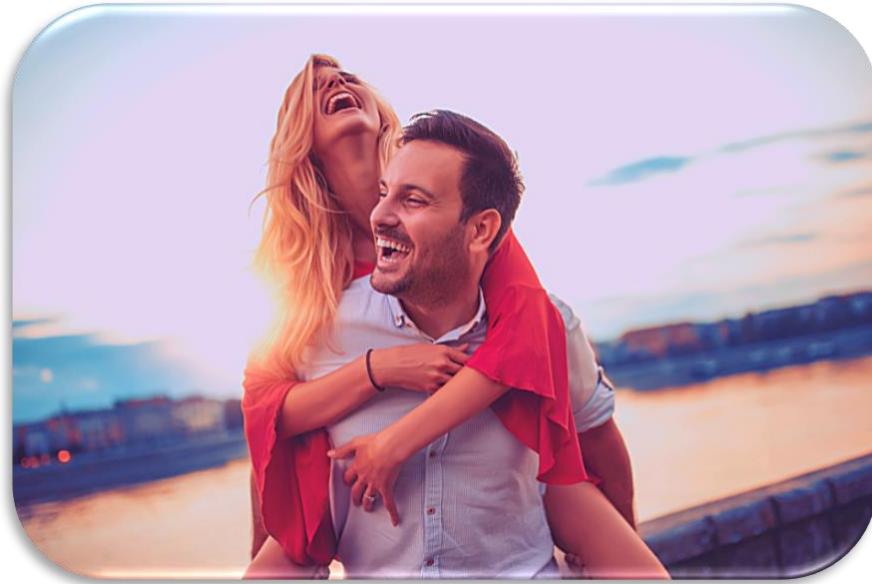


# Share Scents News

Essential Oils for Every Day and Every Body



## Spice Up Your Romance

### *Oils for Romance*

Orange  
Geranium  
Progressence Plus  
Lady Sclareol  
SclarEssence  
Ylang Ylang  
Clary Sage  
Hong Kuai  
Valor  
Idaho Black Spruce  
Goldenrod  
Sensation  
Lavender  
Mister  
Shutran

Love is in the air! It's time to talk a bit about oils in the bedroom. I'm going to keep this as light and simple as I can.

It's no secret that many of us suffer from occasional sexual dysfunction or low libido. It sucks!

I believe it is God who joins a man and woman into a relationship of mutual love. God created Eve from Adam for a companion and in the sanctity of marriage the two became one, not only unified to each other but with Christ as well. To be intimate and loving is to imitate the love Christ has for you. Having that fulfillment is the love that Christ created us for.

Perhaps it's time to deepen your connection by having an open and honest conversation with your mate about where you stand and what may be the cause. Then, I suggest getting rest and reaching for those oils to decrease any occasional stress so you can **GET YOUR MOJO BACK!**

I know this is rare, but if you need to **DECREASE** your sex drive to meet your partner in the middle, take a few sniffs of your Marjoram oil.

Let's learn why romance is sometimes difficult. But more importantly, let's get to possible solutions!

Blessings,

*Joyce*

Joyce Peraaho ~ Young Living Brand Partner # 752224 ~ [www.ShareScents.com](http://www.ShareScents.com)



## SET THE MOOD

*"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." Colossians 3:13*

You and I both know that for women, intimacy starts way before things get steamy. Doing things throughout the day to help get you in the mindset can be just what you need to turn up the heat later.

### Pencil it in

When your schedule is crazy busy, sometimes you have to pencil in those important meetings between the sheets.

### Put on sexy panties

If you look sexy, you will feel sexy.

### Send a flirty text

I'm not saying send anything you wouldn't want the world to see (I mean once things are out there, they are out there). A simple "Can't wait to spend an evening alone" or "Thinking about your lips on mine" might be just enough to get the wheels turning on the other end.

### Use your oils

Use Orange, Sensation, or Geranium to get you in the mood. Apply topically or diffuse.

- **Orange** - Brings joy to the heart, peace, and happiness to the mind.
- **Sensation** - Encourages feelings of love and affection when diffused.
- **Geranium** - May help ease nervous tension and lowers the defenses that may be preventing you from being open and receptive.

Your skin is your body's largest organ, and amazing at absorption. Applying essential oils topically is a great way for your body to absorb all the benefits.

Be cautious with citrus oils – photosensitivity!



## Low Libido

Here are a few reasons your libido could be lacking:

- Birth control pills
- Menopause
- Aging
- Family problems and stress
- Depression and anxiety
- Trauma in your past

## Pre-party prep for the ladies

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? Therefore, honor God with your body." 1 Corinthians 6:19-20*

No one likes to cuddle up if they don't feel clean. If you had a long day, take a few whiffs of Stress Away and hop in a hot shower. Lather up with some toxin-free shower gels and shave those legs.

