

# Star Report

ESSENTIALS FOR  
*Healthy Living*

Star Moree, Executive: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:1 ISSUE 4

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Myrrh

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Classes:

[http://  
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[vitalhealth@warpdriveon-](mailto:vitalhealth@warpdriveon-)

## YLEO Nashville Convention

*Dear Young Living friends,*

*After three days of high energy at YLEO Nashville Convention, Star and I drove to Allen and Kelley Fowler's farm outside of Lawrenceberg, Tennessee. We were running late, checking out, scrambling for maps and having a breakfast of Berry Young Juice and Wolfberry Crisp Bars. We were charged up with passion and the validity of science for all the Young Living products we already believed in. We left the beautiful Gaylord Opryland Resort & Convention Center and headed west.*

*I felt like I was back home when we drove up to the three-story farmhouse. We passed by the ducks swimming in the pond, the garden resting for winter, and cows and horses grazing in the pasture. Star taught an introductory class as soon as we got settled into Kelley's livingroom. We shared a fabulous pot luck dinner (with Southern scents and accents) after the class, and discussed the next day's head count for the Raindrop Technique space requirements. Allen had also set up an appointment for an Electrodermal Screening for their neighbors, to squeeze in the following morning.*

*Kelley and Allen have been sharing their knowledge of the oils with the Amish community where their farm is located. In the old cultural habits of exchanging food and farming methods between rural neighbors, Kelly and Allen have built trust as the new "English Folks" in the area. The Amish were excited to try Star's Biofeedback analysis, a type of EDS (Electrodermal Screening), and are interested in the use of essential oils. An Amish couple and their two children arrived at 9:00, on schedule. (Raindrop classes for 15 women were scheduled to begin at 11:00 and Star and I had planned to start the long trip home by 3:00.)*

*While Star ran the EDS-Life System on a young Amish woman, I watched as a second buggy rolled up the long driveway. Four adults and two children climbed out. They came to the door and asked if they could meet Star. They had a few questions. While they waited patiently downstairs, Star finished the EDS session. The women who were registered for the Raindrop class began to arrive two and three at a time stacking up massage tables on the porch and in the kitchen. The Amish and the "English" exchanged smiles and small talk about why they were all there.*

*The family of six was finally invited in to ask their questions. The grandchild had a large bump on his head from a recent fall, the daughter was run down and her blood pressure was high. Some had dental concerns. As the family began a barrage of questions and were anxious over the baby's lump, another buggy arrived. More adults and more children crowded into the farm house. More women came. I watched the men's eyes. The love and concern in the room flowed among the Amish families, and among the women over the injured child. I watched the natural call to heal, as women gathered and circled, sharing insights on plant medicine, essential oils, diet and nutritional supplements. I watched Star promote proper oral hygiene and the need for nursing mothers to rest and take better care of their bodies. The men nodded. The women let their class time slip away, immersed in the needs of others. Allen wrote up a large purchase order and Star agreed to return in November. No one looked at the clock.*

*The Amish neighbors had arrived at Kelly's farm like a good story placed in our hands to share. Each horse drawn buggy, filled with families who live under a different set of rules and a different understanding of time, brought all of us a great gift. We suspended time to care about them. We suspended our "English" energy to integrate theirs. The clock on the wall stopped until they were done learning from us. We altered the "high" and the schedule we had been on since the Young Living convention. We let our knowledge pulse naturally to the subtle rhythm of the Amish as we shared the phenomenal rhythm of the oils. It was a perfect moment and perfect ending to our journey to Nashville.*

*by\_ Kari McDermott*

*\*Biofeedback/EDS analysis is considered more wholistic modality.*

# “ New Research on Essential Oils

## Lavender

### Lavender

**Family: Lamiaceae**

**Genus: Lavandula**

**Species: Angustifolia**

*Lavender has been used in folk medicine for centuries to calm stress and promote sleep.*

*Tradition relates how lavender flowers were put in linen bags under pillows to promote sleep.*

*Lavender flowers were used in ancient Rome to scent public baths and were also carried by the Roman army as a disinfectant.*

*Modern clinical research supports the ability of aromatic lavender to reduce stress and agitation.*

#### **Lavender vs. Caffeine Agitation**\_Buchbauer et al., 1994

- University of Vienna found that diffusing lavender oil into the air reduced the agitation of test subjects injected with caffeine.
- Lavender outperformed its two main constituents, linalol and linalyl acetate, suggesting a synergistic effect.

