

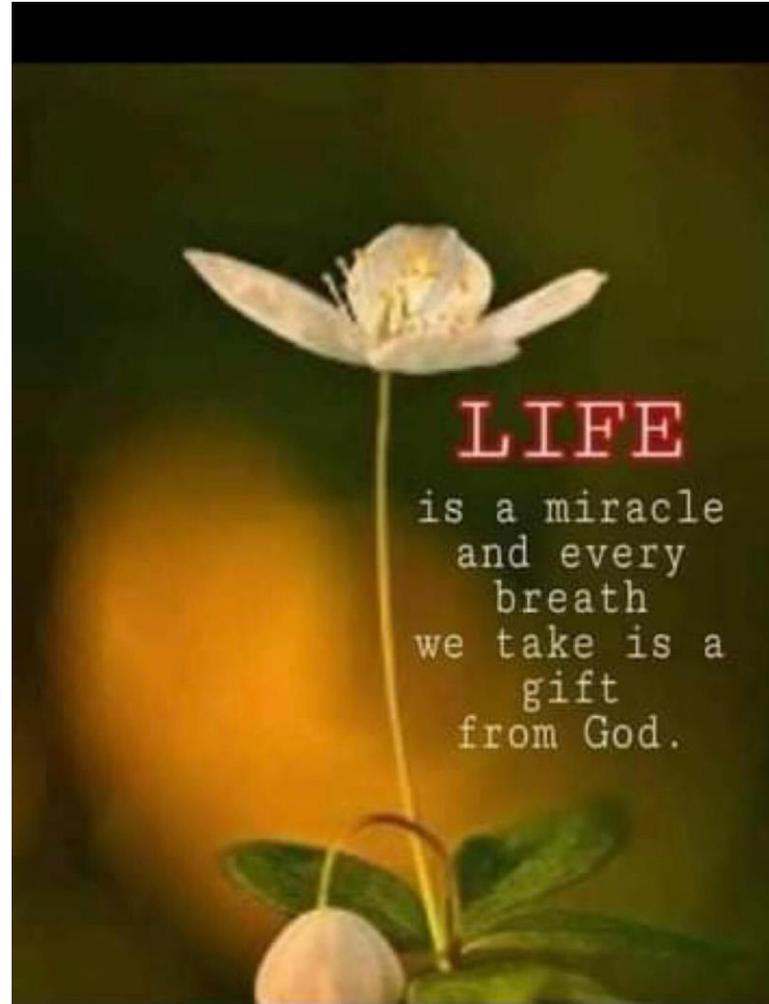
# Deborah Leaner Ministries Virtual Self-Care Spa

May 5, 2021

# Our Agenda

- ▶ **Meditation**
- ▶ **Self-care Tips**
- ▶ **Using Essential Oils**
- ▶ **Yoga Demo**
- ▶ **Self- Care Commitment**

# Meditation Time



# Easy Self-Care Tips

## ► Tips

- Drink some water first thing in the morning
- Write down five things you are grateful for
- Give thanks for the sun, moon, stars and water
- Try a new type of fitness activity (walk, laugh, prepare nutritional meals, journaling, gardening, listen to music, dance, burn incense, sage)
- Put down your technology devices-Sit with your thoughts
- Move at least 30 minutes a day
- Enjoy a bath with essential oils
- Get some sleep (7-9 hours)
- Write down the lies, negative self-talk, self doubt - combat them with truth
- Curl up and read a book
- Volunteer one hour a month
- Practice Yoga

# Using Essential Oils

## ▶ How to Use Essential Oils

### ▶ Apply to Skin

- ▶ Use a carrier oil, such olive, grapeseed, sweet almond or coconut oil to dilute before applying them topically

### ▶ Apply to feet- absorb well into the body, helps increase circulation

### ▶ Sometimes applied to the ears, neck, forehead, chest or other effected areas of the body

### ▶ DO NOT put essential oils in your eyes

### ▶ Inhale

- ▶ Creates a response in the brain
- ▶ Add a couple drops to a spray bottle or a hot compress can be applied to certain parts of the body
- ▶ Apply a drop to a handkerchief, put on a pillow, add to bath use in a diffuser or added to a bowl of hot water
- ▶ Use different types of oil to deodorize, reduce stress, boost immune system or induce sleep (Take a moment of full sensory awareness)

# Remedies Using 4 Essential Oils

## ▶ Lavender

- ▶ Calming effect-help induce sleep and reduce anxiety
  - ▶ Add to a spray bottle with water and spray on, or to an aromatherapy diffuser or vaporizer
  - ▶ Apply to the soles of your feet, wrist, or palms at the beginning and end of day to relax
- ▶ Lavender is an effective and natural insect repellent
- ▶ Help promote healing the skin from cuts, burns and acne

