things that matter the most.....



1) Walk barefoot on the dewy morning lawn. Connecting with nature and take a deep breath. Appreciate the simple things and remember not sweat the small stuff. You can even do this whilst tending to the washing line ;)

2) Help your skin glow, taking that flaky, sullen look away by moisturising with a beautiful smelling, chemical free, natural lotion (my personal favourite is the Citrus Bliss DoTerra cream which smells amazing and feels great on my skin).



3) Don't forget your face! A quick 15 second cleanse of your face, followed by another 15 second face scrub, followed with a natural face moisturiser. To be water savvy you can do this over the basin with just a little splash of water.

4) If you are going out, taking 60 seconds to scrub your body with a home-made essential oil body scrub. This will leave your skin glowing and make you feel just a little bit special for the occasion.

5) Next time you are at the shops, grab yourself a copy of "Breathe magazine". It is FABULOUS and reminds you to go back to basics without all the photo-shopped celebrities and mind cluttering advertising paraphernalia - But don't forget to take the time to read it too ;)



6) Give your nails, hands and feet some much needed love by grabbing the clippers and giving trimming your nails and applying your fave natural moisturiser to soothe rough skin and help protect skin for further damage - this can be even done whilst watching the kids or dogs play in the back yard.

7) Have a special essential oil that is especially for you. Each time you put it on, breathe in the luscious aroma and think good things about yourself and thank yourself for taking the time to care for you and your needs. Enjoy your special oil aroma emanating from your wrists and neck pulse points all day :)

8) Give yourself a whole 10 minutes to sit in the sun with your favourite cuppa. This can be just the soul food our busy body and minds . Sure, you may get interrupted but you can still enjoy the time-out away from screens, housework, the desk at work - taking in the warm sun and fresh air which we all need to clear our heads.

9) Keeping a nice smelling natural lip balm in your bag or in the car. Give your lips a bit of TLC by popping some on between clients, before you go out, or just before you get out of the car at school pick up. It's a nice little self-care ritual that is easy-peasy and can give your smile and day that little bit of shine it may need :)

10) Massage your jaw at red lights. We hold sooo much tension around our face and neck which contribute to fatigue, headaches and even wrinkles, so do yourself a favour and give your jaw, forehead, sinus area and even your nose a nice massage by pushing and holding, using small circular motions or just pressing in with your fingers or knuckles. You will be amazed how good you will feel when you release some of those tight, stressed facial muscles.





Getting the Brush off

Our skin is not only the largest organ in our body; it plays a pretty important role in the overall health and function of the body. It helps keep our insides inside. It's our first role in immunity, helping keep all the nasty bugs and destructive forces away from our vital organs and the nerve ending in our skin help us feel, not to mention our skin also helps regulate our body temperature.

What you may not realise is that our skin, along with being one of the first things others see of us is also one of our elimination organs! - Yep, we excrete stuff through our skin helping with detoxification of the body. Ever had a big night out drinking and woke up not just with a stinking headache but just stinking? A clear sign of our skin, helping out our friend liver in ridding toxins from the body! Good on you skin, way to take on for the team! Skin being the support an ever helping friend, it is will often show signs of stress when our other elimination organs are needing some love. Digestive, liver and kidney issues sometimes create skin issues. These issues can subsequently clear when the affected organ's processes are helped out. It's estimated at our skin one-third of body impurities daily....Ewwwww!

Other than washing and moisturising and reducing sun and chemical exposure, we can help boost the functions of our skin by dry brushing. Dry brushing is the process of gently sweeping a firm bristled brush in circular motions across your skin before showering. This action can help the skin by not only exfoliating the skin but helps remove toxins and boosting circulation.

The main action of dry brushing is boosting and supporting the operations of the lymphatic system! The lymphatic system is a network of tubes throughout our body whose role is a little like the sewerage system of the body; it helps maintain the body's fluid levels and cleaning up cellular and bacterial waste and returning it to the blood for removal out of the body.

By dry brushing, we stimulate the lymphatic system into action, helping it clear away the waste, we also encourage the capillaries to bring a fresh supply of nutrient to the skin to maintain optimum health.

How to Dry Brush.