#### **Lavender Improves Sleep**\_G. Cannard, 1993

- A 1993 study at the Tullamore General Hospital in Ireland applied one drop of a lavender oil blend to each of the four corners of patients' mattresses.
- The lavender oil blend was also vaporized into the air during the night.

#### **Lavender for Sleep**\_Wolfe, 1996

- A 1996 study published in the International Journal of Geriatric Psychiatry reported results of a pilot study of two patients with dementia.
- Nighttime aromatherapy with the essential oils of lavender and Roman chamomile increased the duration of one patient's sleep and resulted in the second patient being taken off sleep medication.

#### **Lavender for Daytime Alertness**\_Hudson, 1995

- 1 drop of lavender oil was applied to the pillows of nine elderly patients for one week each night.
- 8 of the 9 patients reported improved wakefulness and alertness during the day, suggesting improved and higher quality sleep at night.

#### **Lavender vs. Insomnia**\_Hardy et al., 1995

- A 1995 study published in The Lancet reported on using lavender oil to treat geriatric patients with chronic insomnia.
- Researchers found that inhalation of ambient lavender oil outperformed sleep medications in improving sleep duration and quality.
- No side effects were reported.

#### **Lavender vs. Sleep**\_R Hudson, 1996

- A 1996 controlled clinical trial tested the ability of nighttime lavender aromas to improve sleep in elderly patients
- 72% of patients receiving lavender aromatherapy slept well

- 11% of patients receiving no odor slept well
- 79% of lavender patients reported having a good day
- 26% of no-odor patients reported having a good day

#### **Lavender vs. Cognitive Abilities**\_Knasko, 1992

- A 1992 randomized controlled study tested the effect of lavender aroma on 94 adults
- Researchers found that subjects in the lavender group displayed better cognitive abilities and better moods than the unscented control group

#### **Lavender vs. Cholesterol**\_Nikolaevskii et al., 1990

- Inhalation of lavender reduced atherosclerotic plaques on the walls of the aorta (the chief blood supply to the brain) even though it did not reduce cholesterol levels in the blood.

#### **Lavender vs. Blood Pressure**\_Romine et al., 1999

- A 1999 University of Alaska study found that lavender reduced blood pressure.
- In this randomized controlled clinical trial on 20 healthy men, scientists found that 10 minutes of lavender inhalation resulted in lower systolic and diastolic blood pressures, lower arterial pressures, and slower heart rates compared with the control group.

#### **Lavender vs. Cognitive Ability**\_Diego et al., 1999

- A 1999 University of Miami study administered 3 minutes of aromatherapy to 40 healthy adults
- Researchers found that subjects exposed to lavender aromas were less depressed and scored higher on mathematical tests (performing faster and more accurately).
- Subjects also exhibited increased beta waves in the brain and exhibited lower anxiety scores.

#### **Lavender vs. Senility**\_Holmes et al., 2002

- 5% of people over age 65 have senile dementia.
- 20% of people over age 80 have senile dementia.
- A 2002 placebo-controlled University of Southampton School of Medicine study found that diffused lavender oil was effective in treating agitated behavior caused by dementia.

#### **Lavender vs. Dementia**

- 2% lavender oil solution was diffused for 2 hours on alternate days.
- 60% of patients showed an improvement
- 33% of patients showed no change

#### **Lavender vs. Inflammation**\_Hajhashemi et al., 2003

- A 2003 study conducted by the Isfahan University of Medical Sciences tested the effect of ingested lavender oil on inflammation. Test subjects fed 200 mg/K body weight of lavender oil displayed substantially reduced inflammation (as shown by carrageenan-induced edema).

#### **Lavender vs. Fungi**\_Inouye et al., 2003

- A 2003 Teikyo University study in Japan found that diffusing essential oils “appears to offer promise” for
- Inhalation therapy of respiratory tract infection
- Fumigation of rooms for prevention of aerial infection
- Researchers found that diffusing lavender oil (10 mg per Liter of air or 0.7 ppm) was more than that needed (0.3 ppm) to suppress the growth of pathogenic fungi on surfaces.

