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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Scents for the Holiday Season**

**By Arleen M. Kaptur**

**Scents for the Holiday Season by Arleen M. Kaptur**

Wreaths that welcome your guests with the wonderful scents of the season – a hint of the wonders inside as they step through your doorway – a bit of spice, a touch of pine, and the gentle chime of tiny bells.

Naturally Christmas –

Using a grapevine wreath, a branch of pine with small pinecones, floral wire, a moss-covered branch, snow birds, tiny clay pot, dried berries, or artificial raspberries, cranberries, silk holly, a red bandana, tiny jingle bells, additional pinecones, dried bay leaves, spanish moss, miniature poinsettias, chenille wire, a bit of "snow" textured paint –

Decorate and add as much or as little as you like – give your entranceway a touch of the Season.

If you live in warmer climates, change the decor to suit the area you live in, or use the winter touches to add nostalgia and storybook touches to your door.

There is a White Christmas in the hearts of everyone!

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Goose Wreath:

grapevine wreath, sphagnum moss, a burgundy ribbed velvet ribbon, a tiny bird next and goose figurine, bracken ferns, white German statice, red berries, dried apple, orange, and lemon slices, cut in half.

This "nature" wreath emits a fragrance of fruit and spice – a wonderful combination for this time of year.

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Pumpkins still can highlight some of your Holiday decor –

Try a truly rustic pumpkin basket trio: Three pumpkins of varying size, hollowed out and cleaned of seeds and pulp.

Colros: bittersweet orange, black and trail tan and antiquing paint, an old toothbrush, grapevine, 2-guage wire.

Poke two small holes with a pick opposite each other near the top of the pumpkin, about 1 inch below the rim.

Cut three or four grapevine lengths, depending on the thickness of the vine for each pumpkin as a handle. Cut the grapevines 28" for the large pumpkin, 20" for the medium, and 16" for the small. Cut

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two 12" lengths of wire to attach to the handle. Run the end of one wire through a hole and center the wire in the hole. Gather the grapevine and place one side next to the outside of the basket with the ends hanging about 2" below the hole. Tightly wrap the wire tails around the vine. Attach the other end of the handle in the same manner. Repeat for all your pumpkins.

Using the toothbrush, paint and decorate your pumpkins.

Fill with dips, salsas, and sour cream, etc. and surround the entire top with fresh parsley held in place with toothpicks. Use the largest for your chips.

Colorful, useful, and a "different" touch to your buffet table.

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Recall the scent of gingerbread and you have all kind of memories spilling over.

To make fragrant gingerboys that you can string on your tree, use in a wreath, or place in bowls of potpourris –

3–1/2 cups flour, 1 tsp. ginger, 1 tsp. cinnamon, 1/2 tsp. ground cloves, 1 tsp. baking soda, 1/2 cup sugar, 1/4 cut butter, softened, 1/2 cup molasses, 3/4 cup water

Combine dry ingredients. Cream in the butter and molasses, alternating with water. The dough will be very stiff. Roll out the dough to 1/4" thickness or thinner. Cut out the cookies with a 2–1/4" gingerbread cookie cutter. Bake on an ungreased baking sheet at 350 for 15–20 mins. This will overbake and dry the cookies. Paint with acrylic paint to decorate. Fragrant, very nostalgic, and perfect for your Holiday home decor.

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Just a few touches to add to your home to bring the very essence of the Season to those you love and care about.

ENJOY!

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Arleen has written numerous books, articles, newsletters: <http://www.Arleens-RusticLiving.com>  
<http://www.arleenssite.com>

## Creating a Mood with Scents

### By Jennifer Hall

Have you ever noticed how the warm scent of a candle wafting through the air can be uplifting, energizing, or make you cozy? Or maybe there's a certain body spray, soap, or perfume that just keeps you going through the day. Did you wonder why maybe that Key Lime candle smelled yummy but also energized you or even motivated you to clean? Or why that Apple Pie scent really helped you appreciate fall? Wonder no longer, study after study has shown that scents do affect your mood! Take a look below of some scents that can really enhance your moods:

#### 1. Citrus Scent – Energy

Need a pick-me-up? Grab a cup of java and light a citrus candle, citrus scents enhance energy and boost mood; so look for candles with lemon, lime, grapefruit, verbena, or orange scents.

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### 2. Lavender Scent – Relaxation

When it's time to wind down try burning a lavender candle. In studies, lavender has been found to correlate with slower heart rate, lower blood pressure, and lower arterial pressure. It has also been found to decrease muscle tension. Other scents that have been found to have relaxing effects are bergamot and sandalwood.

### 3. Citrus, Minty, and Pine Scents – Uplifting, Clean

If you want to create a cheerful, clean environment in your home, choose candles scented with citrus, mint, or pine. Often these scents can be not only uplifting and motivating, but just give that "clean" feel. When you or your guests walk in, these scents will be a fresh breeze to welcome anyone.

### 4. Jasmine, Gardenia, Sandalwood, and Rose Scents – Romantic

There's romance in the air if you're burning scents such as these. Floral and woody scents give that wistful, romantic feel to a room.

### 5. Season Enhancing Scents

Delve into the season with your favorite candles scents! Autumn's a great time for burning pumpkin spice candles, as well as other baked good candle scents, as is winter. To create that cozy winter environment, choose cinnamon, apple, berry, and pine candles. Fresh candle scents such as cucumber melon are great for spring, as well as fresh cut grass candles which carry into summer. Nothing says summer like a nice citrus, like a lemonade candle scent drifting through the air.

If you love a certain candle, soap, or body spray – whatever the scent may be – don't do what I too often do, which is save it until that scent runs out! Light it and enjoy, it's sure to affect you in a positive way!

Jennifer Hall is the founder and editor of

, a journal for fun home ideas and an online

guide to saving money; and

, an online magazine featuring independent music and

film. When she's not online, Jennifer's spending time with her family, gardening, or playing the piano or accordion.

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Scented Candles - Take Me AWAY!

4 Strategies For Seasonal Selling – Planning For Retail Cycles

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How to Overcome the Overwhelm of the Holiday Season (And Reduce Holiday Stress)  
Holiday Party Planning

Palmistry

Profitable Crafts Vol 2

Profitable Crafts Vol 1

The Big Book Of Cookie Recipes

The Ultimate Rose Garden– Neighbors envy, owners pride!



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