

quintessence aromatherapy massage studio



News |



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Byronshop.com ^ The Flavour of Byron

Next time you visit, you will notice that the clinic has had quite a few new products added to it. Through our focus on supporting local businesses and in conjunction with Byronshop.com, we are pleased to be able to make available to you some of the best that Byron has to offer. These include yummy treats from Byron Bay Cookie Company, Sanctum Skin Care, Brookfarm Macadamia Products & Byron Bay Yoga Books and Videos. These can be purchased separately or combined into attractive gift hampers. Also available on-line at www.byronshop.com.au

Some Like it Hot!

Stoke the winter fire with some of the great additions to our new menu. Take a peek now to see what's on offer www.quintessencebyron.com.au. Our winter massages can guarantee to get you glowing with hot oil, hot tables, and delicious hot herbal tea. Look out for more hot items as the southerly winds pick up.



Jessie Chapman
Radiance Yoga
DVD

For your full health

Yes we keep recommending yoga for your health, so to make it easier, we now offer a small range of Yoga products, including a great Yoga DVD, Books and Mats to support that home practice.



Pure Natural Therapy

Q - News Spotlight

Sanctum Specials

Sanctum is a range of pure natural skin care inspired by, and made in Byron Bay. We love it and will be offering winter discounts on selected products—up to 20% off RRP. Ask for some free samples next time you visit. The end of June will also see a great Sanctum promotion where you can receive free gifts with selected purchases. Look for the poster in store or check out the website at

www.quintessencebyron.com.au

or

www.byronshop.com.au

Gift Vouchers

You can now purchase a range of our gift vouchers for some of our most popular treatments, on-line through

www.byronshop.com.au

Organic Teas

Another local product to emerge recently is 'Byron Tea'. This is an all organic, therapeutic range of teas that has been carefully blended to ensure superb taste as well as all the benefits that herbs have to offer. Select from Immunity, Calming, Detox, Digest or Energy blends. Enjoy our daily sample as you relax before your next treatment.

Until next time ...

Warmest regards from all of us at Quintessence

See page 2 for our Focus section.

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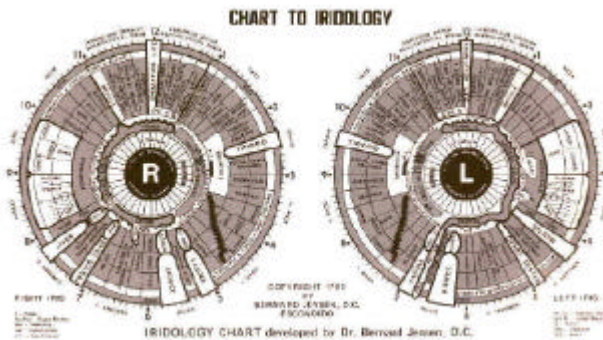


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Iridology

The iris is connected to every organ and tissue of the body by way of the brain and nervous system - it can be viewed as a mini-television showing us what is going on in the body. It reveals body constitution, inherent strengths and weaknesses, levels of health and the transitions occurring in one's body according to the way one lives.

The science of Iridology began back in the early 1800's, when a young 11 year old boy, Ignatz von Peczely caught an owl in his garden. During the instinctive struggle which followed, the owl's leg was broken. As owl and boy looked into each others eyes, Ignatz noticed a black line appearing in the owl's eye. As he nursed the owl back to health and the leg healed, he noticed the dark line in the owl's eye change from black to white and eventually become a black spot surrounded by white lines and shading. Later, as a surgeon, this memory led him to investigate the link between the signs seen in the iris and health patterns in the rest of the body. Since this beginning, Iridology has come a long way and we now have a very detailed 'map' or chart that allows us to 'read' the many signs and clues within the iris, understanding where imbalances are present and at what stage these are manifesting.



Quintessence offers **Iridology Life-style Consultations** with our qualified Naturopaths, to give you an understanding of your health patterns, strengths, weaknesses and emotional tendencies through the art of iridology. Practical naturopathic advice then empowers you to prioritise and adopt healthier nutrition and lifestyle choices, leading you on a path to optimum, vibrant health.

Winter Remedies with Essential Oils

Essential oils are potent forces when it comes to dealing with runny noses, congested sinuses and sore throats.

In Your Oil Burner

Thyme	2 drops
Lavender	3 drops
Tea Tree	2 drops
Lemon	3 drops

With Cedarwood or Cypress if a cough is present

Winter Warming Bath

Lavender	5 drops
Sandalwood	3 drops
Bergamot	2 drops
Lime	3 drops

...then snuggle up in bed for the night

Steam Inhalation

Cedarwood	3 drops
Ginger	1 drop
Tea Tree	2 drops
Lemon Myrtle	2 drops

Add to a bowl of boiling water, close your eyes and inhale for 5-10 minutes

Children's winter oils include Lavender, Bergamot, Sandalwood, Tea Tree and any of the citrus oils—for more advise, please feel free to contact us.

Support your body with bed rest, eat a simple diet with lots of warming soups and drink lemon juice with honey - especially good if you have a sore throat. Of course, prevention is always desirable, so start taking some Vitamin C, relax with a good quality herbal tea designed to build up the immune system and give yourself permission to slow down.

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