



This month's  
Self-Care Toolkit

Garlic  
Eucalyptus  
Rose Quartz  
Ishtar

# Freedom in Self-Care

*Each of us deserves a magical, joyful holiday season. It is the time of year when we want to slow down, snuggle by the fire, and drink delicious concoctions. Instead we often feel hurried, anxious or stressed, which can lead to us feeling run down or even becoming sick. The following essential wellbeing ingredients will help you stay refreshed for the whole month:*



HERB

Garlic

BENEFITS

Fights internal and external infections



ESSENTIAL OIL

Eucalyptus

BENEFITS

A natural decongestant



CRYSTAL

Rose Quartz

BENEFITS

Helps with emotional healing



GODDESS

Ishtar

BENEFITS

Goddess of fertility, love, war, and sex

**G**arlic is a delicious spice found in the typical pantry. **Garlic** can be used to fight both internal and external infections. Add it to all your winter stews, pickle it in vinegar, chop it and add to butter or olive oil, or try your hand at making Fire Cider, a traditional remedy used to fight off colds and boost your immune system.

A familiar essential oil and plant, **Eucalyptus**, is known for its wonderful effects on the respiratory system as a decongestant. At the beginning signs of a cold, put a drop or two in a bowl of steaming water with a towel over your head and breathe in this effective oil. (Since Eucalyptus oil is too strong to be used with children under 5 years old, diffuse lavender essential oil in their rooms instead.)

**Rose quartz** is the stone that helps us heal our heart chakra by assisting with emotional healing and love-making it the perfect stone when you need more love for yourself or others. Meditate with this stone close

to your heart, wear it on a necklace, or keep it in your pocket so you are able to access its healing powers wherever you go.

The message from this month's Goddess, **Ishtar**, is: *Love yourself enough to say no to others' demands of your time and energy.* What a great reminder that to really be caring, healthy individuals, we must first love and nurture ourselves.

Using these simple tools to care for yourself on a daily basis will get you through the holidays feeling strong, confident and free.

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Ashley Dees frolics around Saint Augustine Florida, picking herbs, finding herbal remedies, and playing with aromatherapy, tarot cards and crystals. Learn more about her, and how she teaches and gathers goddesses together frequently at her website [greenharmonyaromatherapy.com](http://greenharmonyaromatherapy.com).