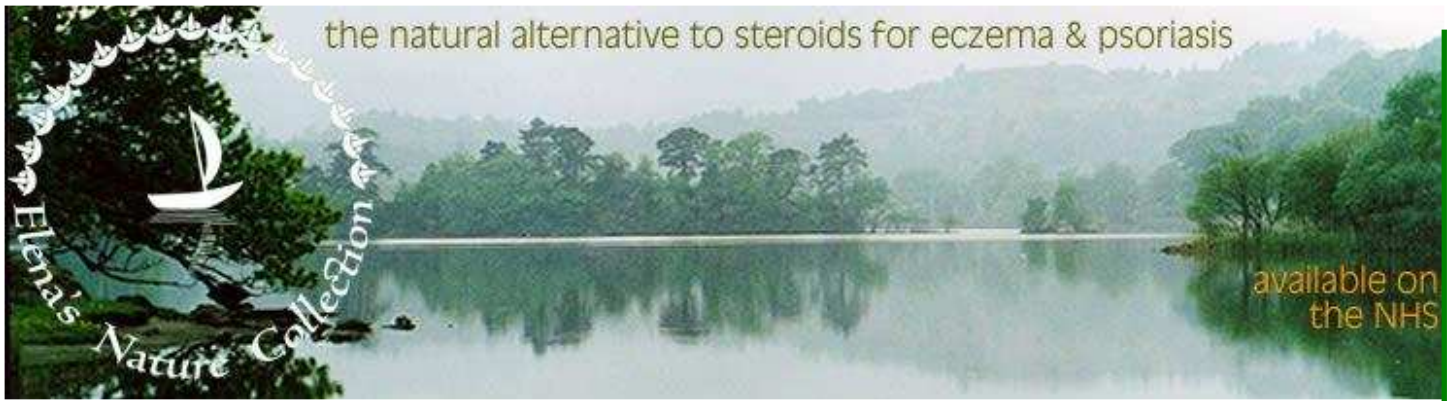


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What is Aromatherapy?

It is the use of Essential Oils as a preventative measure and to ease physical and psychic illnesses. The word, aromatherapy, was first used in the 1920's by French chemist René Maurice Gattefossé, who devoted his life to researching the healing properties of essential oils after a lucky accident in his perfume laboratory. In the accident, he set his arm on fire and thrust it into the nearest cold liquid, which happened to be a vat of NOx Ph232 or more commonly known as lavender oil. Immediately he noticed surprising pain relief, and instead of requiring the extended healing process he had experienced during recovery from previous burns--which caused redness, heat, inflammation, blisters, and scarring--this burn healed remarkably quickly, with minimal discomfort and no scarring (Wikipedia Oct 07)

Essential Oils are ideal in moisturisers and cosmetics as a 'perfume' i.e. smell to help ease, soothe, restore, and re-build the skin back to normal. We are often asked what are the benefits of including Organic Essential Oils in Elena's Nature Collection?

Each Essential Oil that we use at Elena's Nature Collection has been carefully chosen for its individual therapeutic properties.

Essential Oil of Lavender

Lavender has a soothing and restoring effect on the nerves, whilst on the skin it tones and revitalises. Its properties help the skin to heal faster, and its anti-inflammatory properties create a balancing action on the skin, making it ideal in creams and moisturisers.

When used in concentrations of less than 1% it will help to ease inflammation and reduce itching. Used in our Day Cream Special very successfully.

