

5th annual Toronto North Woman's Show

February 7 & 8, 10 am to 5 pm at the Radisson Hotel, Markham

Learn what Natives have known for centuries

Aromatherapy is a natural way to assist the body's healing process

Cleopatra used frankincense to tone her skin and medicine women of Native tribes knew that pine helped respiratory conditions.

Now, thousands of years later, we too are beginning to realize the benefits found in our own backyard.

"Each plant and tree out there has a role, a function," said Victoria Goodman, an aromatherapist who owns Aroma-Spa, The Aro-

matherapy Centre in Scarborough.

Aromatherapy is an ancient science that uses essential oils from wood, flowers, spices, herbs, roots and fruits to help the body's natural healing process.

The alternative medicine has the ability to heal and balance the body, mind and spirit.

Aromatherapy is complimentary. It gives people other options, but it works with

doctors, she said.

Aromatherapy has many benefits including "antiviral, antibiotic, antibacterial and antifungal properties. One of the most incredible features is its ability to penetrate the skin and be absorbed into the blood stream. In holistic medicine, it helps to restore and maintain a state of good health, in beauty and skin care, it stimulates, rejuvenates and enhances.

Essential oils are derived from the plant source by distillation. Each country has essential oils that they specialized in. Canada is known for their tree oils like juniper and pine while France produces lavender, Bulgaria is known for its rose oils and England produces chamomile.

Once distilled, the oils are placed in bottles which are stored until they are ready to be used.

The liquid form of the oils are the most potent and should be diluted.

There are a number of ways to use essential oils including placing a number of drops in a bathtub or in a bowl of steaming water. People can also spray the oils directly into the air (which helps to create an atmosphere and to take away cooking and pet odours) or by placing a number of drops into a ceramic bulb ring.

Essential oils can also be placed into shampoos, lotions and other skin care products. As with all carrier products (products that dilute the oils), the essential oils need to be blended to avoid injuring the user.

Aromatherapists also use the oils for body and face (lymphatic drainage) massages. This light, flowing massage relaxes the muscular system by improving elasticity of muscle fibers and delaying fatigue.



Victoria Goodman, owner of Aroma-Spa in Scarborough.

Photo by LISA CARTWRIGHT

The reason why aromatherapy is so beneficial is that the essential oils know the difference between good and bad bacteria in the body and will only harm the bad ones. And because it is natural, the body does not build up a defense to the oils. Essential oils aren't addictive.

While there are a number of usages for each essential oil, like most things, they are better in numbers.

"The art of aromatherapy is the blending of essential oils. When blended, it creates synergy. Synergy is actually more beneficial than using one essential oil by itself. When you combine (two or more) together, you can create something more wonder-

Please see page 14

Something for every woman at the annual Woman's Show

There is a solution to all your needs and problems at the fifth annual Toronto North Woman's Show, February 7 and 8 at the Radisson Hotel in Markham.

The woman's show, organized by Diana Marlo of INJOY Promotions Inc., offers a wide spectrum of lectures, exhibits and presentations that help women.

"Women are going through a transition," said Marlo.

They are no longer just staying at home to raise their children, but they are also working full-time (either for themselves or for others) while balancing their families and their own needs.

And this is where the women's show helps.

"(The show) provides solutions to their needs," said Marlo, who is a single mother and a small-business owner herself.

The show provides lecturers on a range of topics from planning your financial freedom, to learning to communicate more effectively to preventing sexual assault to mediation

techniques.

There are also hourly demonstrations that include handwriting analysis, make-overs, interior decorating and ear coning.

There are also two floors of exhibits at the show.

The first floor provides a place for women to connect to organizations, institutions and programs that will provide them with information on starting a business, different career options, family law, education and wardrobe planning. The second floor has health-related exhibits including massage and fitness, conventional and alternative medicines and more.

People can purchase a \$10 day pass that includes one of the show's lecturers (additional lectures can be purchased with a donation to one of the charities the show supports) over 80 exhibitors, hourly stage presentations and a fashion show on Saturday.

For details contact INJOY Promotions Inc. at 905-479-9969 or visit their website at www.injoypromotions.com.



Diana Marlo

Newest trends in hair, clothing at fashion show

The latest trends in clothing, hair and accessories will be showcased at a fashion show at the Tivoli Garden Restaurant in the Radisson Hotel.

The 45-minute fashion show is just one of the events at the Toronto North Woman's Show and Conference, February 7 and 8.

Organized by Joseph Xibilia of The Sarum Room and Tina Cesaroui of Xcentricities, the show will feature real people modeling professional clothing, said Xibilia.

"We made this show more conservative. Professional woman will feel quite comfortable with the atmosphere and the situation.

Instead of walking down a run-

way, each model will do a walk through.

This way the audience will be able to see, up close, the newest styles in clothing, accessories and hairstyles.

Models will be wearing Cesaroui's spring and summer line.

This year's fashions include more browns and earth-tones and a more fitted, tailored look.

Hairstyles will also be elegant, but simple and worn either long or short.

"We are focusing on healthy professional hair," said Xibilia.

The fashion show starts at 3 pm on Saturday. The fashion show is

part of the \$10 day pass into the show.

The Sarum room will also have a booth during the two-day show and will do make-over demonstrations.

For tickets call The Sarum Room at 415-0377 or Xcentricities at 940-5281.

What: 5th Annual Toronto North Woman's Show

Where: Radisson Hotel, Markham

When: Saturday, February 7, 10 am to 5 pm

Sunday, February 8, 10 am to 5 pm

Cost: \$10 for a day pass

Pass includes all exhibits, daily draws, hourly demonstrations plus one featured guest speaker.

Tickets are available: Chapters, Markham

Club Markham

The Sarum Room & Spa

At the door

Choose from a beautiful selection of styles & fabrics



Serving the Markham area since 1980

ALMIRA
FURNITURE & INTERIORS

Quality Selection Value

Individual pieces or complete suites to suit your needs



4747 Hwy. 7
(East of Kennedy)
UNIONVILLE

Traditional Home Furnishings

(905) 477-5524

WHERE BEAUTIFUL HOMES BEGIN

HOURS ARE:
Mon, Wed 10-6 PM
Thurs. & Fri. 10-9 PM
Saturday 10-5 PM
Sunday closed