Using a brush with natural bristles or a natural loofah. Start on the soles of your feet brushing in small circular motions. Continue in circular upward movements, covering your feet, legs (front and back) your buttock, taking care around the bikini line.

Moving to the upper body work along your arms and hands in a similar way. Then using a long handle brush, brush your back and lastly, gently work your abdomen area in a clockwise direction, then your chest and neck taking care with these areas due to the sensitive skin. Continue brushing for 3 - 5 minutes. Your skin should feel tingly and have rosy hue. Hop in the shower and wash off any of the remaining debris. Before showering once or twice a week.

Note: Do Not brush sun burnt, broken or sensitive skin. Keep a brush for each family member and don't forget to give it a clean from time to time.

Gifts of Health & Wellness

FROM THE STUDIO



Gift of Health

- vouchers and e-vouchers from Ness the Naturopath - Various amounts

Gift of Wellbeing

- a Massage Voucher from Aspire A Pathway to Wellbeing - \$90.00

Gift of Relaxation

- 800g Magnesium flakes and 15ml lavender oil - \$60

Gift of the Love of Oils

- DoTerra Wholesale Account and Intro Pack \$80

Gift of Strength & Movement

- PT session vouchers from Astarte Studios \$130 for a term or 5 class pass for \$70

Gift of Art & Creativity

- Art Class voucher Astarte Studios \$50

Gift of Flexibility

- Pilates Voucher from Shellharbour City Pilates, \$130 for a term or 5 class pass for \$70.

Gift of Strength & Movement

- Astarte Studio Term Voucher \$130 for a term or 5 class pass for \$70.

Gift of Indulgence

- Herbal Teas by Fiona
Balance - Digestive Harmony 100g \$12, Chillax - "let go of busy" 50g \$8.95,
Clarity - "enliven your mind" 90g \$12.50

Gift of Balls

- Spikey Balls, \$12 each or 2 for \$40

Gift of Emotional Support

- Tribe of the Tree Flower Essences - \$20 per dropper bottle or \$25 for sprays

Gift of Pampering

- Citrus Bliss Hand Cream (\$15), Lip Balm (\$11), Motivate Touch (\$32) - \$58



What's New @ The Studio

Massage/Dry Needling/Myofascial Release!

Our very own Rebecca Davis from Aspire a Pathway to Wellbeing has just completed some more professional training in Myofascial Release and is receiving fantastic results and feedback.

Rebecca is in the Studio for massage (both relaxation and remedial), dry needling and now Myofascial Release on Wednesdays, Fridays and Saturdays.

Rebecca is also our resident Yoga guru with classes Wednesday 7pm, Friday 9.30am and private lessons by arrangement, bookings essential.



Rebecca Davis
Aspire a Pathway to Well being
0423 85 86 25

Oil of the Month: Vetiver

With a unique, exotic aroma (a little like the rainforest), Vetiver is known to provide a calming, grounding effect on emotions—making it ideal for massage therapy and promoting restful sleep, and helping us all get through the crazy Christmas season 😊.

Vetiver is an ideal oil to use in massage therapy and it can also be rubbed on the feet before bedtime to promote a restful night's sleep. Research also suggests that Vetiver essential oil may support healthy immune function and response when taken internally.



To Use

Diffusion: Use 3 -4 drops in the diffuser of your choice. Blends well with Lavender, doTERRA Serenity®, or doTERRA Balance® to help calm emotions and lessen stress.

Topical use: Apply 1 -2 drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

Note: Vetiver is a thick viscous oil, which means it can be difficult to extract from the bottle. A toothpick through the dropper can aid in extracting the oil from the bottle.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Serenity Now!

100ml spray bottle
15 drops Vetiver
25 drops Lavender
25 drops Cedarwood

Top remainder of bottle with a tablespoon of
Witch hazel or Vodka and the remainder distilled
water

To Use: Spray as need as a room spray or on clothing
to help bring peace and calm

"Storm Says"



New Age Canine Philosophy



Events & Workshops

20 Dec - End of Year Hafla: Oceanic Odyssey - Astarte Studios

All tickets available through Facebook or EventBrite



0417 960 930

naturopath.vanessa@gmail.com

facebook: Ness the Naturopath