

# AIRMEITH'S MUSINGS

FALL 2010

VOL. 3 ISSUE 3



## ***GRAPSEED OIL?***

*Isn't Olive Oil the Best Oil!*

We get asked by a lot of people, "Why do you use Grapeseed Oil instead of Olive Oil in your products?" That is a good question. There are considerable benefits to using Grapessed Oil instead of Olive Oil.

One is the aroma: Grapeseed Oil is generally odorless, therefore making it a great ingredient in our unscented products. It also allows for more subtle scents to be

used in our products. This lets your nose (and Brain) truly enjoy the benefits of the aromatherapy.

Another is that Grapeseed oil is rich in essential and non-essential fatty acids: Linoleic acid, oleic acid, palmitic acid, stearic acid, a-linoleic acid, and palmitoleic acid – all of which are vital to good overall health and healthy skin. Not to mention the vitamins (high in Vitamin E), minerals and antioxidants.

Grapeseed oil is also readily absorbed through the skin instead of simply sitting on it. The emollient properties of Grapeseed Oil allow it to lock in moisture making your skin feel smoother and more supple. It will also help improve skin tone and texture because of its slightly astringent properties.



As Licensed Massage Therapists, we chose Grapeseed Oil as the principle ingredient in our massage oil blends because of these reasons. It gives a smooth slide but also absorbs into the skin quickly without leaving a tacky sticky feeling. It increases the benefits of the herbs and essential oils we use in our products as well. Since the Grapeseed oil absorbs quickly into the skin, the beneficial properties of the herbs infused in the oil are also absorbed quickly.

*For man, autumn is a time of harvest, of gathering together.*

*For nature, it is a time of sowing, of scattering abroad.*

Edwin Way Teale

Autumn across America

## Upcoming Events

### September:

9/5 **Great Holyoke Block Party 12 to 7 pm**

Veterans Park, Chestnut Street, Holyoke

9/11 **4th Annual Fall Festival 10 to 4 pm**

Agawam Congregational Church, 745 Main Street, Agawam

9/18 - 9/19 **Yankee Doodle Homecoming Weekend 10 to 4 pm**

Billerica Town Hall / High School, 365 Boston Road, Billerica

9/25 - 9/26 **Hancock Shaker Village Country Fair 9 to 5 pm**

Hancock Shaker Village, Rte. 20, Pittsfield

### October:

10/2 - 10/3 **Berkshire Botanical's Harvest Festival 10 to 4pm**

Berkshire Botanical Gardens, 5 West Stockbridge Rd, Stockbridge

10/3 **Festival of the Hills 10 to 4 pm**

Conway town common, Conway

10/9-10/10 **Milford Pumpkin Festival 9 to 5 pm**

Milford Oval, Milford, New Hampshire

10/16 -10/17 **18th Gill Fall Arts & Crafts Festival 10 to 4 pm**

Riverside Municipal Building, Rte 2, Gill

10/23 **Mayo School Craft Fair 9:30 to 4 pm**

Mayo School, 351 Bullard St, Holden



### November:

11/6 **Holiday Hoopla & Craft Fair 9 to 4 pm**

Mater Dolorosa Social Center /Gym, Kolbe Dr, Holyoke

11/6 **Fall Craft Fair 9 to 4 pm**

Wesley United Methodist Church, 98 North Maple St, Hadley

11/13 **Hatfield Book Club Holiday Craft Fair 9:30 to 3 pm**

Hatfield Elementary School, 33 Main St, Hatfield

11/20 **16th Annual Festival of Crafts 9 to 4pm**

Shepard Hill Regional School, 68 Dudley Oxford Rd, Dudley

### December:

12/4 -12/5 **Winter Festival at the Marketplace 10 to 4 pm**

Eastworks Building, 116 Pleasant St, Easthampton



*Shelf Mushroom (2008) - South Hadley, MA*

*Don't forget that we also offer Massage, Reiki & Herbal Consultations at our Holyoke, MA office;*