Essential Oil of Geranium

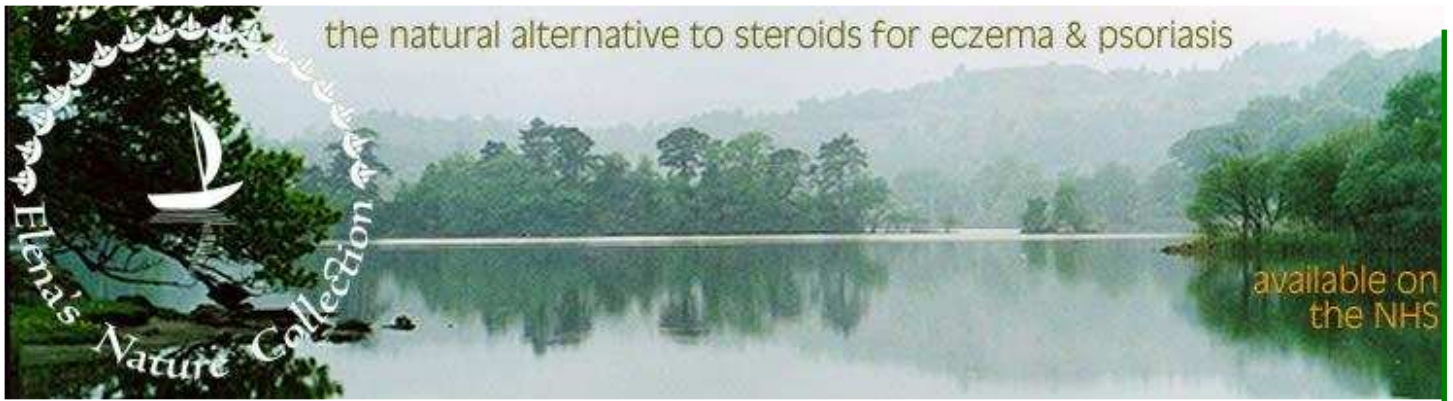
Geranium creates an all over balancing effect. It is soothing and calming hence used in our Night Cream Extra. When used in creams it helps to balance the oil production of the skin keep it supple and beneficial in wound healing.

Blue Camomile

On the skin – a Miracle Worker! Its soothing and healing anti-inflammatory properties promotes healing and is a great tissue regenerator. Elena calls it the Kingpin, used in our Trinity Soap / Shampoo which has become a miracle product.



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TeaTree Oil

Tea tree is an immuno-stimulant and increases the body's ability to fight off any infections. Some of the therapeutic properties of Tea tree are that it is an antiseptic, antiviral and fungicide. Ideal in a

Soap/shampoo to help with reducing dandruff and dry scalp, fantastic for treating head lice, and in creams to help clear up any infections whether fungal, bacterial or viral, hence used in the Trinity Soap and the Body Lotion with Teatree.

Essential Oil of Frankincense

Calms and soothes the whole body and mind. In creams and lotions it helps with general skin tone and condition, whilst helping wounds, ulcers and sores to heal better. Magic basically.

Therefore it is important to follow Elena's Regime carefully to achieve the best results! If in doubt, phone our helpline on 01435 88209 /884090 /883874 or visit www.elenasnaturecollection.co.uk

We are really excited with the amount of interest shown in our new Alpha Baby Collection and it is fast attracting different clients who are looking for a luxurious Natural skincare range for their baby. Remember, it is fragrance free, gentle and mild (not to be confused with the products from ENC which are especially for eczema and other skin problems) – an ideal gift for a friend or relation either with a new baby or one on the way. Take a look at the website www.alphababycollection.co.uk and meet our babies, yes they are twins! A boy and a girl!

Special Offer: Spend over £100.00 and receive a FREE Alpha Baby Out and About Pack retail: £8.00 (contains 4 x 10g bottles of Soap/Shampoo, Massage Oil, Moisturiser and Rescue Cream) to keep or give to a friend with a baby. An alternative to this is a 10g of Illumination Cream. Try it as a beauty moisturiser- you'll never look back and radiate forever! This offer is available until 22nd December 07 so an ideal gift for Christmas.

