



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
Oil Gift Set Special

**4 oz. Lotion, 4 Oz. Gel and 1/3 oz.
Spray Perfume Gift Set for \$15.00**

*Beautifully packaged in gold designer-inspired bottles
Regular price \$17.00 — SAVINGS of \$2.00*

Offer not valid without coupon.

Offer is limited to 4 oz. sizes and domestic fragrances ONLY!

Offer Valid November 1 – December 31, 2005

COUPON
Nubian Heritage

Buy 2 or more & Save 20%

**Buy 2 or more Nubian Heritage Bath/Body Products and
Save 20% on each item.**

Offer not valid without coupon.

This offer does NOT apply to Nubian Heritage soaps!

Offer Valid December 1 – December 31, 2005

Essential Oil Basics

Essential oils are an excellent addition to any home, especially when used in an oil burner/diffuser. Which oils should you start with? Well, Eucalyptus, Lavender, Tea Tree and Frankincense are excellent for beginners. These can be used individually or blended together.

Eucalyptus blends well with lavender and tea tree. A few drops by itself or in a blend into an oil burner can work wonders in terms of opening up breathing passages. Need faster relief...bring some water to a boil, pour it into a glass or ceramic heat-resistant bowl, add a few drops of eucalyptus, grab a towel, put your head over the bowl, cover your head and bowl with a towel and breath deep. Don't get too close because steam can burn. Mix 812 drops of eucalyptus with 2 oz. of shea butter and voila, your own vapor rub...apply to

chest and throat to help congestion.

Lavender and tea tree oils work great as a disinfectant. Add a few drops to your laundry detergent to make sure germs don't leave your washer.

Frankincense essential oil is a great purifier. Really! Frankincense helps to purify and cleanse the air. So burning this in an oil burner (or the resin in a resin burner) is a great way to purify the air. Planning a party and don't want to catch other people's germs...burn some frankincense.

Extra added bonus it may help keep people at the party quite mellow as it soothes and calms.

Try burning some essential oils today. Remember these are 100% pure and concentrated, so a little goes a long way. 🌸



The Good Scents Journal

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New Items!

☉ **Oils:** Baby Phat type for Women, Live by Jennifer Lopez type for Women, Polo Black type for Men...see page 3.



☉ **New Additions:** Fred Sall's Resin on a Stick Incense, new Electric Resin Incense Burners, new Soapstone Smoking Bottles...see page 2.

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Amber

In years gone past the use of amber (ambergris) was widespread in the perfume industry. However, due to whaling practices and wildlife preservation issues, true ambergris is no longer available to the modern perfumer. Ambergris is a by-product created by sperm whales and costs up to \$15,000/kilogram. Modern substitutes include the synthetic Ambrox or labdanum from plant-substitutes (beebalm and rockrose). Amber, or ambergris (not to be confused with liquidamber or Styrax) is generally used as a fixative or base in perfumery.

The following fragrances include this warm and exotic scent: Aromatic Elixir type for Women, Azzaro type for Men,

Beautiful type for Women, Bijan type for Men, Boucheron type for Women, Cashmere Mist type for Women, Coco Chanel type for Women, Dazzling Gold type for Women, Jean-Paul Gaultier type for Men, Hugo Boss type for Men, Issey Miyake type for Men, Jaipur type for Men and Women, Paul Sebastian type for Men, Poison type for Women, and White Diamonds type for Women.



Citrus tatarifolia L.
Common Rockrose

Incense containing amber scents include Amber by Tulasi and HEM, Amber-Sandal by HEM, Amber-Flora by Suchi Shama; Amber (Morningstar), Spicy Amber (Morningstar Gold), Arabian Night (NK Series), and Maple Leaf (Yume no Yume series) by Nippon Kodo. 🌸

Get Green

Many of us don't get our required vegetables, vitamins or minerals from our diets. What should we do when we don't get enough green foods in our diet? Well, Nature's Sunshine offers several products that provide the answer to this question.

Ultimate Green Zone (NSP 1098-3) contains amaranth, brown rice, spirulina, flax seed, lecithin, licorice root, barley grass, horse-

tail, carrot root, papaya fruit, broccoli, Vitamin C, vitamin E, pineapple extract, milk thistle and more. This powdered supplement provides antioxidants and digestive assistance.

pH Green Zone provides similar benefits but also has chlorella, kamut, kale, asparagus, alfalfa, beets and more (NSP 1091-5).

Save 10% on any NSP Green Zone items through 12/31/05. 🌸

Cold and Flu Season Tips

Now that the weather is changing (kind of), it's the beginning of cold and flu season. Although it is impossible to protect yourself from every virus that may be out and about, here are some basic tips that may minimize your exposure and quicken your recovery.

