



**AL-ANWAR**

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**Store Hours:**

Mon. & Tues.: **CLOSED**  
Wed. – Sat.: **11:00 AM – 7:00 PM**  
Sunday: **12:00 – 6:00 PM**  
Open on 12/25/03 with regular store hours

**COUPON**

**incense special #1**

Buy 50 packs of Incense for \$25.00  
Get 1 Ashcatcher Box FREE

Offer limited to \$1.00 Incense  
FREE Ashcatcher Box valued at \$12.00

Offer not valid without coupon – not valid with other offers  
Offer Valid December 1 – 31, 2003

**COUPON**

**incense special #2**

Save 15% on a Carton of Incense  
Regularly \$10.00 NOW \$8.50

(Carton = 25 [8 gram] packs of Same Fragrance ONLY)

Offer not valid without coupon – not valid with other offers

Offer Valid December 1 – 31, 2003

# Fragrant Thoughts

"Smell is a potent wizard that transports us across thousands of miles and all the years we have lived. The odors of fruits waft me to my southern home, to my childhood frolics in the peach orchard. Other odors, instantaneous and fleeting, cause my heart to dilate joyously or contract with remembered grief. Even as I think of smells, my nose is full of scents that starts to awaken sweet memories of summers gone and ripening fields far away."

Helen Keller



smells to someone who hasn't smelled it...Smell is the mute sense, the one without words. Lacking a vocabulary, we are left tongue-tied, groping for words in a sea of inarticulate pleasure and exaltation...we smell with every breath. Cover your eyes and you will stop seeing, cover your ears and you will stop hearing, but if you cover your nose and try to stop smelling, you will die...a breath is not neutral or bland—it's cooked air; we live in a constant simmering. There is a furnace in our cells, and when we breath we pass the world through our bodies, brew it lightly, and turn it loose again, gently altered for having known us."

Diane Ackerman

**A Natural History of the Senses**

"Our sense of smell can be extraordinarily precise, yet it's almost impossible to describe how something

# The Good Scents Journal

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## New Items!

⊗ **Oils:** Lavender-Chamomile, Beyond Paradise type for Women, Eternity Purple Orchids type for Women, Kenneth Cole Black type for Men, Kenneth Cole White type for Women, Ralph Blue type for Women, Very Irresistible type for Women ...

⊗ **Incense:** Cone incense by Tulasi in favorite fragrances such as: Aloe Vera, Sandalwood, Jasmine, Frankincense, Musk, Red Rose and Patchouli; Himalaya is now available in a 20 gram hex pack (approx. 20 sticks per pack).

⊗ **Bath & Body Products:** Nubian Heritage Body Butter Creams

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## Lavender

Lavender is actually an evergreen shrub with violet-blue flowers. Originally found in the Mediterranean, it can now be found all over the world. The dried flowers are often used in potpourri and the essential oil is just that, an essential to have for a variety of reasons.

Lavender, as an essential oil, has all of the following properties: pain-relief, antidepressant, antimicrobial, antiseptic, deodorant, insecticide, sedative, stimulant, and hypotensive (lowers blood pressure). Recent studies by the National Institutes of Health have found that small amounts of lavender essential oil provides assistance in sleep problems in the elderly. Amazingly enough, small amounts of the essential oil can help calm,

soothe and assist with sleep problems, while larger amounts can be stimulating and reviving.

In addition to the essential oil Lavender (*Lavandula angustifolia*) — steam distilled from France and Bulgaria —, we stock other products with the scent of Lavender. Some stick incense with this fragrance includes: NK Morningstar Lavender, NK Morningstar Gold Lavender, NK Lavender Kiss, and Lavender (HEM, Tulasi & SAC). Or you may wish to try Devotion, a resin incense blend that contains dried lavender. Fragrance oils that are available include: Lavender, French Lavender, Lavender Rose. Natural fragrance oils include: Lavender-Chamomile, and Reminisce. ❁



## Licorice For Your Health

Most of us think of candy when hearing the word licorice. However, licorice root has been used in herbalism for a variety of health problems. The herb form of licorice is generally referred to as licorice root. Licorice root has been used to decrease inflammation, respiratory system support (decreases thickness of mucous in the upper respiratory system), and assist in digestive problems,

including heartburn and ulcers. An additional benefit of licorice is that it may improve liver function. However, caution is advised as large amounts of licorice root may cause high blood pressure.



Nature's Sunshine offers two licorice root products for your health; available in regular strength, SRP \$10.85 or concentrate, SRP \$17.45. ❁

# The Art of Aromatherapy

Aromatherapy is currently a very popular alternative therapy. Aromatherapy refers specifically to the use of 100% natural essential oils, herbs or incense for healing purposes (spiritual, physical, and emotional). You can use almost any fragrant material to obtain a specific result, such as reviving one's energy by using citrus fragrances (either natural or synthetic), but the use of synthetic fragrances to obtain this result is called aromachology and has limited uses.

Aromatherapy dates back thousands of years, when our ancestors would use certain fragrant woods, grasses, leaves, flowers and herbs for healing. We see this practice continue today in a variety of different ways, including the Native American tradition of smudging. During the Middle Ages, churches were a refuge from the Plague, primarily because of the vast amounts of frankincense being burned. (Frankincense has proven to have antiviral and antibacterial properties.)

Our ancestors realized that certain herbs provided benefit simply by smell. We have learned through these ancient traditions and modern research that certain scents will have an affect on our memories, moods, emotions, and even provide physical healing. For example, peppermint is excellent for nausea and other stomach problems, which may be why Pepto-Bismal® has been such a popular stomach remedy. Eucalyptus, mint and camphor help open our breathing passages, which explains the popularity and advertising campaigns for Vicks Vapo-Rub® and Halls® Cough Drops. Nothing is left out of this new aromatherapy trend...from



**Smelly Effects**

dishwashing liquid to baby washes, many companies are trying to capitalize on this ancient but newly discovered therapy.

