

Delicious Living

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real food • natural health • green planet

Vegetarian Thanksgiving menu

Most dishes can be made ahead!

Apple-Parsnip
Bisque
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Triumph over temptation:

Break your worst holiday habits

LAVISH
YOURSELF
with essential oils

How to help your
stressed-out kids



The promise
of microfinance

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8050

beauty

HOW TO USE

essential oils



Essential

BRANDS

- **AURA CACIA**» This easy-to-find aromatherapy line includes many essential-oil-based body care products.
- **EO**» All of EO's hair, bath, and body products are scented with natural essential oils.
- **OSHADHI**» Farmers in 60-plus countries supply more than 650 single essential oils.
- **SIMPLERS BOTANICAL COMPANY**» This herbalist-owned outfit offers more than 70 organic essential oils.

—Katy Neusteter

Try soothing aromatherapy
to create calm in your life

By Jessica Centers

the right mix of pure essential oils can help you relax, recharge, or melt away fatigue, stress, and depression. Derived from plant secretions, the oils are astringent, antibacterial, and highly concentrated (always dilute before using). Cost usually depends on how difficult a particular oil is to extract, but, fortunately, essential oils are so effective that a little goes a long way. Here's how to try aromatherapy oils at home.