



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**

COUPON
Customer Appreciation Day
20% Discount on Total Purchase
Limited to 1 Day Only

You choose your date and receive 20% off
All purchases for that day
Offer not valid without coupon
Offer Valid January 1 – 31, 2004

COUPON
Oil Burner Special

Save 20% on the purchase of ANY Oil
Burner, 1/2 oz. Domestic Oil &
Package of Tealight Candles
(Offer Limited to Special Selected 1/2 oz. Domestic Oil ONLY)
Offer not valid without coupon — not valid with other offers

Fragrant Thoughts

Is there a difference between perfume oil, fragrance oil, body oil and burning oil?

Actually these all refer to the same thing — oils that are designed or manufactured to be used on the body as a perfume. Some people may call these perfume oils, or fragrance oils, or body oils. Any of these types of oils can be used to wear or to burn in an oil burner. All of our fragrance oils are safe for application to the skin or to use in oil burners.

Essential oils can also be used in oil burners with a little more caution (4-8 drops is usually enough). These oils can also be applied to the skin as a natural perfume IF properly placed in a carrier, such as jojoba oil, etc.

The only oils that are different and should not be worn as perfumes are incense oils or candle oils. These were specifically designed for making incense and/or candles and not recommended for use on the body. Al-Anwar does not carry this specially diluted grade of oils.

Should I dilute the oils used in oil burners/diffusers?

Absolutely. All fragrance oils should be diluted when used in an oil burner. The best ratio is 80% water to 20% oil. Keep in mind it is easier to add oil than take it away. So start with a small amount and add if you would like a stronger scent. If you don't dilute the oil, then yes the scent will be strong, but it will also quickly fade away and leave a sticky mess behind.

The water is the carrier for the oil and ensures against the oil getting too hot. Keep an eye on the water level while burning your oils. If you need to add water, then add only room-temperature or hot water. Adding cold water could cause your burner to crack or break.

Cleaning the burner is simple. Wait for the burner bowl to cool off; pour out any remaining oil & water, pour rubbing alcohol (Isopropyl alcohol) into the bowl (the alcohol will break down and cleanse any oil residue), then rinse well with hot water. For sticky messes, pour the alcohol in and let it sit awhile.



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New Items!

⊗ **Oils:** Rive Gauche type for Men, Burberry Brit type for Women, Aramis Life type for Men, Versus type for Men, Signature type for Men, Imagine type for Women...

⊗ **Incense:** (8 gram square packs) by Tulasi: Cedarwood, Forest, Nag Champa and Tully Fruity.

⊗ **Bath & Body Products:** Black Soap. com soaps — Black Soap with Cocoa Butter and Vitamin E, Shea Butter with Aloe Vera, and Egyptian Musk with Cocoa Cream.



Inside this issue:

Water Everywhere	2
New Products	2
New Fragrances	3
Fragrant Considerations	3
Coupons/Specials	4
Fragrant Thoughts	4

A Rare Find...Aloeswood

Aloeswood, also known as Agarwood, Eagles-wood, Jinkoh, Kyara, and 'Oud, is one of most expensive and rarest incense ingredients today. Why? This special type of wood is only found after the tree has been infected with a parasitic fungus. The tree's immune response produces this highly prized aromatic resinous wood. (In addition, these trees must be a minimum of 50 years old before they can be infected and produce this resinous wood; and it is only the heart wood that produces this fragrant wood.)



This tree (*Aquillaria agallocha*) once grew freely in Northern India, Laos, Cambodia, Malaysia, Indonesia and Vietnam. However, it is currently an endangered species coming close to extinction. The rarity of this wood means the prices are extremely high (\$1000 per gram or approximately 1/2 teaspoon).

The wood is highly prized as an

incense in many cultures, including the Middle East and Asia. In Japan there is one large, 1200 year-old piece of Aloeswood that is so prized that it has been named, "Ranjatai." Small slivers from this piece of wood were given as gifts by the Japanese royal family.

According to Traditional Chinese Medicine, Islamic tradition, and some Ayurvedic teachings, this incense is beneficial in treating upper respiratory problems.

We strive to ensure that any incense that contains Aloeswood has been safely and legally harvested. (It is for this reason that we do not carry any natural 'Oud perfumes.) For an interesting scent experience, try one of our Japanese Aloeswood incense selections. We also offer Arabian 'Oud in our domestic oil section, and Indian 'Oud in our imported oil section. ✿

Tea for Health

Many cultures around the world drink tea on daily basis in place of coffee or soft drinks. Research has shown that tea contains a number of chemicals that are good for our health, with green teas and white teas being the most healthy choices. Nature's Sunshine Products offers an herbal alternative to drinking green tea with its Green Tea Standardized Extract (naturally decaffeinated).



This product has immune boosting properties and supports health kidney function. Three capsules are equal to 10 cups of green tea. (Some recent studies are proving that EGCG — a naturally occurring component of green tea — may also help with weight loss in conjunction with diet and moderate exercise).

This NSP product is listed as \$24.95. ✿

Water, Water Everywhere...

Our bodies are made up of at least 60% water. Water is found in our blood, lymph fluid, digestive juices, urine, tears and sweat. We need a constant supply of water in order to keep our bodies functional. Today, it is quite easy to walk into a grocery store, drug-store or even convenience store and find a variety of different waters available:



To Your Health

drinking water (usually filtered tap water), spring water, carbonated water, mineral water, distilled water, ionized water, oxygenated water, flavored water, and sports water. Are all these choices necessary? What type of water is best? How much water should I drink?

