

Butterfly Express[®]

August Specials

15% off

“New Blends”

LeWake Up

LeBelieve

LeGood Nite

Singles

Myrrh

Fir

Pine long Needle

208-747-3021

www.butterflyexpress.net

Fir (*Abies Alba*)

The fir tree is valued for its fragrance and has been renowned through the ages for its medicinal properties, particularly in regards to respiratory ailments, fever, urinary tract infections, muscle and joint pain - particularly those accompanying colds and flu with fever. Can stimulate the mind while allowing the body to relax

Affinity for: Respiratory system, Urinary tract, muscles, joints, emotions

Aromatic considerations: diffused it is effective against airborne bacteria and germs while providing a feeling of protection and confidence

Application: excellent diffused

Myrrh (*Commiphora myrrha*)

A true gift, although it doesn't have a pleasing aroma! When we open our hearts and minds to receive the gifts of the spirit and of the material world, they will be given. Other Valuable Uses: Asthma, bronchitis, catarrh, coughs, diarrhea, digestion, dysentery, dyspepsia, (impaired digestion), flatulence, fungal infection, gingivitis, gum infections, hemorrhoids, hypo-thyroid problems, mouth ulcers, prostate gland decongest, eczema, ringworm, sore throats, skin conditions (athletes foot, chapped & cracked skin), stretch marks, vaginal thrush, viral hepatitis, wrinkles, wounds, feeling cold.

Therapeutic Properties: Anti-inflammatory, pectoral, antiseptic, anti-spasmodic, cicatrizing, balsamic, expectorant, anti-fungal, astringent, vulnerary, soporific

Application: Apply to appropriate areas on the feet, on the feet, directly on areas of concern

Aromatic: Has been used in meditation for centuries, said to improve appetite, particularly after a long illness

Contraindications: Avoid if pregnant

Pine (*Pinus pinaster*) (long leaf)

Was used by the American Indians to prevent scurvy. They also stuffed mattresses with pine to repel lice and fleas. Pine is dilating and opening to the respiratory system, particularly the bronchial tract. It improves circulation throughout the lungs. Most Valuable Uses: Rheumatism, muscular pain, muscular fatigue, bronchial infections, colds, coughs, general debility, mental exhaustion, asthma, sinus infections, cellulite, urinary problems. Dilates and opens the respiratory system, particularly the bronchial tract. Pine is an excellent tonic when used in sauna or tub. Diffuse to soothe the mental stress, deodorize a room and revitalize the entire body. **Ingredient In:** Aspire, Energy, Grateful Heart, Sanctuary

Therapeutic Properties: Anti-infectious, anti-fungal, tonic, pectoral, expectorant, diuretic, balsamic, stimulant, depurative, restorative

Application: Apply to appropriate areas of feet, directly on areas of concern, excellent in baths or sauna **Aromatic:** Wonderful alone or in blends for respiratory ailments or mental fatigue, freshens and deodorizes

Contraindications: Possible irritant to sensitive skin

LeBelieve

Designed to release negative emotions and perceptions at a cellular level and help us replace them with love, forgiveness, peace and understanding. May promote healthy feelings of self-worth and satisfaction with one's efforts thus far in life, as well as confidence in the ability to do the right things and be in the right places in the future.

Affinity for : Nervous system, emotions, cellular memory

Aromatic considerations: forgiving and releasing, loving oneself, achieving inner peace

Application: diffuse, use in the bath, wear as perfume

Resonance: Physical, emotional

LeGood Nite

This blend is most effective when used for insomnia and snoring. Often soothes inflamed, swollen nasal and sinus passages while promoting deep, restful sleep. Encourages feelings of peace, calmness and the assurance that all will be well in your world even though you are sleeping and not actively watching over it.

Affinity for: Throat chakra, Immune System (use faithfully during the cough and cold season)

Aromatic considerations: can be diffused in the home during the evening hours to promote restful sleep among all family members.

Application: diffuse, place on pillow, apply to sinuses

LeWake Up

Help us feel wide awake, energetic, enthusiastic and passionate about our role in life, the tasks we have to accomplish and the people around us. Aids us in encouraging others to find the same joy, energy and enthusiasm that we are experiencing. It is like a joyous vacation for our minds and spirits.

Affinity for: Nervous system, emotions, spiritual aspects, Heart Chakra,

Aromatic considerations: promotes energy and enthusiasm without feelings of tension and stress.

Energizing and relaxing in just the right proportions

Application: diffuse, enjoy the aroma, dilute and apply to the bottoms of the feet with special emphasis on the big toe

Resonance: Physical, emotional, spiritual

Butterfly Expressions is trying to keep production cost down by e-mailing our monthly newsletter to as many recipients as possible. If you would like to receive our newsletter via e-mail please e-mail us @ butterflyoils@yahoo.com

\$ \$ Reward \$ \$

Free 5ml **LeWake Up**
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If you already signed up for our newsletter and wish to receive your reward simply send us an e-mail to that effect. A redemption code will be e-mailed to you

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Butterfly Express

Announces[®]

3 New Blends

LeWake Up

LeBelieve

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We would like to say
THANK YOU!!!
to all of you for your patients during our label changing process and let you know that the new labels will ship on all orders placed after the 1st of August.

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208-747-3021


THE BENEFITS OF MASSAGE

Massage therapy has been around as long as human's themselves. Our natural reaction to pain has always been to rub or hold the area that is hurting.

The benefits of massage are never-ending, and the different ways one can receive a massage are almost as infinite.

Massage is an incredible way to assess the body and it's needs. Our bodies tell us exactly what's wrong: we just need to interpret and treat it properly.

Massage is also incredible at treating the body and its ailments. My favorite thing about massage is that it's just a facilitator for the best doctor in your world... you! All massage really does is help the body heal itself. It's one of the most non-invasive methods for treating illness, ailments, and anything that may dis-ease the body. I believe it's so powerful because it re-associates ourselves with our bodies. We become so distracted/busy in life and we forget to listen or we aren't in tune enough to know what our bodies need. Massage just reacquaints us with ourself. Here's a list of a few of the many things massage can do:

- 
- Tones muscles
 - Increases circulation
 - Detoxifies the body
 - Increases cardiovascular function
 - Increases flexibility
 - Releases tensions (Physical, emotional, mental, chronic etc.)
 - Cleanses organs
 - Builds and strengthens muscle and organ function
 - Releases pressure in spine, sinuses, head, and joints
 - Builds immune system
 - Encourages relaxation
 - Helps maintain overall health
 - Helps in injury rehabilitation
 - Increases physical and mental performance

All these benefits in turn lead to further benefits.

Mixing modalities can also increase benefits. I have found as a body worker that incorporating other modalities w/ massage can speed up the healing process. I'm amazed at how much more I can do on my clients and how quickly their bodies respond when mixing modalities (for example, getting massaged, but also getting a foot zone, cranial sacral therapy, or acupuncture. The use of essential oils coupled with massage is also very effective.)

Massage is a great way to improve the quality of your health and your life. But don't take my word for it, find out for your self.

-Sara H. Gilbert, Licensed Massage Therapist