# “ 2004 Update” YLEO Nashville Convention

## Peppermint

### Peppermint

**Family: Lamiaceae**

**Genus: Mentha**

**Species: Piperita**

#### **Peppermint vs. Radiation Damage**\_Samarth and Kumar, 2004

- A 2004 study published in the Journal of Radiation Research found that ingesting peppermint oil reversed declines in glutathione caused by treatment with gamma radiation.
- Glutathione is the most important antioxidant and detoxification enzyme in the liver.
- Peppermint reduced levels oxidized (rancid) fats in the tissues caused by radiation damage.

#### **Peppermint vs. Headaches**\_Badia et al.,1990

- The effect of topically-applied peppermint oil on a tension-type headache was examined in a randomized, placebo-controlled double-blind crossover study conducted at Christian-Albrechts University.
- “Peppermint oil seems to be a harmless and effective treatment for tension-type headaches.”

#### **Peppermint vs. Pain**\_Gobel et al., 1994

- University of Kiel researchers found that peppermint oil and a mixture of peppermint and eucalyptus oil reduced headaches in a double-blind, placebo-controlled, randomized, cross-over design study.
- Diluted peppermint oils was applied to the temples and forehead of 32 human volunteers
- “A significant analgesic effect with a reduction in sensitivity to headache was produced by peppermint oil.”

#### **Peppermint vs. Irritation**\_Gobel et al., 1994

- Peppermint reduced emotional irritation

#### **Peppermint vs. Depression**\_Gobel et al., 1994

Peppermint decreased depression

#### **Peppermint vs. Inactivity**\_Gobel et al., 1994

Peppermint and Eucalyptus decreased inactivity

#### **Peppermint and Exercise**

- Recent research published in 2001 in the Journal of Sport and Exercise Psychology found that inhalation of peppermint increased athletic performance in human volunteers
- 40 young adult volunteers were tested (20 men, 20 women) Running ability, strength, and fitness were measured
- 2 drops of peppermint oil were placed on adhesive strip placed under participant’s nose

#### **Peppermint Improves Fitness**\_Raudenbush, 2001

- Runners finished the 400-meter dash faster using peppermint oil inhalation

#### **Peppermint Increases Strength**\_Raudenbush, 2001

- Athletes showed significant increase in strength as determined by stronger handgrip following peppermint oil inhalation

#### **Peppermint Improves Endurance**\_Raudenbush, 2001

Exercisers completed more pushups (performed until exhaustion) after peppermint oil inhalation

#### **Peppermint Improves Productivity**

A 2002 research study at the Wheeling Jesuit University by • • Bryan Raudenbush and colleagues found that peppermint improved clerical productivity

- 21 participants were divided into two groups:
- 1st group was exposed to peppermint fragrance
- 2nd group was exposed to a non-odor situation

#### **Improved Cognitive Function**\_Raudenbush, 2002

- Participants showed markedly improved performance on card-sorting task (rearranging 30 randomized cards alphabetically in 30 seconds)

#### **Better Accuracy on Typing Test**\_Raudenbush, 2002

- Participants showed markedly improved performance on typing accuracy

#### **Faster Speed**\_Raudenbush, 2002

Participants showed markedly improved net typing speed

## **Congratulations Gloria Brinker, COTA & CNHP \_ by Star Moree PT**

Gloria Brinker was awarded in October, 2004 at the Fall Occupational Therapy Conference for the state of MN.

### **Minnesota’s OT Clinician of the Year 2004!**

Gloria was given this award for her outstanding work as a COTA-L (Certified Occupational Therapy Assistant-Licensed). This award was given to Gloria as she has been at the front of the Aromatherapy movement in Occupational Therapy for the state. Gloria has successfully implemented Aromatherapy as a modality for Rehabilitation in care for the elderly as well as being an educator on how essential oils enhance other modalities of therapy. Gloria has used the oils to help with multiples of issues including memory, increasing function after stroke or brain injury as well as developing protocols for wound care. As a Physical Therapist and friend, I am very honored and proud of Gloria’s success’s and her desire to help others experience life to its fullest. Gloria is very smart and witty. She has also recently completed her training to be a Certified Natural Health Professional. Gloria is an excellent educator and makes learning fun and easy.

You do not want to miss an opportunity to learn from Gloria! **She’s one of the best!**

# “ New Research on Essential Oils”

## Lemongrass

### **Lemongrass**\_Elson et al.,1989

- At the Department of Nutritional Sciences in Wisconsin 22 subjects took a daily capsule of 140 mg of lemongrass oil.
- The researchers concluded that “lemongrass oil effectively lowered the cholesterol levels.”