These are not questions with easy answers. We have often been told that we should drink 8-10 glasses of water a day. Some of us actually may need a bit more and some of us less. Where you live (the climate), your activity levels, and diet are all key factors in determining how much water you may need. Living in dry and hot climates means more water is needed than living in cooler and moist climates. Also, if you are very active, then more water is needed than those who are more sedentary. Drinking water before, during and after an average workout is just as effective as drinking a "sports" drink. The average person needs approximately 3 quarts (96 oz.) of water each day (this includes water obtained from drinks and food), but a minimum of 1.5 – 2 quarts (48-64 oz.) may be sufficient for most people.

What type of water should you drink? You definitely should not drink tap (or well or spring) water unless it is filtered. Possible contaminants found in tap water include: lead, mercury, aluminum, pesticides, industrial chemicals, radon, asbestos, and organic solvents, not to mention bacteria, viruses and parasites. Although spring water may be slightly better for you, it should also be purified due to the high possibility of industrial contamination. Distilled water is generally not recommended for drinking because the minerals have been removed. As a result, prolonged drinking of distilled water may cause a depletion

of naturally occurring minerals within the body (the minerals in our body are attracted to the de-mineralized water). Drinking distilled water on a short-term basis is acceptable, as it may help "detoxify" the body. The best water is one that is filtered using active and/or solid carbon with reverse osmosis.

We should take care even when showering or bathing since our skin absorbs water. It is estimated that during a ten minute shower, our bodies receive the equivalent of two gallons of water. Now it is possible to purchase filtered shower-heads that will eliminate chlorine and other harmful chemicals from water (a carbon-based or KDF filter is best).

The following chart (adapted from **Staying Healthy with Nutrition**, Elson M. Haas, M.D.) should help you determine which type of water filtration/purification system is best.

Contents	Solid Carbon Purification	Reverse Osmosis Purification
Chlorine	Removed	Not removed unless used with carbon
Fluoride	Not Removed	Removed
Bacteria	Most likely removed	Removed
Parasites	Removed	Removed
Chemicals	Removed	Removed
Heavy Metals	Some Removed	Removed

Looking for an incense that will remind you of water? Try Nippon Kodo's Aqua incense. Seeking a perfume oil that brings water to mind: try Celestial Waters, Feng Shui – Water, Ocean, Sea Breeze, Silver Mountain Water type-Unisex, Cool Water type for Men & Women, H₂O type for Women, or one of our numerous Rain fragrances (examples: African Rain, Evening Rain, Morning Rain, Hawaiian Rain, etc.).

New Additions

Tulasi Incense: 8 gram square packs (8 sticks per pack, 25 packs per carton) Cedarwood, Forest, Nag Champa and Tutty Fruity, retail price is \$1.00/pack or \$10.00/carton.

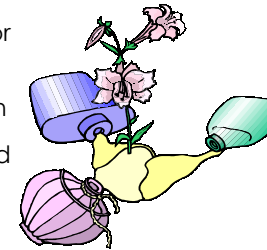
Soaps by BlackSoap.com: Black Soap with Cocoa Butter and Vitamin E (3.5 oz. Bar), Shea Butter with Aloe Vera (3.5 oz. Bar), and Egyptian Musk with Cocoa Cream (4.25 oz. Bar), retail price is \$2.50/bar or 6 bars for \$12.00.

Fragrant Additions

The following fragrances have been added since November 24, 2003:

- ☼ Signature type for Men
- ☼ Versus type for Men
- ☼ White Tea & Ginger — Unisex

- ☼ Aramis Life type for Men
- ☼ Burberry Brit type for Women
- ☼ Imagine type for Women
- ☼ Laurel Berry Garland type — Unisex
- ☼ Passion — Unisex
- ☼ Rive Gauche type for Men



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

Fragrant Considerations

One of the current trends in the perfume industry is to present a variation of a popular fragrance. The following are fragrances that are available with this variant theme:

212 type for Women — (212) H₂O type for Women [Carolina Herrera]

Angel type for Women — Angel Innocent type for Women [Thierry Mugler]

Burberry type for Men — Burberry Sport type for Men [Burberry's]

Coco by Chanel type for Women — Coco Mademoiselle type for Women [Chanel]

Desire type for Men — Desire Blue type for Men [Alfred Dunhill]

Drakkar Noir type for Men — Drakkar Xtreme type for Men [Guy]

Egöiste type for Men — (Egöiste) Platinum type for Men [Chanel]

Giorgio Red type for Women — Giorgio Red 2 type for Women [Giorgio Beverly Hills]

Happy type for Women — Happy Heart type for Women [Clinique]

Polo type for Men — Polo Blue type for Men [Ralph Lauren]

Polo Sport type for Men — Polo Sport Extreme type for Men [Ralph Lauren]

Samsara type for Women — Samsara Shine type for Women [Guerlain]

Tommy type for Men — T by Tommy type for Men [Tommy Hilfiger]

Tommy Girl type for Women — T Girl type for Women [Tommy Hilfiger]

White Diamonds type for Women — Sparkling White Diamonds type for Women [Elizabeth Taylor]

White Linen type for Women — White Linen Breeze type for Women [Estee Lauder] ☼

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