*located at 476 Appleton Street, Ste 4  
evening hours and weekends only*

*To book a session please call 413-532-0900*

*Our office is open for product purchase or pick up*

*Every Tuesday and Thursday*

*4 pm to 8 pm*

## HERBAL LORE

American Spikenard (*Aralia racemosa*)



Also known as (*Life of Man*) 2010 South Hadley, MA

American spikenard is an aromatic, expectorant, demulcent, diaphoretic, alterative & relaxant herb. Traditionally used in western herbalism to ease discomfort from pulmonary and bronchial conditions. Spikenard has been known to reduce spasmodic cough while improving the throat muscle tone. Spikenard has been used in cases of laryngitis or pharyngitis when there is an excess amount of mucus. Cough syrups made with the root have been used in the treatment of chronic bronchitis when the cough was acute and irritable. A steaming infusion was inhaled to affect pulmonary & bronchial relief.

*For educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.*



## HIGH TIME FOR TEA

Discover the Healing Properties of Taking Tea

The health research is enough to make you forego the latte for strong brewed tea instead. Name your color -- black, white, green, even red -- teas are packed with disease-preventing antioxidants (more than some fruits and vegetables) and contain vitamins, minerals, and at least half the caffeine of coffee.

*He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.*  
*Albert Einstein*



Fortified with free radical-fighting polyphenols, tea drinkers have a reduced risk of many different cancers, in particular stomach, colorectal, and even skin cancer. Tea drinkers also have a lower risk of heart disease, stroke, and high cholesterol. Containing anti-inflammatory and arthritis-preventing properties, tea also helps stimulate the immune system and protect the liver against toxins. But you have to drink up. Most research points to five or so cups of brewed tea each day to reap the health benefits. Decaf tea loses some but not much of its health punch, due to extra processing.

All traditional tea -- white, green, oolong, and black -- is derived from the leaves of an evergreen tree called the *Camellia sinensis*, and all contain the health-promoting polyphenols. White tea is made from young tea leaves, dried in the sun without fermentation or processing. Green tea is dried with hot air after picking, so it retains its color but is not fermented. Oolong tea, sometimes referred to as "brown" tea, is fermented but not processed to the point of black tea. Black tea, on the other hand, is fully fermented, which accounts for the color of the leaves and its stronger flavor.

Rooibos, or red tea, is naturally caffeine-free and from the *Aspalathus linearis*, a shrub that grows only at high altitude near Cape of Good Hope in South Africa.

Herbal teas are made from a variety of plants, roots, bark, seeds, and flowers and are technically herbal infusions rather than tea. Though they don't contain the same antioxidants and haven't received the same research-based accolades as traditional tea, the herbs in these infusions have certain healing properties that have been used for centuries to treat many common health issues.

**FIND US ONLINE:** *Etsy - [etsy.com/shop/AirmeithHerbals](https://www.etsy.com/shop/AirmeithHerbals)*

*Facebook - [facebook.com/pages/Holyoke-MA/Airmeith/125229734184413](https://www.facebook.com/pages/Holyoke-MA/Airmeith/125229734184413)*

*Websites - [airmeith.com](http://airmeith.com) & [airmeithbodyworks.com](http://airmeithbodyworks.com)*

FALL 2010

## NEW HERBAL PILLOWS

Airmeith is now offering herbal pillows for sale. We have eye, dream, and tummy pillows; along with our own neck wrap which can be used in so many different ways it is a must have for "any body." Choose from lavender, grounding, or a herbal scent; (except tummy pillows only come in our special tummy soothing scent) view all items online at [airmeith.com](http://airmeith.com)

VOL. 3 ISSUE 3

*Naturally handcrafted herbal  
and nature inspired products for  
body, mind & spirit*



[WWW.AIRMEITH.COM](http://WWW.AIRMEITH.COM)

476 Appleton Street, Ste 4  
Holyoke, MA 01040  
Ph 413-532-0900