



AL-ANWAR

The Good Scents Company

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Store Hours:

Mon. & Tues.: **CLOSED**

Wed. – Sat.: **11:00 AM – 7:00 PM**

Sunday: **12:00 – 6:00 PM**

COUPON
Smoking bottle special
*Buy any Glass Smoking Bottle
for \$12.00 & get 5 packs of incense FREE*

Savings of \$6.75

*Offer limited to Glass Smoking Incense Bottles & 8 gram Incense ONLY
Offer not valid without coupon*

Offer Valid March 1– 31, 2005

COUPON
1 oz. Oil Special

Buy Two 1 oz. Oils Get 1 FREE

*Domestic Fragrance Oils ONLY
Savings of \$10.00*

*Offer limited to 1 oz. Domestic Fragrance Oils ONLY.
Offer not valid without coupon.*

Offer Valid April 1– 30, 2005

Chocolate IQ Quiz

How much do you know about chocolate? The following quiz can help determine whether you're a raving chocoholic or if you are simply a fan.

1. You're at a candy counter and can't decide between the luscious dark or milk chocolate confections. You decide on the dark because:

- A. It's better for your heart
- B. It has less fat and sugar.
- C. It contains more cocoa.
- D. All of the above.

2. One reason we seem to adore chocolate is because it contains a mix of feel-good chemical compounds, but how many are there?

- A. 10
- B. 28
- C. 121
- D. More than 300

3. How long does it take to walk off the calories from eating only one Hershey™

bar?

- A. 30 minutes
- B. 60 minutes

4. How can you maintain a healthy diet and still satisfy your chocolate cravings?

A. Snack on a tiny bit of chocolate several times a day.

- B. Eat a piece of hard candy.
- C. Savor a piece of chocolate at the end of a meal.
- D. Wear a chocolate scented perfume.

5. An ingredient in chocolate has been shown to help ease:

- A. Migraines
- B. Coughing
- C. Fever
- D. Hiccups ☼



Correct answers are: 1-D, 2-D, 3-B, 4-C, and 5-B. If you scored 4+ you're a raving chocoholic; 2-3 you're simply a fan. This quiz was adapted from an online quiz published by www.lifetimetv.com and written by Rhonda Hilario -Caguiat.

The Good Scents Journal

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New Items!

☉ **Oils:** Blue Musk – Unisex, Miami Glow (by J.Lo) type for Women, Realities type for Men, Narciso Rodriguez type for Women, and Ocean Breeze – Unisex and more...see page 3.

☉ **New Additions:** Nubian Heritage Raw Shea Butter Conditioner, High-Fashion Shoe designs in Perfume Bottles; Large soapstone oil diffuser with stainless steel inlaid bowl, for more info...see page 2.

CHOCOLATE DELIGHT

For years we were told that chocolate was bad for our health. That isn't exactly true. Dark Chocolate or pure cocoa can actually be quite good for your health (in moderation). Studies have shown that chocolate is heart healthy because of its flavonoids (polyphenols). These flavonoids help relax blood vessels. They are also powerful antioxidants, that help fight off free-radicals which destroy our bodies from the inside-out and cause aging. However you are advised to steer clear of milk chocolate. The processing (removes the good stuff) and added fats, sugars, etc. make it a bad choice overall.

Treating yourself to one small piece of dark chocolate 3-4 times a week may just be what the doctor ordered.

If you love the smell of chocolate and are afraid you might binge if eating any, then maybe you should try one of these fragrances or incense.

The following fragrance oils have chocolate notes: Angel type for women, Angel type for men, Omnia type for Women, Hanae Mori type for Men, Animale type for Men, and Chocolate-Unisex.

Do you prefer an incense with chocolate notes? Then you might want to try Shoyeido's Diamond-Power (Magnificents Jewel Series), Nippon Kodo's NK Great Africa or New Morningstar Earth, or Tulasi Chocolate (available in 8 gram square pack only).

Remember, wearing a chocolate scent or burning incense doesn't require any exercise for those pesky calories. ☼



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It's Not Easy Being Green!

Liquid Chlorophyll is an excellent herbal product for those who suffer from bad breath or body odor of unknown causes. It also promotes natural cleansing of the blood and the production of red blood cells.

Liquid chlorophyll can be used internally (take 1 teaspoon in water twice daily) or externally as a mouth-wash. It can also be used to clean fruits and vegeta-

bles (1-2 drops mixed with water as a cleanser).

Nature's Sunshine Products offers Liquid Chlorophyll in two sizes, 16 oz. and 32 oz., (also available in pill form). Liquid Chlorophyll is free from chemicals, preservatives and toxins. This product contains chlorophyll (obtained from the alfalfa plant) and natural spearmint. *Mention this article and receive 10% off.* ☼

What's That Smell...?

Our designer spotlight this month focuses on Liz Claiborne. The following is a brief description of key ingredients in several popular Liz Claiborne fragrances. (Read carefully to note her trend in men's and women's fragrances.)