### **Lemongrass vs. E. Coli**\_Friedman et al., 2004

- A 2004 US Department of Agriculture study published in the Journal of Agricultural Chemistry tested the antibacterial activities of plant essential oils against E. Coli O157:H7 and Salmonella enterica bacteria in apple juice.
- When added to juice, clove bud oil, lemongrass oil, lemon oil were effective against E. Coli at concentrations of 0.018-0.093%.
- Melissa oil, oregano oil, lemon oil, lemongrass oil, were effective against S. enterica at concentrations of 0.0044-0.011%.

### **Lemongrass vs. Fungi**\_Weber et al., 2002

Weber State University researchers tested the antifungal abilities of 92 essential oils against four pathogenic fungi. Lemongrass showed the third highest score of all the oils tested (10 microLiters).

### **Sandalwood vs. Herpes Viruses**\_Benencia, 1999

- A 1999 study at the University of Buenos Aires, Argentina, found that sandalwood oil inhibited the growth of Herpes Viruses 1 and 2.
- This effect was dose-dependent and more pronounced against HSV-1.

### **Sandalwood for Liver**\_Banerjee et al.,1993

- At the Cancer Biology Laboratory in India a team of researchers investigated sandalwood oil on glutathione S-transferase (GST) activity in the liver.
- Glutathione in the most important antioxidant enzyme in the human body
- They found that the glutathione levels rose 5 to 6 times. Sandalwood for Liver
- “In view of the fact that sandalwood oil can induce the activity of glutathione and the levels of sulfhydryl groups in liver it possible that it can act as a chemopreventive agent against chemical carcinogenesis.”

- Researchers found that sandalwood oil “could be an effective chemo-preventive agent against skin cancer.”

### **Sandalwood vs. Skin Cancer**\_Dwivedi C, Zhang Y, 1999

- 1999 research published in the European Journal of Cancer Prevention showed that sandalwood prevent skin cancer.

- Scientists at the College of Pharmacy at the South Dakota State University showed that skin treatment with 5% Sandalwood oil (100 microliters) decreased tumor counts by 96%.

### **Tangerine**\_Wattenberg et al.,1986

- At the University of Minnesota a team of researchers found that the essential oil of tangerine (rich in limonene) induced increased glutathione activity in tissues of the mouse.
- They came to a the conclusion that citrus oils “inhibit formation of tumors of both the fore-stomach and lungs of mice.”

## **Limonene in Essential Oils**

Grapefruit	95%	Ledum	23%
Orange	91%	Balsam Fir	14%
Lemon	65%	White Fir	12%
Elemi	50%	Tsuga	5%
Lime	49%		

### **Lemon**\_Komori et al., 1995

- A 1995 study at Mie University School of Medicine in Japan found that diffusing lemon resulted in heightened immunity and relaxation, as well as a reduction in depression.
- “The treatment with citrus fragrance normalized neuroendocrine hormone levels and immune function and was rather more effective than antidepressants.”

### **Lemon and Cistus**\_Fujiwara et al., 1998

- Effects of a long-term inhalation of fragrances on the stress-induced immunosuppression were studied at the department of Immunology, Kurume University School of Medicine, Japan.
- The immune response was analyzed based on plaque-forming cell (PFC) count.
- The decreased PFC induced by high-pressure stress was restored by exposing the stressed mice to lemon and cistus for 24 hours following exposure to stress.
- Shrinkage of the thymus gland from stress was also restored by exposure to lemon and cistus for 24 h after the stress.

### **Valerian Root**\_Malva et al., 2004

- The neuroprotective properties of Valeriana officinalis extracts were studied at Institute of Biochemistry, University of Coimbra, Portugal.
- Valeriana officinalis have been used in traditional medicine for its sedative, hypnotic, and anticonvulsant effects. Reported to have a GABA-like action
- Decreasing neuronal network excitability can protect neurons from damage
- Researchers concluded that valerian root can “prevent neuronal degeneration in aging or neurodegenerative disorders.”

