



## Winter Weather Must-Haves

### Description

*default watermark*

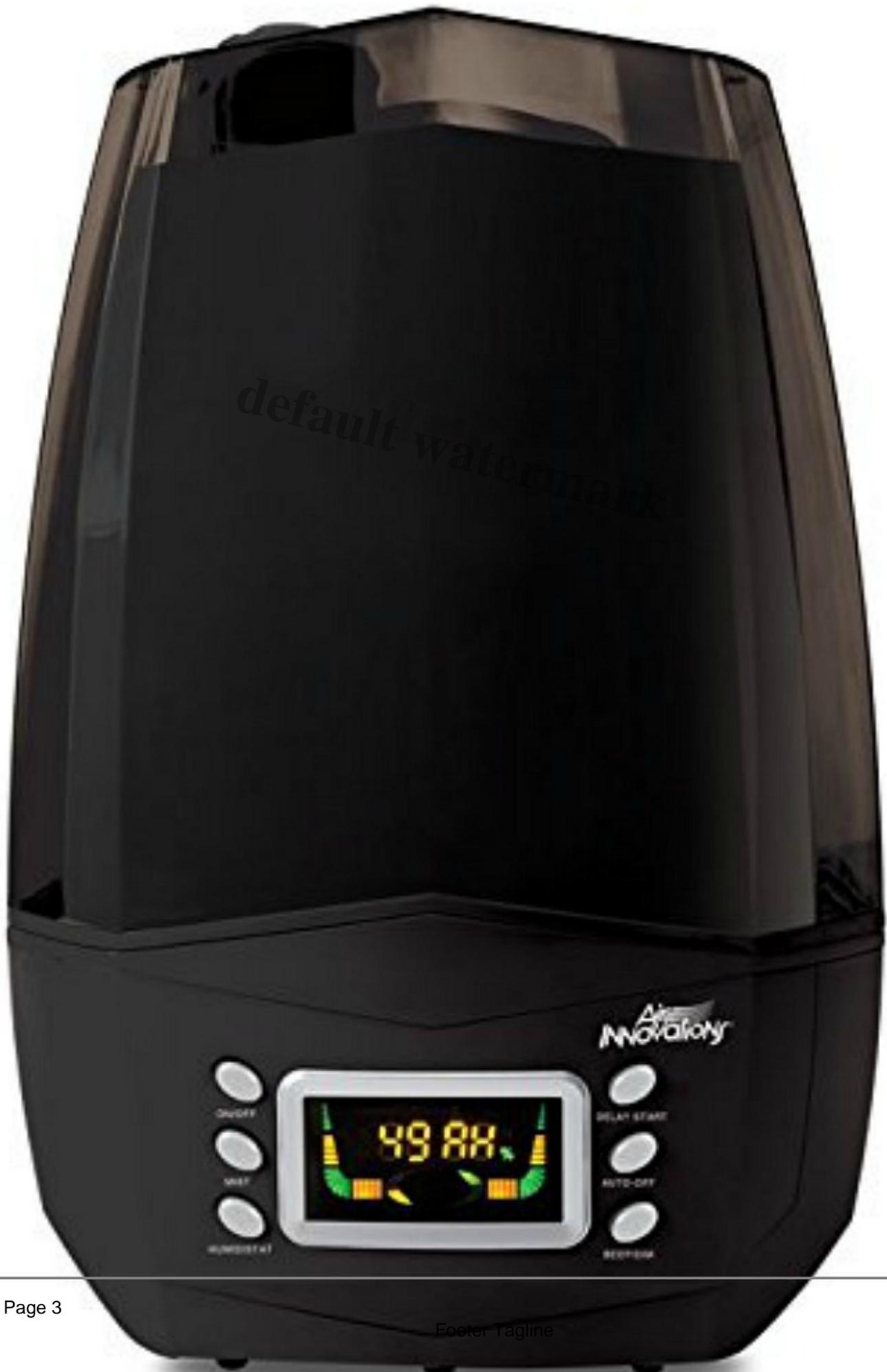


## WINTER WEATHER MUST HAVES

joyfulscribblings.com

Groundhog Punxsutawney Phil said there is going to be six more weeks of winter and I believe him. Weâ€™ve been lucky and have had a mild winter in Kansas. I canâ€™t imagine living in the Northeast right now. Two weekends ago we were all outside in short sleeves and this past weekend we were bundled up in our coats and gloves again. Iâ€™m not a big fan of winter weather anymore. I have very dry skin and I hate the way my skin feels in the winter months. Along with dry cracked skin, I get crazy static hair. These are a few winter weather must-haves that help me endure the cold and dry winter months.