If you haven't already, you may want to try Mirah Shave Oil. It reduces razor drag, bumps, and nicks. It's also a great aftershave.

Here are some favorite bath gels for romance:

- **Sensation Bath & Shower Gel - 8 oz**
- **Dragon Time Bath & Shower Gel - 8 oz**
- **Make your own special scent with the unscented Bath & Shower Gel Base and your favorite oils.**



## Happy Hormones

Progesterone is a hormone in the body that impacts your libido. You NEED progesterone to have a libido.

**Progressence Plus** serum, contains USP-grade progesterone (from wild yam extract) and was developed by a doctor who specializes in women's health. It is formulated specifically for women, and ideal for women over 30 who want to feel more relaxed and balanced.

Progressence Plus also makes a lovely perfume. Apply one drop to your wrists every night. After a week or two, you can apply one drop to wrists morning and night. Add a roller fitment to your bottle and roll it on each side of my neck each morning. That's what I do.

God gave us hormones for a reason, especially us women; our bodies do amazing things. He literally works miracles through us! Note: If you're pregnant, you don't really need this one. So save yourself the money and restart it when you have that beautiful baby.

**Lady Sclareol** is an oil blend created especially for women to enhance the feminine nature and provide a relaxing experience when diffused.

**SclarEssence™** supports overall wellness with the properties of pure essential oils, including Clary Sage and Fennel.



### Tingle Massage Oil

1 oz. carrier oil of choice  
5 drops Peppermint  
5 drops Black Pepper  
5 drops Sensation

You can also replace Sensation oil and carrier oil with Sensation massage oil.

### The Energy Bunny Roll-On Recipe

8 drops Grapefruit  
4 drops Lemon  
4 drops Lavender  
2 drops Basil

Put in a 10ml roller bottle and fill with carrier oil. Apply as desired for an energy boost.

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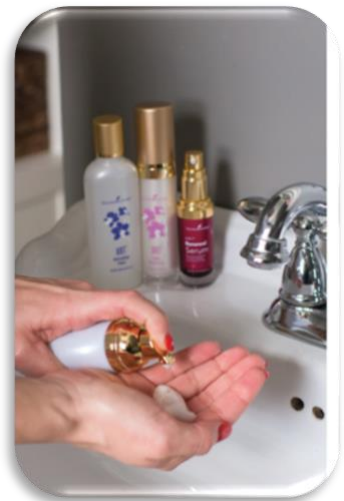
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## For the Men . . .

Men and women alike need to reach a vulnerable state where we let our guard down and surrender to our emotions and practice encompassing love for our spouse. Here are some oils that can help to do that.



### Goldenrod

Is this name perfect or what?! If you're looking for a Golden Rod, then this oil should go in your Essential Rewards order. This one is out of stock right now so keep an eye out so that as soon as it comes back, you can SNAG IT UP! Ok so how do you use Goldenrod? Use on his inner thighs and work your way up.

### Idaho Blue Spruce

This oil isn't a SPRUCE for nothing. It totally spruces things up. This oil helps your man STAND at ATTENTION. I'm totally stealing that from Lucy Libido. In her book, Lucy Libido, which I highly recommend it if you want to dive even deeper into this topic. Idaho Blue Spruce is truly a win-win for all. Use it with coconut oil as a lubricant or add it to your Tingle Massage oil for a little extra cooling. Incorporate during pre-game time with a little play massage. If he isn't a fan of the floral scents, then diffuse it 20 minutes before go time.

### Nutmeg

Let's get the circulation going and the blood pumping! Love making is a great cardio workout. Pair Idaho Blue Spruce & Nutmeg together and you will be rocking and rolling. Dilute this one a lot before you apply it to the skin. We are trying to make positive memories not clips for a bloopers reel.

### Shutran

Have you ever heard of pheromones? Pheromones are behavior-altering agents. They are unlike most other hormones. They are ectohormones – which means they act outside the body of the individual that is secreting them and impact the behavior of ANOTHER individual and can induce activity such as sexual arousal. The chemical constituents in Shutran were made for a man to wear to attract a woman! You can wear it daily, men. It also comes in a **Beard Oil and Shave Cream** – look them up!



### VALOR

Liquid courage straight from plants! Valor, when diffused and applied to wrists and ears, will bring about confidence like no other.

### Hong Kuai

This oil has the highest sesquiterpene content of any Young Living essential oil. Which means tiny particles can stimulate your brain. If you want to feel inspired to take action, this is your go-to oil for the diffuser.

### Mister

Mister was originally formulated for him to help balance the male energies. Guys, if you need a little boost in the libido department, then this one is a must-have for you. Apply this oil to your ankles and front and back pubic bone (pelvic area).

## Spice Up Your Romance for Every Day