1. Wash your hands! If you deal with the public on a regular basis, then washing your hands often is a quick and easy way to minimize germs. Viruses may only survive for a short period of time on things like money, etc., but washing your hands will effectively kill this method of transfer.
2. Cover your mouth when sneezing or coughing (and then wash your hands — we can't stress this enough). When you cough or sneeze it is possible for microscopic drops containing viruses to escape; covering your mouth with a tissue eliminates this possibility.
3. Drink plenty of water. This helps to flush your system and can also thin out any mucous your body produces.
4. Taking Echinacea and Goldenseal for at least 7 days every 2-3 weeks can boost your immune system



- enough to fight off infections quicker.
5. Zinc lozenges at the first sign of a sore throat or coughing may help your body fight as well.
 6. Vitamin C...orange juice or other citrus juices are also a great boost for your immune system. Be careful if taking vitamin C supplementation...too much over a long-period of time may cause problems with the gastrointestinal system.
 7. Eat plenty of fresh fruits and vegetables. Fruits and vegetables are an excellent source of vitamins and just good, healthy nutritious food.
 8. Try eucalyptus essential oil in an oil burner. A few drops may help open your breathing passages. Add some lavender for its soothing properties. See the back cover for more information on essential oils.

NOTE: This information is not intended to diagnose or treat any conditions or diseases. Please check with your health-care provider before beginning any dietary change or eliminating any prescription. DO NOT take any herb that is used to treat a medical condition if you are currently taking a prescription medication for that condition. This can be highly dangerous. Inform your physician of ALL supplements that you may be taking, including vitamins and herbs.

Don't forget to WASH YOUR HANDS! 🌿

New Additions

🌿 **Fred Soll's Resin on a Stick:** We are proud to announce the addition of a one-of-a-kind incense item...Fred Soll's Resin on a Stick. Each stick burns 23 hours (slightly smoky because of the large amounts of resin) and provides a unique sensory experience. Prices range from \$5.00 - \$10.00/pack — somewhat more expensive than regular stick incense but well worth it.

🌿 **Electric Resin Incense Burners:** Put away the charcoal...ceramic electric resin incense burners are in stock. Introductory Price at \$45.00 each.

🌿 **MORE Soapstone Smoking Incense Bottles:** New designs are available and still priced at \$20.00 each with 6 packs of incense FREE...what a deal!

🌿 **Decorative Lotion/Gel Bottles:** We now offer lotions and gels in a 4 oz. gold bottle, priced at \$5.50 each.

🌿 **Spray Perfume Bottles:** Gold-tone 1/3 oz. spray bottles are priced at \$6.00 filled with your choice of a perfume or body oil spray. 🌿

Fragrant Additions

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

Apple-Cinnamon — Unisex

Baby Phat type for Women

Destiny type for Women by Marilyn Miglin

Escada Magnetic Beat type for Women

Eternity Moment type for Women by Calvin Klein

Euphoria type for Women by Calvin Klein

Fantasy type for Women by Britney

Spears

Live by Jennifer Lopez type for Women

Lovely type for Women by Sarah Jessica Parker

Paris Hilton type for Men

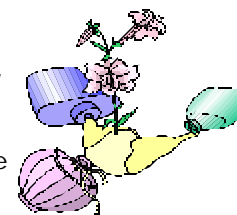
Polo Black type for Men

Tropical Fantasy — Unisex

True Star type for Men

African Gold -- Imported

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



Perfumer Spotlight

This month's spotlight shines on fashion designer Calvin Klein. This couture-inspired designer was one of the first to make it big as a ready-to-wear clothing designer that then branched off into couture, fragrances and home fashions.

Each Calvin Klein fragrance is somewhat unique and offers one-of-a-kind scents-ory experiences, ranging from clean and fresh to hot and spicy.

- 2000: Truth Calvin Klein for Women
- 2002: Eternity Rose Blush for Women
- 2002: Crave for Men
- Truth Lush Calvin Klein for Women
- Truth Calvin Klein for Men
- 2003: Eternity Purple Orchid for Women
- 2004: Eternity Moment for Women
- Eternity Love for Women
- 2005: Obsession Night for Men
- cK ONE Summer — Unisex
- Euphoria for Women

1981: Calvin Klein for Men

1985: Obsession for Women

1986: Obsession for Men

1988: Eternity for Women

1989: Eternity for Men

1991: Escape for Women

1993: Escape for Men

1994: cK ONE — Unisex

1996: cK BE — Unisex

1997: Contradiction for Women

1998: Contradiction for Men

Looking for something light, crisp and clean...try cK ONE or cK BE. Or perhaps you want to add a little spice to your life...try Obsession.

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