## **Stocking Stuffers for under \$20.00:**

**Oils: Lemon, Lemongrass, Peppermint, Lavender, Tangerine, Wintergreen & Christmas Spirit**

**“ The dirtiest place in our body is in our mouth!”**

**Prevent Colds & Flu with Good Oral Care!**

**Dentarome, Ultra & Plus and Fresh Essence Plus Mouthwash**

# “ 2004 excerpts from D. Gary Young”

## **Skin Physiology**

Skin is chiefly composed of long chains of proteins that form collagen, elastin, and reticulin fibers.

These fibers are composed of cross-striated fibrils of mucopolysaccharides linked with protein.

Collagen, elastin, and reticulin are composed of 20 amino acids in differing ratios.

Collagen accounts for over 30% of the total protein in the human body.

Give elasticity and strength to skin

## **Sagging Skin**

One of the major problems of advanced aging is the sagging of tissues caused by the destruction of the skin's underlying support structure of collagen, elastin, and reticulin.

Collagen fibers strengthen skin

Elastin fibers impart resilience (bounce)

Adhesive proteins prompt cells to attach to ECM (extracellular matrix)

The stratum corneum (outer layer of skin) remains soft and pliable only as long as the moisture content exceeds 10%.

Below this, the skin becomes hard and brittle

## **Young vs. Old Skin**

Young skin (smooth, elastic) contains mainly non-crosslinked, flexible, soluble collagen which absorbs large quantities of water to remain elastic.

Old skin (wrinkled, inelastic) is caused by crosslinked, insoluble collagen. Crosslinking occurs when the sulfur-containing amino acids in protein oxidize and form a disulfide bond.

Excess crosslinking and collagen breakage are the hallmarks of wrinkled, aged skin.

## **Young vs. Old Collagen**

L-Cysteine and Sulfur

Sulfur is the 8th most abundant element in the body  
Skin keratin requires organic sulfur and sulfur-bearing amino acids as building blocks

The sulfur-bearing amino acid CYSTEINE is vital for skin elasticity and texture

a building block for keratin, backbone of skin

Hair and skin contain 10-14% cysteine.

## **MSM Connection**

Organic sulfur (MSM) provides a key building blocks for cysteine creation in the body

MSM is considered one of the safest substances found in nature, similar in toxicity to water. It is an essential and sorely-neglected mineral in nutrition.

MSM (34% sulfur) and related compounds are the source of 85 percent of the sulfur found in all living organisms.

MSM is organic sulfur that presents little risk of allergies such as those caused by inorganic sulfurs (i.e., sulfites etc.).

## **Wolfberry and MSM**

Ningxia wolfberry contains key nutrients essential for the conversion of MSM into keratin

Combining MSM with vitamin C and zinc increase cysteine creation

Vitamin C: 148mg/100g (3 times the vitamin C of oranges)

Calcium: 110mg/100g (more calcium than cauliflower)

Zinc: 1.8mg/100g

Increasing Collagen

The most important amino acids for collagen creation are:

Glycine; Proline; Arginine

These amino acids form the backbone of the collagen triple helix in the skin.

## **Nutrients in Wolfberry**

The Ningxia wolfberry is rich in nutrients that stimulate skin cell reconstruction

AMINO ACIDS (16% protein)

Arginine, Glycine, Proline

1030mg/100g proline

930mg/100g arginine

Collagen Creation and Vitamin C

## **LUTEIN:**

Ningxia Wolfberry and Spinach

Ningxia Wolfberry contains unique carotenoids (lutein and zeaxanthin) which protect skin from sun and UV ray damage and skin cancer

When consumed in food, lutein accumulates in under the skin where it prevents DNA damage.

## **Potent Skin Antioxidants**

Cornell University

A 2004 Cornell University study examined the link between lutein and skin cancer

Ultraviolet light (UVB) causes oxidative damage, immune suppression, and inflammation that promotes skin cancer

Cornell University researchers found that dietary lutein slowed UVB-induced swelling, immune suppression and free radical damage in the skin. Lee et al., 2004



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# Winter Health Concerns

Wash away the winter blues and your colds and flus?