The following are some relatively inexpensive but important essential oils to try: Lavender (for soothing and relaxation; Eucalyptus (for congestion and even minor muscle pain relief); and Tea-Tree (for cuts, scrapes and general first aid). Generally speaking one should never apply undiluted essential oils directly onto the skin. Treat these oils with respect and caution as they are highly concentrated.

Don't be fooled, not all essential oils are the same. Some companies may market their oils as all-natural (which they may be), however, they may also be diluted with jojoba oil in order to keep the pricing low. Not all essential oils cost the same. Prices vary from plant to plant based on the amount of raw material required to produce the oil, the region the plant is grown in, amount of plant available for production, and the type of productions required to obtain the oil. Citrus oils (grapefruit, lemon, and orange) are usually inexpensive, since the oil is pressed (expelled or squeezed) from the peel. Other plants may require steam distillation (high pressure steam is forced through the raw plant material, condensed and then separated from the water). Others may require even more elaborate and expensive production methods, such as jasmine and rose — which make them some of the most expensive and precious oils available.

We stock a variety of basic essential oils; others may be available by special order. Start small and experiment with this ancient therapy.

## New Additions

**Cone Incense by Tulasi:** (15 cones/pack) Aloe Vera, Cannabis, Cinnamon, Frankincense, Jasmine, Lavender, Musk, Opium, Patchouli, Red Rose, Sandalwood, and Strawberry, retail price \$1.50 each.

**20 gram Hex Pack Incense:** Himalaya by BIC is now available in this larger size package, retail price \$1.50.

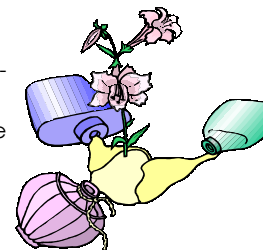
**Nubian Heritage Body Butters:** these 8 oz. creamy body butters will provide excellent moisturizing and conditioning for all

skin types; available as Honey & Brown Sugar Body Butter with Black Seed oil; Mango Body Butter with Shea, Cocoa and Avocado Butters; Olive and Green Tea Body Butter with Ginseng extract; Peppermint and Aloe Body Butter with Almond oil; and Shea Body Butter with Lavender and Wildflowers; retail price is \$15.00 ea. These buttery creams will only be around for a short-time, as this is a limited availability offer.

# Fragrant Additions

The following fragrances have been added since October 1, 2003:

- ☼ Be 21 type for Women
- ☼ Beyond Paradise type for Women
- ☼ Black (by Kenneth Cole) type for Men
- ☼ Citrus Tea — Unisex
- ☼ Creamy Peach — Unisex
- ☼ Sicily (by Dolce & Gabbana) type for Women
- ☼ Eternity Purple Orchids type for Women
- ☼ Fubu Plush type for Women
- ☼ Inspire type for Women
- ☼ Ginger Bouquet — Unisex
- ☼ Honey Vanilla — Unisex



- ☼ Inspire type for Women
- ☼ Lavender-Chamomile — Unisex
- ☼ Ralph Blue type for Women
- ☼ Silk Road Dream — Unisex
- ☼ Still Jennifer Lopez type for Women
- ☼ Summer Breeze — Unisex
- ☼ Vanilla Pear — Unisex
- ☼ Very Irresistible type for Women
- ☼ White (by Kenneth Cole) type for Women
- ☼ Woodland — Unisex

**NOTE:** As always, these represent our versions of fragrances and are not associated with any registered or trademark protected designer or manufacturer. ☼

## Fragrant Considerations

Classic fragrances are considered those that never go out of style. Our last issue focused on classic women's fragrances, now for the men...The following is a brief listing of men's fragrances that are considered "classics." (In modern perfumery circles a "classic" fragrance is any fragrance that has been sold for fifteen-twenty years and is still available.)

Armani type by Giorgio Armani was released in 1984. This fragrance combines sweet orange, lime, neroli, cinnamon, clove, nutmeg, coriander, lavender, sandalwood, cedar, vetiver, patchouli and oakmoss.

Drakkar Noir type by Guy Laroche appeared in 1984. This fragrance is a blend of citrus, lavender, coriander, juniper berries, sandalwood, patchouli and fir balsam.

English Leather type, created by Dana Perfumes, was introduced in 1949. This chypre blend consists of citrus, moss, and woods with leather notes.

Grey Flannel type by Geoffrey Beene was released in 1975. Top notes include: galbanum, neroli, violet, lemon and orange. This award winning fragrance also

includes: rose, jasmine, ylang-ylang, clove, cinnamon, oakmoss and sandalwood.

Imperiale (or Eau Imperiale) type was released in 1853 by Guerlain Perfumes. This traditional eau de cologne fragrance blends citrus (neroli & orange blossom) with rosemary. (NOTE: Although listed for men, this is actually a unisex fragrance.)

Monsieur Givenchy type debuted in 1959. This classic manly fragrance combines citrus and spice notes.

Polo type by Ralph Lauren was introduced in 1979. This fragrance combines herbs and a variety of spices, including: basil, chamomile, leather, tobacco, patchouli and oakmoss for a truly unique masculine experience.

YSL type by Yves St. Laurent is a fragrant star that debuted in 1971. This classic fragrance is a manly blend of citrus, herbs and wood scents, containing lavender, lemon, thyme, rosemary, and vetiver.

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