



# Inspire the Senses for Valentine's Day

Newsletter of Colour Energy Corporation • #116 - 408 East Kent Road Avenue South, Vancouver, BC V5X 2X7 • Tel: (604) 687-3757 • Fax: (604) 687-3758 • Toll Free: 1-800-225-1226 • www.colourenergy.com

**The power of essential oils to inspire romance has been documented since the Babylonians, and perfume and flowers are still favourite gifts for lovers today. Cleopatra seduced Mark Antony with a carpet of rose petals and rare, exotic scents. Our sense of smell is a primal instinct, which is also fundamental to our sensuality. Pheromones act as the most basic trigger to sexual attraction. The aromas of natural essences (such as essential oils) are the plant equivalent of pheromones and are just as attractive to humans as to the animal kingdom. We can use natural aromatic oils to relax us, heighten our sensuality, excite the senses and create the mood for love.**

## Setting the Stage...

Create a special "colour energy" atmosphere for a wonderful evening of romance. Use Colour Energy's natural beeswax chakra candles with a few drops of a correlating essential oil on the top (important note: add oils before lighting) or add a few drops of pure oils in a diffuser. Dim the light and "turn up the heat." Scent your lingerie or bedlinen by adding 2-3 drops of your favourite aphrodisiac oil in a spray bottle of water or try adding oil to your dryer sheet. Sprinkle drops of rose or jasmine oil on the pillows.

## Preparing Each Other for the Evening...

Luxuriate in an aromatic bath, jacuzzi or hot tub with your partner. After soaking, perfume your whole body with our rose hydrosol or use sensual oil blends directly on pulse points such as your wrists, behind ears and knees. Send your partner on a hunt to discover these secret scented areas.

## Massage Each Other...

The loving yet sensual touch of another person is always enjoyable and often exciting. Massages can be a total relaxing yet sensually stimulating experience. Start by putting on some soothing and romantic music. Next apply chosen massage oil blend to areas to be massaged. Use plenty of *effleuage* all over. Knead tense areas and use light feather strokes with the fingertips to excite the surface of the skin. Discover your partner's erogenous zones such as the ears, feet, inside of thighs. Be tender, loving and creative... as you massage give the areas you are massaging little kisses.

## Aphrodisiac Oils to Stimulate Sexual Desire...

Most aphrodisiac oils blend well with each other. If making your own massage oil use a carrier oil such as Jojoba.

When mixing oils try to limit the blend to only 2 or 3. Subtlety is elemental in the art of seduction.

Layer the scent starting with your favourite and use as a room fragrance, bath, body oil or massage blend.

- Sandalwood (Red) – is known for its warm, sedative yet sexual vibes. Said to purify the sexual organs and clear energy blockages that cause frigidity, impotence and body appearance issues.
- Ylang Ylang (Red) – this long lasting floral scent gives a feeling of well-being and is helpful for impotence or frigidity.
- Neroli (Orange) – fresh, euphoric and exciting, this fortifying effect helps overcome shyness and inhibitions.
- Clary Sage (Turquoise) – sweet, sensuous and slightly intoxicating. However, too much can inhibit one's sex drive.
  - Patchouli (Indigo) – heavy and exotic, it is stimulating and heightens the third-eye senses. Known in the 60's as an aphrodisiac—"hippy juice."
- Jasmine (Violet) – this delightful floral fragrance helps to boost sexual confidence. Often used in love potions! This oil teaches you the joyous connection with your body, allowing you to express your sexuality with love and joy!
  - Rose (Pink) – is the quintessential oil for lovers. The Rose flower is an Age Old Symbol of Love. Since Rose oil is connected to unconditional love, it is known as a deep loving aphrodisiac.