



Journey into Tranquility

Tranquillness

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Water, the source of life.

Water is essential to life. We can survive for weeks without food, but without water we die in just a few days. While very few of us are likely to face death due to lack of water; the vast majority of us are sufficiently dehydrated to cause damage to our health.

Dehydration affects not only the body, but also the mind. We begin to feel thirsty at 1% dehydration, and by 2% our ability to concentrate begins to diminish. At 4% dehydration we start to feel lethargic, bad-tempered and apathetic. At 20% dehydration death occurs!



Even before we notice feelings of thirst, water loss can affect the normal functioning of the body, making us more susceptible to stress and reducing the ability of the immune system. Among the many indicators of dehydration that can occur even before we feel thirsty are; dry skin, dark urine & lack of concentration.

Faced with the potential of general dehydration, the obvious solution is to drink more. But will any drink rehydrate? Unfortunately the answer is

no. In fact some of the most popular drinks will actually dehydrate you instead of rehydrate you.

The list of drinks that you should limit yourself to drinking in moderation, or consider cutting out altogether, includes:

Alcohol, tea (not including herbal), coffee and many carbonated drinks (except for carbonated water itself).

How much water should we drink?

On average we need 2 litres of water every day for optimum health, so you need to have this as your target and check throughout the day to ensure that you have had your quota. At first, you will probably feel that this is much more than you can manage and that you are spending the whole day rushing to the bathroom. However, you will be surprised at how quickly your body will adjust, and you will even start to feel thirsty if you drink any less

2 litres is just a guide, if you are living in a hot climate, working in a dry environment or exercising, you will need to add another ½ to 1 litre depending on the amount of perspiration you experience.



We now know that few of us drink enough water. This leaves most of us slightly dehydrated most of the time, in spite of the fact that chronic dehydration can exacerbate and even cause a host of diseases, including rheumatoid arthritis and ulcers. The benefits of rehydration are far-reaching. The digestive, eliminative, nervous and immune systems all function more efficiently; the skin improves, becoming softer and plumping out fine lines; we become more energetic and mentally alert.



All this simply by drinking a few more glasses of water every day!

The beginning of better health really is that simple.

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SPECIAL OFFER

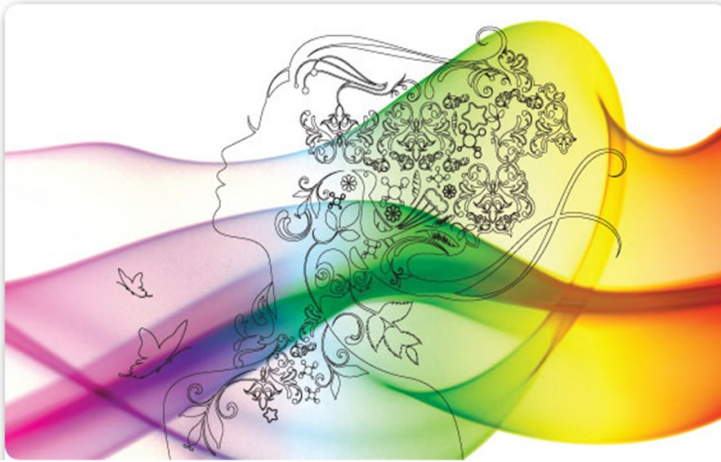
To celebrate the launch of Tranquillness

Make your booking for a treatment in the month of October and receive your second treatment half price.





COMING SOON



Botanical Perfumes

miessence® Botanical Perfumes are hand-blended in the traditional artisan method of natural perfumery using rare and exquisite botanical extracts, absolutes and essential oils solely as their aromatic source. The entire cornucopia of aromatic plants is explored in our perfumes... flowers, fruits, blossoms, leaves, twigs, barks, resins, woods, roots, rhizomes and seeds are all utilised for a multifaceted aromatic experience. miessence® Botanical Perfumes are imbued with a depth of character lacking in synthetic perfumes.

Application

The sensual pleasure of performing the same ancient anointing ritual that has been part of the human experience. For a lingering aromatic experience, apply your perfume to the body's pulse points: wrist, neck, cleavage and behind the ears.

Our perfumes interact and blend with your individual body chemistry, to create your own unique fragrance that evolves over time.

Storage & Preservation

The aromatic compounds in perfumes denature and break down if improperly stored in the presence of heat, light, and oxygen. Thus proper preservation of perfumes involves keeping them away from sources of heat and storing them where they will not be exposed to light. An open bottle will keep its aroma intact for up to a year. As the level goes down, the presence of oxygen in the air that is contained in the

bottle will alter the perfume's smell character, eventually distorting it.

