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MONTHLY NEWSLETTER

Rose City



Natural Healing



4 TIPS TO REDUCE STRESS

Step 1

Aromatherapy is therapeutic!



Use our Lavender Fields Hydrosol Spray or add lavender and Rosemary essential oils to your diffuser.

Step 2

Meditative Music!



Listen to Pandora radio stream or Spotify. When I am looking for relaxation here are a few artists I love: Oliver Shanti, Enya, Lindsey Sterling, and Marina Raye.

Step 3

Breathing is key!

In this step take 3 deep breaths inhaling and exhaling. Roll your shoulders back and down to the floor while exhaling with eyes closed.

Step 4

Coloring is fun!

Now that you have reset the mood by step 3, grab your colored pencils & meditative coloring book & color for 30 minutes to 1 hour.

Greetings! Thank you for visiting us at the Women's Health Expo. It was such a pleasure to meet you all. I love your questions! If you ever have any more questions please feel free to message me anytime.
RoseCityNaturalHealing@gmail.com

Stress Reduction Tips!

Stress can be hard for many of us. Studies have show that these 4 basic steps can decrease your stress by a considerable amount.

My goal is to empower you with these simple steps to take you out of a sympathetic nervous system mode and place you in a parasympathetic nervous system mode. No more fight or flight!

I follow these steps anytime I start feeling stressed and I hope you feel just as equipped knowing these tips too.

You can find a great formula to manage stress at New Seasons Market. The formula's name is Xiao Yao San (Easy Wanderer). This is a Chinese herbal formula in a pill form, which helps me a lot.

I hope you find these 4 steps helpful. Message me what steps do you take to reduce your stress! In the meantime, enjoy this Spring season and have a blessed day!

Maria Elena