Realities type for Women is a floral and herbal mix of osmanthes, bergamot, chamomile, sage, jasmine, carnation, Bulgarian rose, freesia, white lily, vanilla, amber, sandalwood and a hint of peach.

Curve type for Women is an light floral and fruity blend of mandarin, bergamot, dewberry, water lily, exotic lilies, pink peony, freesia, iris, Indian sandalwood, mahogany and violet wood.

Curve type for Men is an herbal-citrus combination that includes fresh lavender, Douglas fir, bergamot, cardamom, cactus, black pepper, amber, vetiver, and Brazilian mahogany wood.

Candie's type for Women is another fruity floral mix with bergamot, mandarin, grapefruit, peach, pink peony, muguet, ylang-ylang, violet leaf, white patchouli, sandalwood and black pepper.

Candies type for Men is a citrus and herbal influenced masculine scent that combines basil, watermelon, cardamom, bergamot, coriander, pomelo, cashmere wood, frankincense, white birch, tree moss, sandalwood and green leaves.

Mambo type for Women is a light floral and fruity concoction of mango, mandarin, ylang-ylang, orange blossom, ginger, hibiscus, musk, vanilla chula orchid, and sandalwood.

Mambo type for Men is a distinctive herbaceous blend with lavandin, verbena, lime, bergamot, sage, cedarwood, cinnamon leaf, orange flower, patchouli, sandalwood and musk.

Bora Bora type for Women is noted to have a "heady, floral juice [scent]" that includes dew coral flower, angel's trumpet flower, lychee water, pink peppercorn, tire flower, blush orchid, frangipani, night blooming jasmine, woods, tropical mango musk, and amber.

Bora Bora type for Men is a green woody blend of green kiwi, quince, red ginger, fern leaves, wild fig, lichen moss and hibiscus.

NOTE: As always, any fragrances that we may have represent our versions of fragrances and are not associated with any registered or trademark protected designer or manufacturer.

Did you spot the trend...it is a unique blend of herbs, fruits and flowers in all fragrances. 🌸

New Additions

🌸 **Perfume Bottles:** New foot-fashionable perfume bottles, designed to resemble ladies pumps, slides and sandals, priced at \$15.00 (empty) or \$20.00 (filled with a designer fragrance). New crystal perfume bottles priced at \$12.00 (empty). Also a new selection of hand-blown Egyptian Perfume Bottles trimmed in 18K Gold, prices range from \$7.00 - \$16.00 (empty).

🌸 **Nubian Heritage Raw Shea Butter:** Conditioner with soymilk as well as frankin-

cense and myrrh essential oils, priced at \$8.75.

🌸 **Large Soapstone Oil Burner :** finally for those who prefer all things in larger sizes, we have a large soapstone oil burner with a stainless steel inlay in the burner cup, priced at \$15.00 🌸

Fragrant Additions

The following fragrances have been added since January 1, 2005:

🌸 Basmati — Unisex

🌸 Blue Musk — Unisex

🌸 Miami Glow (J.Lo) type for Women

🌸 Narciso Rodriguez type for Women

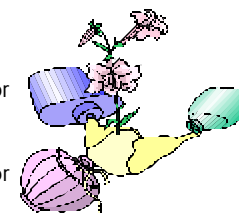
🌸 Nu (Yves St. Laurent) type for Women

🌸 Ocean Breeze — Unisex

🌸 Perry Ellis 360° Blue type for Men

🌸 Realities type for Men

🌸 Spring Flowers (Creed) type for Women



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Perfumer Spotlight

Fragrances are produced by perfume houses, fashion designers, jewelry designers and even celebrities (musicians, actors, athletes, etc.). Some of these people and fragrances make a big "splash" in the fragrance industry and others seem to simply fade away over time.

This month's spotlight shines on Liz Claiborne, another American classic in the fashion and perfume industry. Her product lines include Liz Claiborne, Elizabeth, Lucky You and Candie's. The following Liz Claiborne type-fragrances are available as oils (dates in parentheses are release year):

Liz Claiborne (1986)
Claiborne for Men (1989)
Realities (1990 - for women)
Vivid (1993 - for women)
Curve for Women (1996)
Curve for Men (1996)
LizSport for Women (1997)
Claiborne Sport (1997)
Candie's for Men (1999)
Candie's (1999 - for women)

Lucky You for Women (2000)
Lucky You for Men (2000)
Mambo for Women (2001)
Mambo for Men (2001)
Bora Bora for Women (2002)
Bora Bora for Men (2002)
Curve Crush for Men (2004)
Curve Crush for Women (2004)
Realities for Men (2004)

Liz Claiborne's fragrances have also won and/or been nominated for prestigious awards from The Fragrance Foundation, including fragrance star of the year: *Realities* — Women's Fragrance Star of the Year 1991.

You may want to give one of these fragrances a try or perhaps try one of the newer adaptations: Liz Claiborne vs. LizSport; Curve vs. Curve Crush; or Claiborne vs. Claiborne Sport.

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