## ▶ Lemon

- ▶ Energizing, rejuvenation, detoxifying and disinfecting
- ▶ Used to boost energy and improve mental clarity (apply it to the skin, inhale it, add a couple of drops of international grade oil in a glass of water when your energy level dips)
- ▶ Used to treat anxiety (alone or in combination with lavender)
- ▶ Homemade cleaning products (disinfecting, degreasing and deodorizing properties (Add a few drops to your spray cleaner, dishwasher detergent, laundry powder and furniture polish))

# Remedies Using 4 Essential Oils

## ▶ Tea Tree Oil

- ▶ Antibiotic, antifungal, and antifungal
- ▶ Naturally minimize acne outbreak, treats athlete's foot, yeast infections, warts, bad breath, dandruff, nail fungus, head lice, ringworm, and cuts ( not used by pregnant women, babies under 6 months or breastfeeding women)
- ▶ Acne, nail fungus, athlete's foot, ringworm, cuts or warts: apply a drop or two to a cotton swab and apply to the skin, reapply several times a day until issue is gone
- ▶ Yeast Infection, add a drop or two of oil to a carrier oil and apply to the affected area several times a day until issue is gone
- ▶ Bad Breath or inflamed gums: add a few drops to toothpaste or rinse with a drop of oil in a bit of water-do not swallow
- ▶ Lice: mix 1 teaspoon of tea tree oil to 2 tablespoon of olive oil. Apply enough to cover hair, put on a shower cap, let remain on hair for 30 minutes. Rinse out oil , comb hair with a nit comb for lice, repeat several time until bugs are killed (not eggs)
- ▶ Dandruff: add tea tree oil to your shampoo, 1 to 20 ratio of tea tree oil to shampoo, use shampoo once a week (avoid eyes)

# Remedies Using 4 Essential Oils

## ▶ Peppermint

- ▶ Energizing and clarifying effect
  - ▶ Treats headaches, freshen breath, soothe digestive issues, relieve sore muscles(can create skin irritation in some people)
  - ▶ Antimicrobial can create skin irritation in some people-use a carrier oil when applying
- ▶ Headache: massage a little oil into the temples, forehead, and the base of the neck (avoid eyes)
- ▶ Freshen Breath: add a drop of oil to toothpaste or rinse with a drop of oil in a bit of water
- ▶ Upset stomach: inhale a bit of the oil or rub some externally on the stomach
- ▶ Sore muscles: rub a drop or two of oil on the affected area
- ▶ Internal-grade peppermint oil can also be added to food to add flavor



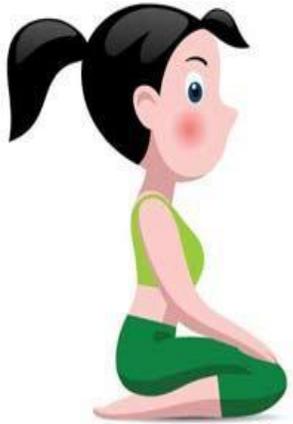
UTKATASANA



BHADRASANA



BALASANA



VAJRASANA



ARDHA-MATSYENDRASANA



BHUJANGASANA



PASHCHIMOTTANASANA



SHAVASANA



TRIKONASANA

# 20 Top Beginner Yoga Poses for Flexibility

## • SHOULDERS

- Eagle (Garudasana)
- Bow (Dhanurasana)
- Bridge (Setu Bandha Sarvangasana)
- Cobra (Bhujangasana)
- Fish (Matsyasana)

## • HIPS

- Pigeon (Kapotasana)
- Cow Face Forward Bend (Adho Mukha Gomukhasana)
- Wide Legged Seated Forward Fold (Upavistha Konasana)
- Crescent Lunge (Anjaneyasana)
- Three Legged Dog (Eka Pada Adho Mukha Svanasana)

## • HAMSTRINGS

- Straight Legged Seated Forward Fold (Paschimottanasana)
- Legs-Up-the-Wall (Viparita Karani)
- Pyramid (Ardha Parsvottanasana)
- Plow Pose (Halasana)
- Downward Facing Dog (Adho Mukha Svanasana)

## • BACK

- Cat and Cow (Marjariasana & Bitilasana)
- Camel (Ustrasana)
- Reclined Spinal Twist (Supta Matsyendrasana)
- Child's Pose (Balasana)
- Standing Forward Fold (Uttanasana)

# What is your Self-Care Commitment?

