

Herbs to warm things up for Valentine's Day

Valentine's Day is Feb. 14, in the dead of winter, so I thought we should warm things up a bit.

Everyone desires love. It is human nature. For those of you lucky enough to have found true love, cherish it, as it is the most precious of gifts.

For those still looking for love, when it finally arrives, it will certainly be worth the wait. In the meantime, our trusted herbal friends can help you enhance your love life or attract someone special.

Love is in the Air

Certain aromas can act as an aphrodisiac. In fact, that is what the perfume industry is based on—creating a scent that will attract others and make us feel better about ourselves.

Here is a list of essential oils that have the potential to make us feel warm, romantic and loveable, and promote feelings of self-confidence and well-being. These essential oils can be used in aromatherapy diffusers, massage lotions, or can be simply used as a personal perfume. For the greatest effect, perfumes should be applied behind the ears, décolleté, inside the wrists or into the hair.



- Bergamot can coax you out of depression



and make you feel more alive. It's good for the "not-tonight—I-have-a-headache" syndrome.

- Black Pepper warms the heart, stimulates the body and the mind. It is also thought to give men stamina.
- Cardamom evokes the natural man's erotic nature and sexual being.
- Cedarwood relates the analytical mind.
- Clary Sage is euphoric and stimulates the sensual side of you. An excellent essential



oil to use for PMS.

- Jasmine is seductive, brings out hidden desires and fantasies. Hypnotic and euphoric. Boosts confidence. Ideal for frigidity.
- Nutmeg promotes desire and availability.

In the perfume industry it is known as being provocative, yet calming.

- Patchouli is earthy and masculine. An antidote for indifference; it reaches down into the emotions. The "Hippie-Time" fragrance.



- Rose is an aphrodisiac of pure love, euphoric and intensely feminine; it brings out your truest feelings. Vetiver relaxes deeply felt feelings and fears. Added to per-

fumes to enhance sexuality and sensuality.

- Ylang Ylang is exotic, exciting and stimulates the senses. Helps dispel anger and /or fear.

Aphrodisiac Herbs

Celebrate life and make everyday warm, nurturing and communicative with that special person in your life. Some of the following herbs are known to have aphrodisiac properties; others may just relax tension and stress, or strengthen an exhausted and depressed person. They can be brewed up alone into a tea or mixed into an herbal formula. They can also be added to

- foods and drinks. Be creative!
- Damiana is also known as *Turnera aphrodisiaca*, suggesting it has been used as an aphrodisiac. These fragrant leaves have been used by



ancient Aztecs as a most powerful sexual tonic and stimulant. It is also an anti-depressant and urinary antiseptic.

- Oats have been eaten throughout the ages to strengthen the entire body and to increase vigor and vitality. They are nourishing to the nervous system, are considered an excellent nerve tonic and have an anti-depressant effect.
- Roses have long been given as gifts as an instantaneous aphrodisiac and an acknowledgement of desirability and passion.

Sensuous, Seductive Foods

Did you know that seeds and nuts have long been associated with fertility, abundance and potency? Pine nuts and almonds were favored aphrodisiacs of the Romans and Arabs. Pumpkin seeds are loaded with zinc and good for men's prostate gland. Eat alone or add them to your foods.

Recently, chocolate has been much advertised as an anti-oxidant and to promote good feelings.

Chocolate Kisses

- 3 oz butter (soft)
- 4 oz powdered sugar
- 4 oz chocolate (melted)
- 2 tbs. damiana extract

Mix together, form into mouth-size balls and roll them in cinnamon and cardamom.

The products discussed in this article can be purchased at the Herb Stop, 4004 N. Hwy 87 in Pine. If you have questions or would like to attend a free class, please call (928) 476-4144 or e-mail Leilah.b@HerbStopOnline.com.

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