



# quick & simple magazine

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## Feel-Good Fragrance

Heal your mind and body in minutes with these beauty treats infused with aromatherapy essential oils

### Get Happy With Citrus

**MIND** It's no coincidence that the rind of a lemon is called zest, says Face Works' Galvez: "Citrus essential oils are wonderful spirit lifters." Aromatherapy experts recommend the scent of grapefruit when you want to feel refreshed, lemon for motivation, lime to overcome anxiety and orange to combat gloomy thoughts. After eating a tangerine at lunch, keep the peel in a bowl next to your desk — the aroma will pep you up for the second half of your day.

**BODY** Scare off colds by mixing a few drops of a citrus essential oil into a warm bath. Just like the glass of orange juice you gulp at the onset of a scratchy throat, the aroma will help boost your immune system.

#### GET A WHIFF OF THESE:

- For a happy wake-up call, place a bowl of these in the bathroom. *Aromachology Ananasbeads*
- DHC Aroma Oil, \$3.50 800-342-2273
- A delicate spritz that revives dull skin. *Fruits and Passion Aromachology Orange-Blossom Flower Water, \$22, fruits-passion.com*



Aroma Oil (S) No. 1  
0.3 fl. oz.  
#691  
\$3.50



Yasu Maskay  
Public Relations Coordinator  
DHC USA Inc.  
115 Sansome Street, Ste. 400  
San Francisco, CA 94104  
ymaskay@DHCcare.com  
415.908.1400 ext. 321

**DHC**  
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www.DHCcare.com