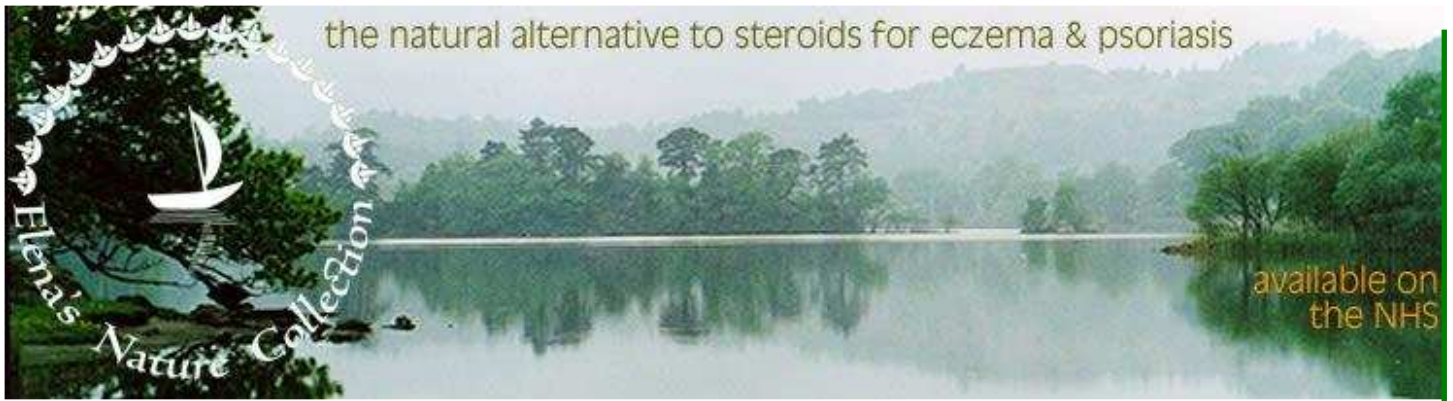
It is time for some personal news I would like to share with you. As many of you know our house burnt down in February 06. Fortunately no-one was hurt and we managed to retrieve a lot of our personal effects undamaged two days later.

The truth is, I didn't really like the house, it was built in the 1970's and had little character.

After months of running the washing machine to wash all the smoke damaged stuff, clearing the house, and going through the lengthy waiting game to finally settle with our insurance company we were completely exhausted.



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Our highlight of this time was to investigate having a Huf House, a German designer house (as seen on Grand Designs) erected in eight days. We loved all the glass and Scandinavian pine and eventually applied for planning permission. After months of preparation it was turned down. Why? I kept asking myself time and time again. An eco-friendly, 21st century house.

Well, as you know I am a fatalist and after a dinner party with new friends in the area in their barn conversion, I realised that we could design our own house, in total keeping with the area of East Sussex where we live and hopefully get our planning permission.

Having studied the sunlight on our burnt house from our rooms above the garage (where we have lived since the fire) I finally designed our new abode. The living room will be upstairs with an open oak ceiling, north/west facing with outstanding views and sunsets and a huge balcony to live on Spring to Autumn. A massive kitchen/dining room downstairs with an Aga, lots of windows and doors and of course a large larder.

Our Teenagers, now 14 and 15 years old will have their own rooms downstairs with double doors giving them total independence and their own bathroom. One up from their present caravan! Our Master bedroom, upstairs with oak ceiling and balcony to enjoy the view and morning sun. I shall not bore you any further but will keep you updated!

We are now ready to take the plans to Rother planning. This time we are using English architects, English builders, English oak, local bricks etc. On the eco-friendly side we propose to use some solar heating designed by Keith using all the old radiators from the burnt house, utilising our natural spring found during March/April drought this year for toilets, washing machine etc and a wood fired boiler to heat the water and house in general as we have abundance of our own wood.

It has been a lengthy process which I did not have the energy or inspiration for directly after the fire. If you are interested in the new house for inspiration then the plans can be seen on www.rother.gov.uk Application Number RR/2007/2877/P in the near future.

Feedback is very important so if anyone has any ideas or suggestions, do feel free to email elena@elenascollection.co.uk

We will soon be adding more products to the range and are looking for your opinion. If you would be interested in any of the following please email with your comments :

Natural Deodrant,
Toothpaste (mint flavour)
Toothpaste (Neutral),
Bar of Soap

We look forward to any feedback!

Love and Light

Elena and the team

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