

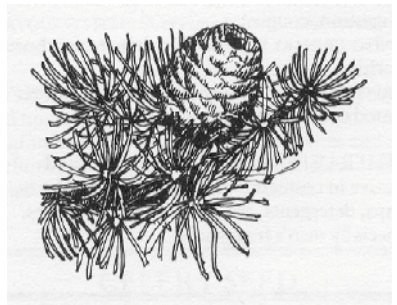
BAYHOUSE AROMATICS

Welcome to our May newsletter. This is the first newsletter we have made available in pdf format. All our previous newsletters that we have put on the web site have been in a very boring text format. We hope you enjoy this. Please do let us know if you have any comments or criticisms. We will continue to produce a paper version and this will be sent out as usual with orders.

Although it is nothing to do with aromatherapy or aromatic substances at all, some of you will know that we have sold Bach Flower Remedies for many years. Over time we have become increasingly unhappy with the commercialism of the company we had been buying them from. They seem to have lost all interest in the quality of what they sell and to be concerned only with image. We considered changing to Australian Bush Remedies, or one of the many alternative flower essence providers who have been springing up over the last few years. We decided in the end to stick with Dr Bach's original essences, but to get them from a supplier (Healing Herbs) who makes them in the traditional way. Their stock concentrate remedies are made directly from the mother tincture using the classic dilution of 1:400, and are preserved in full strength (40% alcohol) organic brandy. Their bottles contain this stock concentrate strength, not a diluted form. For details of Healing Herbs have a look at www.healingherbs.co.uk. If you would like to know more about Bach flower essences, go to a new non-commercial web site at www.edwardbach.org. There is also a link to this from the links page on this web site.

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Summer 2004



Read any good books lately?

We have recently issued a paper copy of our latest booklist, which you might have seen. Most of the old favourites are still in print, as well as many new titles. It is always difficult to know what a book is like without seeing it, so we are very willing to try and describe any of our books, either over the phone or in writing. The following article is just an introduction.

The books we stock can be put into possibly seven groups. These are

1. Introductions to aromatherapy
2. Specialist titles on aromatherapy
3. Oils used in aromatherapy
4. Massage
5. Herbs and gardening
6. Other therapies
7. Soap making

1. Introductions to aromatherapy. Most of us have one or more books that fall into this category. For total beginners we recommend *Secrets of Aromatherapy*, a new Dorling Kindersley book by Jennie Harding. It's only £4.99 and is packed with useful information. For more experienced beginners who want access to thousands of recipes, we would still recommend *Fragrant Pharmacy* by Valerie Worwood, probably the single most useful book on aromatherapy ever written.

2. Specialist aromatherapy books There are still no books on the subject of aromatherapy for men but everything else seems to have been thought of. One useful new title is *Holistic aromatherapy for animals* by Kristen Leigh Bell. The author discusses the various oils but she really gives the impression that what she is saying is based on experience, rather than on repeating what she has read elsewhere. Of marjoram, for instance, she mentions its anaphrodisiac (passion quenching) reputation, something that many of us know about but aren't very interested in when using marjoram with people. But with dogs it can be a very useful property and she verifies that it does work.

There is a growing number of aromatherapy books for health care professionals who want to know more about using essential oils in their work. *Clinical Aromatherapy for Pregnancy and Childbirth* by Denise Tiran used to have the words *for midwives* in its title. Perhaps she is now trying to reach a wider market but it is still a very good book.

3. Oils used in aromatherapy Of course this means mostly the essential oils, from comprehensive guides such as Julia Lawless's *Encyclopaedia of Essential Oils* to monographs on single oils such as that by Watt and Sellars on *Frankincense and Myrrh* or those by Lawless on *Rose Oil*, *Rosemary Oil* or *Tea Tree Oil*. But there are two good books dealing with the vegetable oils – Jan Kasmirek's *Liquid Sunshine* and Liz Earle's *New Vital Oils*.

4. Massage Particularly difficult to evaluate without seeing a copy, we only keep a few books on this subject for this very reason. Of the two baby massage books, the one by Heath and Bainbridge is published by Dorling Kindersley in hardback and has that publisher's usual high number of top quality photographs. The one by Peter Walker uses diagrams to show the massage movements. It depends whether you find diagrams or photographs more helpful.

5. Herbs Here at Bay House we have always been of the opinion that aromatherapy is a branch of herbalism, the difference being that in aromatherapy you use the herbal essences in a concentrated form that can't be taken internally. We strongly recommend that you try using herbs in other ways as well, either fresh in your food, as a tincture, dried as a tea, or in a manufactured form such as a tablet or linctus. Hoffman's *New Holistic Herbal* is an excellent guide in black and white to using herbs, whilst Ody's Complete Guide is packed with colour and also discusses the use of some herbs from Chinese traditional medicine.

6. Other therapies We only keep a limited stock of books on other therapies, but try to keep some of the most useful ones. *Emotional Healing of Horses* by Ball, Simpson and Howard, and *Bach Flower Remedies for Animals* by Ball and Howard are two titles showing the growing feeling of people that if complementary medicine is good enough for themselves, it must be good enough for their pets as well.

7. Soap making The interest in pure essential oils has had many spinoffs, soapmaking being one of them. All the three titles we stock are sumptuously illustrated. The ones by Hill and Coss show you how to make soap from the basic ingredients (including the necessary but dangerous caustic soda). The one by Browning describes making your own soaps by adding aromatic ingredients to grated bars of existing soap. All the recipes in all three books look good enough to eat!

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Another problem we had with our old Bach Remedies supplier is that they stopped making their bottles in a 10ml size. A larger bottle may be more economical if you use a lot, but unless you are a professional practitioner, this is unlikely. So we are now able to offer the whole range of individual flower remedies as formulated by Dr Bach in the traditional 10ml size. We also have his combination blends, previously known as “Rescue Remedy”, but sold by us now as “The Five Flower Remedy”. This is available as a stock bottle or as a cream in a 7g jar or a 25g tube. The advantage of having this cream in a jar is that you can add your own essential oils to it.

The price of all the 10ml remedies is £2.54, the 7g jar is £1.40 and the 25g tube is £3.36. We also have wooden boxes, fitted to take 40 of the 10ml size bottle. These are £27.65. All these prices exclude UK vat, which will be added if you are ordering from within the EU. These Bach remedies are now available on our web site.

There isn't space here to explain the philosophy behind flower essences, but in the words of the very useful *pocket prescriber* published by Healing Herbs, “Dr Bach saw the negative [personality] conditions [such as worry, irritation, rigidity, despair] as the true cause of illness and disease. The flowers embody the positive state – their natural vibrations help us to be happy and to return to health.” Some of the flower remedies (the twelve healers) are used to deal with an underlying personality type – “for example an Impatiens type is tense and irritable”. Then there are the seven helpers, flower remedies which help to deal with a chronic condition to which you have become accustomed. Other remedies – the second nineteen – are used to deal with emotional states (such as bitterness, self-criticism, fear of losing control) which might arise in everyday life. Please ask if you would like a free copy of this leaflet.

*The Bay House
logo: the design,
which is based on a
medieval woodcut,*



*represents the
reliance of our
business on the
living world of plants*