



Aroma Therapy and Herbal Remedies For Highly Sensitive Bodies

Aromatherapy is derived from the ancient practice of using natural plant essences to promote health and wellbeing.

It consists of the use of pure essential oils obtained from a wide assortment of plants, which have been steam distilled or cold-pressed from flowers, fruit, bark and roots.

Aromatherapy can help ease a wide assortment of ailments, easing aches, pains, and injuries, while relieving the discomforts of many health problems.

Aromatherapy also acts on the central nervous system, relieving depression and anxiety, reducing stress, relaxing, uplifting, sedating, or stimulating, restoring both physical and emotional wellbeing.



The **Highly Sensitive Body** may experience a lot of difficulties in dealing with toxins and stresses. This may be the case with your child if he or she has most of the following conditions:

- Insomnia or fatigue during the day
- Highly emotional, anxious, irritable or breakdown especially when hungry
- Obsessive and compulsive behaviors
- Hard to manage food, environmental and chemical sensitivities
- Stomachache, indigestion, diarrhea or constipation
- Picky eating and specific food craving
- Eczema, hives and dermatitis
- Frequent sinus and ear infection, colds and flu, asthma
- Autistic Spectrum and AD(H)D

ONTARIO HEALING FIELDS



PRICE LIST

Aromatherapy Products Catalog



Lotions or Sprays Blend

Air Freshener	100 ml	\$9.00
ADD calming	30 ml	\$10.95
Autism calming	30 ml	\$10.95
Social Anxiety	100 ml	\$10.95
Aches and Pains	50 ml	\$10.95
Arthritis	50 ml	\$10.95
Night Relaxation	100 ml	\$10.95
Depression	100 ml	\$10.95
Individualized	30 ml	\$10.95
	100 ml	\$20.00
Mental Clarity	100 ml	\$10.95
Insect Repellents	100 ml	\$10.99

Cream bases

Aging Skin	50 ml	\$11.95
Exema	50 ml	\$11.95
Children	50 ml	\$11.95
Shea Butter cream	50 ml	\$14.95
Mango Butter Cream	50 ml	\$14.95
Sunscreen	50 ml	\$14.95
Night	50 ml	\$13.95
Foot Cream	250 ml	\$9.99
Anti bacterial Cream	100 ml	\$13.99

Bath Salts

Bubble bath	200 ml	\$11.95
Dead Sea Salt	100 gr	\$4.50
Herbal Bath Bars		\$4.99
Sparkling Bath Salts	100 gr	\$4.99
Individualized	add	\$2.00
Bath Melts		\$4.99
Bath Fizzers	each	\$2.00

Bath Sea Salts

Unscented	500 ml	\$9.99
	1000 ml	\$15.99
Scented with E. oils	250 ml	\$19.99
	500 ml	\$24.99

Shower Gels, Shampoo

Unscented	250 ml	\$9.99
	500 ml	\$15.99
Scented with E. oils	250 ml	\$12.99
	500 ml	\$20.99
Deodorant	Each	\$7.50
Solid Perfum	2 oz	\$14.95
Lip Balm	Each	\$3.50
Massage Oil	100 ml	\$19.99
Linen Spray	100 ml	\$7.99

Children

Night Spray	100 ml	\$8.05
Scented Play dough	Each	\$5.00
Scented Clay Play	Each	\$5.00
Scented Finger Paint	Pack	\$5.00
Fizzy Surprise Capsules	Pack	\$2.00
Stress Relieve Spray	100 ml	\$9.99
Hydrosols	100 ml	\$9.99
Stress Relief Cream	100 ml	\$9.99

Accessories

Car diffuser	Each	\$14.99
Pendants	from	\$10.00
Inhalers	From	\$2.99
Air Filter Kit	30 ml	\$4.99
Reed Diffusers		\$2.99
Insect Repellent string		\$10.99
Air Freshner (gel)		\$10.99
Air Freshner (spray)		\$10.99
Electric Diffuser		\$11.99

100% pure Organic Body Lotion/Cream

Unscented	500 ml	\$18.99
	1000 ml	\$25.99
Scented with E. oils	500 ml	\$25.99
	1000 ml	\$35.99





Tools and Products for Highly Sensitive Children and Adults

Psychologist Elaine Aron and her team describes a set of human characteristics which she calls “high sensitivity.” Her research suggests that 15-20% of the human (and for that matter animals) have evolved to **be more responsive to their environment**. “Highly sensitive people” (HSPs) have nervous systems and minds which permit more stimulation and in more detail than others do.

What is meant by “stimulation?”

According to Susan Meindl a Montreal based psychologist, stimulation comes in on all sensory channels: sights, sounds, smells, vibrations, touch. HSP’s typically respond strongly and quickly reach their natural level of tolerance in loud, bright or chaotic environments. **Over-stimulation** is an unpleasant, aversive experience for everyone. HSPs who are **chronically over-stimulated** and feel incapable of exercising control over their environment may be at higher risk for developing feelings of helplessness, hopelessness... and then depression.

While “leaving” an over-stimulating environment is not always possible, there are ways to lessen the overload using sensory processing tools, life skills and nutritional strategies.

Tools and products for children and Highly Sensitive People



Five kinds of over-stimulation HSP struggle with

- (1) **Chronic environmental overstimulation.**
- (2) **Internal bodily stimulation.**
- (3) **A rich and stimulating inner life.**
- (4) **Interpersonal over-stimulation.**
- (5) **Chemically related depressive responses.**

A vicious circle...

The intersection of these factors may create a “perfect storm” for some HSPs. Sensitivity to their own responses leads to feelings of fragility which in turn convince the individual that they cannot change or influence their environment. This can lead to stress in the body, which can weaken the immune system and stress the emotional, chemical and physical body.

Empowerment is key ...

Certain foods can lessen and others accentuated sensory processing and aromatherapy can help the mind and body to quickly yet gently de-stressing and give the body a chance to reverse the process. Some simple accessories can make the environment much more bearable.

This site is a learning centre that gathers strategies, tools and products that can help HSP lead a more balanced sensory life.



ONTARIO HEALING FIELDS

alxbal2003@gmail.com

Peterborough, Ontario

416-451-1904 ph

www.ontariohealingfields.ca

Wellness and Sensory tools to reduce stress, sensory and sensitivities overloads