



FENG SHUI
CONSULTING SERVICE

Sweet Dreams



It has been estimated that consumers purchase 60 million pounds of chocolate each year to celebrate Valentine's Day. But this year, instead of truffles, why not give the sweet scent of floral aromas to bring peace and serenity to your honey?

Research has shown that the scent of jasmine can trigger the release of GABA (gamma-aminobutyric acid) which helps calm the brain's neurons for better sleep. In fact, natural jasmine compounds are similar to some of the elements used in prescription sleep aids.


Jasmine joins lavender on the growing list of natural sleep aids. Lavender has long been recognized for its ability to ease anxiety and insomnia. In a study at Britain's University of Southampton, volunteers who slept in a lavender-scented room reported that the quality of their sleep was 20 percent better than in a room without the scent.

The ancient practice of Feng Shui shows us how to use the purity of organic elements to improve our health, happiness and prosperity. **Contact** me today to learn how to sweeten your life through Feng Shui.

Looking for total relaxation? We have only two rooms left until **February 9th** for our April retreat to Xinalani, <https://www.xinalaniretreat.com/spirit-talk-mexico/>. Don't miss this trip! **Contact** me today to secure your spot.

Kristi

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