Last year I shared a few of my favorite winter must-haves and this year I decided to add a few things to list. You can read last yearâ€™s list [HERE](#).



For years weâ€™ve run a humidifier in our bedroom constantly. We have one on our furnace, but it doesnâ€™t work very well. Having a humidifier in our bedroom really helps bring some moisture into the air. This year I upgraded to [the above humidifier](#) which my friend recommended. Her sister has one in every room and loves them. I like that it has a ceramic filter so you donâ€™t have to constantly replace the filter or worry about bacteria, mold and mildew. You can purchase it on Amazon [here](#).

Iâ€™m an Amazon affiliate and if you use this link I get a small percentage of the sale at no additional cost to you. This helps cover some of the expenses of my website.



image via [The Apothecary Spa](#)

I asked my hair stylist what she recommends to help tame static hair and her reply was hair spray.

Iâ€™ve also used a little bit of hair serum or oil and in a pinch plain water. I read that rubbing dryer sheets on your comb or pillow before bed also helps, but I havenâ€™t tried that one. I also switched my shampoo and conditioner from the one I was using over the summer months to a more moisturizing shampoo and that has helped too. A tiny bit of finishing cream smoothed over your hair also helps tame fly aways.

# Ditch the Drugstore

→ with Young Living's Everyday Oils Collection



- allergies
- calming
- minor burns
- bruises
- rashes
- insomnia
- bug bites
- sunburns



- detox
- air freshener
- memory aid
- acne
- calming
- anxiety
- veins
- lemonade



- indigestion
- nausea
- arthritis
- bruises
- congestion
- bug bites
- fever
- headaches



- asthma
- anxiety
- skin care
- depression
- inflammation
- infections
- stress
- immune boost



- sore muscles
- cramps
- arthritis
- headaches
- swelling
- sprains
- bruises
- ligaments



- mold
- scrapes
- cuts
- stings
- bug bites
- odors
- mildew
- skin care



- bruising
- joints
- stress
- sleep apnea
- anxiety
- depression
- backaches
- calming



- anxiety
- relaxing
- tension
- anger
- insomnia
- calming
- stress
- hyperactivity



- colds & flu
- strep throat
- headaches
- viruses
- infections
- cold sores
- toothache
- germs



- depression
- anxiety
- grief
- deodorant
- poison ivy
- trauma
- mood swings
- stress



- in starter kits
- stress
- tension
- anxiety
- anger - PMS
- relaxation
- lowers bloodpressure

presented by  
**Oily FAMILIES**  
"essential drops of love  
for every household"

FOR MORE INFORMATION CONTACT...

These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent disease.

My newest product love is Young Living Essential Oils. I purchased [Young Living Essential Oils](#) over 15 years ago and was just reintroduced to them this year by another blogger. One of my goals this year is to use aromatherapy to help with relaxation, focus and just general health issues. I purchased the starter kit and have been experimenting with the different oils in the kit. I use lavender quite a bit. I mist it on my sheets before bed sometimes, and I rub a couple of drops on my temples if I have a headache. I felt a cold coming on this winter and rubbed a few drops of the special blend Thieves on my neck and diffused it into the air with my diffuser. I can't claim that it was what kept me from getting a full-blown cold, but I truly believe it helped.

There are so many different uses for essential oils and as I experiment with them I'll be sharing them on my blog. One example is this [lavender & coconut sugar scrub](#). It's important to buy good quality oils and I know that Young Living is a reputable source. What's on your winter weather must-have list?

**Date Created**

2015/02/16

**Author**

queenie

default watermark