**SAD (Seasonal Affect Deprivation)** is a form of depression that occurs during the fall and winter months. The combination of inadequate sunlight and a drop in serotonin levels makes certain people suffer the “winter blues.” Research suggests that levels of serotonin are directly related to the amount of sunlight we are exposed to. In addition to many non-psychotropic practices like **phototherapy**. You may try essential oils such as: **Frankincense, Lemon, Sandalwood, Geranium, Lavender, Angelica, Orange, Grapefruit, Ylang Ylang, Valor, Motivation, Passion, Hope, Joy, Brain Power, Present Time, Envision, Sacred Mountain, Harmony, Highest Potential.**

Read Dr. Ann Blake-Tracy’s powerful book “Prozac: Panacea or Pandora.” Her ongoing battle with the SSRI (serotonin uptake drugs) and the pharmaceutical companies who make them, can be followed through her articles on her website at: [www.drugawareness.com](http://www.drugawareness.com), and through Dr. Mercola’s website links.

**Influenza (Colds and Flus)** are a hot topic for the media and drug companies for the net profit revenue they have come to expect. Be informed so you can make “healthy” decisions for you and your family. You may try essential oils: **Peppermint, Thyme, Oregano, Rosewood, Eucalyptus radiata, Tea tree, Ravensara, Rosemary, Mountain Savory, Melrose, Thieves, Australian Blue, Purification, ImmuPower, Sacred Mountain, Exocus II, Raven, R.C., Christmas Spirit.** Check your EODR for application. Review the current research on Essential Oils presented in Nashville. (CD-Roms available for \$12.00 through Essential Science Publishing 800-336-6308)

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Check out Dr. Mercola’s website for over 1500 articles on Vaccines, Prescription Drugs, Current Media-hype, 241 articles on Antidepressants and educational reading for your health at: [www.mercola.com](http://www.mercola.com)



# Frankincense & Myrrh Christmas Spirit & Thieves



## Highlights from the “Sunshine Team Times”

### Colds and Flus

“The overuse of antibiotics has created more and more virulent strains of bacteria and virus as they mutate to become resistant to man-made drugs. New strains of bacteria produce enzymes that render antibiotics impotent. In contrast, essential oils possess some phenomenal properties which radically distinguish them from antibiotics. First, bacteria do not become resistant to essential oils. They can be used effectively again and again without the concern of creating a resistant strain.

Essential oils isolate and attack only the pathogenic bacteria and leave the beneficial bacteria intact. (Recognition is based on the fact that pathogenic bacteria are anaerobic and beneficial bacteria are aerobic.) We all know what it’s like to take a round (or several) of antibiotics and experience the effects of having all our beneficial bacteria wiped out. Our immune system is compromised and often we are left with the symptoms of yeast overgrowth (Candida).

The Institute For Craniosacral Research uses the following protocol for protection and management of flu viruses: Alternate diffusing **Purification** and **Thieves**. Apply one or more of the blends: Immupower, **Raven, RC**, and **Thieves** over the Thymus area or the Vita-flex points of the body. Also recommended are **Cinnamon, Cistus, Clove, Eucalyptus, Fir, Melaleuca, Myrtle, Orange, Peppermint, Rosemary, Thyme, Wild Tansy and Immupower**. Check your EODR for their chemical constituencies. Build your immune system! Supplement your diet with **BYJ, ImmuPro, ImmuneTune, Immugel, Master Formula His/Hers, Mineral Essence and Super C** (chewables). Don’t forget to rest and drink plenty of fluids!

Why were Essential Oils as valuable as Gold? For thousands of years, these rare plant essences have been highly prized in the Holy Land for their healing properties. They are mentioned many hundreds of times in the Bible. “Healing Oils of the Bible” is available through Essential Science Publishing. This beautiful book can guide you in your use of oils for physical and spiritual connections to the upcoming holiday season. Give the gifts the Wise Men gave!”

**Frankincense** (code:3548) and **Myrrh** (Code: 3593) **Essence of the Season Kit** (code: 3118). **Thieves** (code: 3423) is the most essential of essential oils for the cold and flu season. This formula

has a high concentration of Cinnamon. **Christmas Spirit** (code: 3315) also has a high concentration of cinnamon bark. (Get the research packet from Young Living for details.) Diffusing disperses the oils in a micro-fine vapor so they stay suspended in the air for several hours. A Young Living Essential Oil diffuser (code: 3829; 3830; 3831; 3828) is a great Christmas gift idea and health investment!

## Sequestone



*has designed a new table top gift for diffusing oils. These beautiful desktop pieces are etched in local granite from the St. Cloud granite quarries. The oils pool uniformly across the world and allow the essence of the oils to fill your personal space in it!*

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Sign up for the December 11th workshop and Holiday exchange day.

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