Perfumes are best preserved when kept in their original packaging when not in use, and refrigerated at a relatively low temperature between 3-7 degrees Celsius. Although it is difficult to completely remove oxygen from the headspace of the flask, ensuring the flask is properly sealed after use will prevent it from mixing with dust, skin, and detritus, which will degrade and alter the quality of the perfume



'matter is the most spiritual in the perfume of plants'

RUDOLF STEINER



Tarot Corner

Keywords: Impulsive, infatuation, blind to the truth, childlike, pure and uncorrupted

Key Phrases:

Interpretation:

- The eternal optimist
- Ready to leap into anything
- Taking each adventure as it comes
- Spontaneous and carefree
- Going on a personal quest
- Impulsively setting off into the unknown

The fool usually implies new beginnings and childlike enthusiasm for life. This card always signifies the unpredictable, that life is full of surprises and that anything goes. It can indicate that it is time to let go of worries and self-doubt, to take a leap of faith rather than fear making a choice. The fool can mean that you won't listen to anyone's advice and that you are being careless with promises and feelings.

The main message behind this card is a warning to look before you leap, but if you face difficulty in making a decision, the Fool implies that it is time to believe in yourself and trust your heart. Sometimes resistance is more foolish than risk.



miessence® jasmine certified organic essential oil

Throughout history, jasmine has been renowned for its aphrodisiacal qualities.

jasmine oil in a bath, a diffuser or as part of a luxurious sensual massage.

[Sandalwood](#) essential oils are also loved for bringing new bliss to your life.

Revered as 'a plant of love' that influences both male and female, it is said to release inhibition, liberate imagination, develop playfulness and free sexual energy.

Jasmine is one of 25 of the purest, internationally certified essential oils available on the planet and can be obtained now from ONE-group – either singularly or as a boxed collection.

[CLICK HERE](#) to find out more about these and other miessence internationally certified organic essential oils

Use miessence® 100% pure, certified organic

PS: [Ylang ylang](#) and



Add a dose of exotic sensuality to your life with this one power packed little bottle



Spicy Roasted Pumpkin Dip

Ingredients:

- Pumpkin (any variety)
- Taco Seasoning
- Minced Garlic
- Lemon Juice
- Olive Oil spray (or equivalent)

Method:

- Preheat oven to 180 deg Celsius
- Slice pumpkin into medium size pieces. Remove the seeds, but leave the skin on.
- Spray the pumpkin pieces lightly with olive oil and roast until browned on edges.

Remove to cool.

Once cooled, peel skin off (this should come away easily) and discard. Place roasted pumpkin in a bowl & mash. Add minced garlic, taco seasoning and lemon juice to taste.



Serve with sliced vegetables, warm Turkish bread, toasted pita or your favourite cracker. You can serve this dip either warm or cold.



Tranquillness

Tranquility and wellness for your Body,
Mind & Spirit.

Begin your journey today

For bookings

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Body, Mind & Spirit Wellness



www.tranquillness.net

Tranquillness is here to assist you on your journey towards total tranquillity and wellness for you as a whole, with a selection of treatments and products intended to help achieve total wellness.

We offer the following:

- Ionic Hydrotherapy detox with deep meditation
- Bath Magicks
- Aromatherapy
- Certified Organic & Probiotic Health Supplements
- Certified Organic Skin Care & Cosmetics
- Certified Organic Mother & Baby Range
- Certified Organic & Probiotic Cleaning Products
- Certified Organic Essential Oils

Coming soon:

- Reiki Treatments November 2009
- Reiki Attunements January 2010
- Tarot Reading December 2009
- Crystal Therapy January 2010
- Laura Benini Shoes March 2010 (to indulge the materialistic, stylish aspect of your life)

Call or [e-mail](mailto:samantha@tranquillness.net) today for an appointment!

We are all spiritual beings having a human experience.

Rose Quartz

Rose Quartz is the stone of unconditional love and infinite peace. This is an important stone for the heart chakra, teaching the true essence of love. It purifies and opens the heart on all levels, bringing deep inner healing and self-love.

Rose Quartz is calming and reassuring, making it excellent for use in times of trauma or crisis.

To attract love, place Rose Quartz by your bed or in the relationship cor-

ner of your home. Be aware that it is so effective in drawing love and relationships toward you that it often requires Amethyst to calm things down. With existing relationships, Rose Quartz will restore trust and harmony, and facilitate unconditional love.

Rose Quartz gently draws away negative energy, replacing it with loving vibes. It strengthens empathy and sensitivity and assists the acceptance of necessary change. Rose Quartz opens your heart so that

you become receptive to love, and also comforts grief.

This is an excellent healing stone for strengthening the physical heart and circulatory system. It also aids in releasing impurities from bodily fluids. Rose Quartz is said to increase fertility and heal the kidneys and adrenal glands.