



# Health Matters

by  
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Owner of  
Natural Foods Market

**Essential oils** are highly concentrated aromatic extracts derived from leaves, blossoms and resins of herbs, flowers and trees. Used traditionally world-wide for thousands of years, **essential oils** have a revered reputation for their potent, therapeutic effects in healing, soothing and purifying our bodies, emotions and environments.

Added to skin creams, lotions, shampoos and bath salts or used in humidifiers, potpourris and diffusers, these therapeutic oils gently impart their curative powers.

We feature an abundant array of essential oils from peppermint (for congestion and headaches) to lavender (for anxiety and insomnia).

We'll give you information about using our therapeutic-grade **essential oils** to help you relax, revitalize, relieve pain, aid breathing and improve sleep, as well as deodorize and sanitize your home. We also offer a variety of room diffusers. It's a lot of fun to make your own simple, unique blends for yourself or as gifts.

As always, we guarantee your satisfaction.

**Locally owned for 37 years**

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