

Coaching from the Mat with The Spa Lady



Yoga, Essential Oils, Natural Products & More
“Pamper” Your Life with The Spa Lady
Aromatherapy, Spa Products & Wisdom Circles

Extreme Self Care Topic: Melaleuca (Tea Tree) ***“the oil of energetic boundaries” Essential Oil***

Bliss-a-plines” (That's disciplines that bring you bliss)

Possible Physical Benefits:

- Disinfectant by nature- It's renowned for cleansing capabilities
- Promotes a clear, healthy complexion (safe to use directly on blemishes)
- Rejuvenating & promotes healthy immune function
- Protects against environmental & seasonal threat
- Helps purify and freshen the air
- Can scares the lice away!! Natural insect repellent.

Possible Emotional Benefits:

- Clears negative energetic baggage
- Releases codependent and parasitic relationships- these may be people, microorganisms in the physical or spiritual being
- Helps break negative ties in relationships so that new healthy connections may be formed that honor your personal space & boundaries
- Encourages individuals to connect to people and beings in ways that honor and respect
- Encourages individual to relinquish all forms of self-betrayal including: allowing others to take advantage of your time, energy or talents- letting others feed on your energy or not standing up for yourself
- Melaleuca assists individuals in purification practices and in releasing toxic debris

Historical Uses: Used anciently for its benefits on acne, allergies, boils, burns, cuts, coughs, flu, Herpes, hives, infected wounds, inflammation, lice, Ringworm, Sunburn, Vaginal infections, Warts, and more! Antiseptic/Antibacterial etc. **Price \$26 (15 ML) or \$16 (5 ML) or Premade Rollerball**

Facilitated By:

Roberta Fortune, The Spa Lady (Serial Entrepreneur since 1990)

Essential Oil site: <http://www.mydoterra.com/spalady/>

Spa Products: <http://www.beautipage.com/robertafortune>

Juice Plus Info: <http://thespalady.juiceplus.com> or <https://thespalady.towergarden.com>

ESCAPE...RELAX and have FUN!!

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