

The Aromastream - to help your service users relax between our visits

The **Aromastream** is a great device for diffusing essential oils into the air. Unlike traditional oil burners it does not have any parts that get hot, thereby eliminating a major health and safety risk.

Most forms of plug-in diffusers use some form of heat to help the essential oil evaporate into the air. The **Aromastream** uses a fan to blow the aroma around which is both safer and more effective in its distribution. A few drops of the oil are placed onto the pad at the base of the **Aromastream**, switch it on and away you go. Replacement pads can be purchased so that different oils can be used on each one.

A variety of essential oils can be used for different purposes e.g. if there are coughs and colds going round then putting a few drops of Eucalyptus essential oil on to the **Aromastream** pad will enable everyone to breathe easily. Likewise using Lavender will help service users (and staff) relax. Great before bed time.



If you want to purchase an Aromastream then you can mention it to your visiting therapist, call us direct or order through our website where you can also obtain a wide variety of essential oils and replacement pads.

We hope that you have found this newsletter helpful and informative.

If you have any comments or questions about any aspect of DGM Aromatics, whether it is treatments or products, then please contact us by one of the following methods:

Post:

Downham Cottage, Pett Road, Guestling,
Hastings, East Sussex, TN35 4EX.

Phone: 01424 812213

E-mail: darren@dgm aromatics.com

We would like to hear from so that we can continue to improve our service to you and your Service Users.

DGM Aromatics

*Complementary
Therapy Services &
Products*

DGM
Aromatics

Newsletter

Issue #2

December
2009

Inside this
issue:

Here is the News.....

Here is the News..	1
Meet The Team	2
Local Business Services	2
This issue's oil	3
Focus on a therapy	3
The Aromastream	4

Can you believe it has been a whole year since our first newsletter was printed?! The months have slipped by so fast that our original plan of quarterly newsletters has had to downgrade to yearly! Anyway... Merry Christmas and welcome to those new homes who did not receive last year's newsletter (it is still available to download on our website if you wanted to have a read).

This newsletter features a few more members of the DGM Aromatics team, looks in more detail at the Ginger essential oil and Shiatsu and gives you an insight into the wonderful world of the Aromastream diffuser. We hope you find it informative.



Special Points of Interest

- More VAT news
- What the oils do
- So what are the different treatments?
- Aromastream diffuser for between our visits

VAT Update

As you probably already know, VAT will be returning to its original 17.5% in the New Year; an increase of 2.5%. Although DGM Aromatics is VAT registered, **our hourly rate will remain unchanged.**

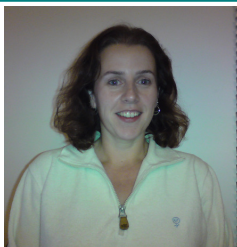
Friends we'd recommend

A new feature of the newsletter is to introduce you to some local businesses who may be of interest to you both in respect of your Service Users and the home itself. Please feel free to contact any of these services but don't forget to tell them where you heard about them!

Meet some more of the DGM Aromatics Team

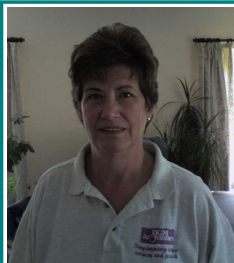
Catherine

The only non-therapist of the team! Catherine is married to Darren and is the in-house bookkeeper, administrator, web designer and wages clerk. She also deals with any invoicing queries so, despite never having met face to face, chances are your paths may have crossed at some point!



Jenny

Has worked with Learning Disabilities for over 25 years in various capacities and her knowledge is a real asset to DGM Aromatics. Jenny works in the Uckfield area and has had some amazing results with the Service Users that she has worked with.



Meet more of the Team in the next issue....

Rye Van & Rural Vehicle Servicing Ltd

Specialising in private minibus MOTs

David Ramus

Unit 4, Churchfields Industrial Estate, Rye Harbour Road, Rye, East Sussex TN31 7TE

Tel: 01797 225545 Fax: 01797 227887

www.ryevanservicing.co.uk

Beck Flooring

SPECIALISTS IN CARPETS, LINO, PLASTIC, CORK, RUBBER AND VINYL

Ask for Colin

84 Wrestwood Road, Bexhill-on-Sea, East Sussex TN40 2LP Tel: 01424 216487

Why not follow us on Facebook? Log onto Facebook and become a fan of DGM Aromatics!

The oil this issue is...Ginger

Ginger is a hot, spicy and very aromatic oil just like the ginger root it comes from. It is a great oil for any digestive disorders especially when combined with an abdominal massage. If you suffer from travel sickness, morning sickness or any kind of nausea a drop on each wrist will soon put pay to that! Being good at improving circulation it is not surprising that Ginger also helps with any muscular aches, pains and strains. It can irritate the skin if used in high dilutions, so avoid doing that.

If over Christmas you over indulge at dinner then one drop of Ginger oil on a sugar cube or on a teaspoon of honey will get rid of that bloated feeling and aid your digestion.



So what is.....?

Shiatsu

Shiatsu is a traditional hands-on Japanese healing therapy. It can help in a wide range of conditions—from specific injuries to more general symptoms of poor health.

Shiatsu is a deeply relaxing experience and regular sessions help to prevent the build up of stress in our daily lives.

Some common conditions that Shiatsu can help are:

- Back pain
- Headaches & Migraines
- Whiplash
- Joint pain & reduced mobility
- Digestive problems
- Sports injuries
- Depression

Shiatsu helps to relax the mind and body, and restores and balances the body's energy. It can improve posture, circulation, breathing and enhances the sense of well-being.

To find your nearest qualified practitioner contact the Shiatsu Society on **0845 130 4560** or through their website: **www.shiatsu.org**

