

Nail News from Kathi's Hands and Feet

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Hello and welcome to summer; to all our loyal customers out there. Have you come in and experienced a "Spa Pedicure" from us at our new location inside Salon Blu? Well if not, get your toes in here, they need some extra loving care and we can provide it.

The Sea of Softness line of products is fragranced with organic and botanical essential and fragrance oils – no synthetic fragrances. The reason I use these oils is for you, the customer, to experience the aromatherapy benefits of these oils.

Peppermint: Reduces stress and lowers the body's level of cortisol – a stress hormone. Reduces fatigue and cravings for chocolate. (Not sure the latter is a good thing!)

Orange: decreases anxiety – slashes stress hormones and elevates mood.

Rosemary: enhances brain power – improves speed and accuracy during mental tasks. It also boosts energy and lowers fatigue. (Shot of espresso and sniffing rosemary leaves – a new way to wake up in the morning!)

Cinnamon: improves focus – stokes the area of the brain that governs alertness, increases concentration and reduces frustration.

Lavendar: relaxation – relieves PMS. The scent triggers the body's rest and digest response, decreases depression, anxiety, confusion, insomnia and migraine pain. (Every man should buy stock in this stuff!)

Sage: pressure reduction – smelling clary sage reduces blood pressure and breathing rates. It also helps amp up memory and attention.

Let me know what ails you and I will direct you to the product that can help alleviate that symptom.