

NATURE'S TOUCH

May/June 2025

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Aligning your energies with the changing seasons

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Nature's Touch Recipe using herbs to beat the heat

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History of and ways to honor the longest day of the year.

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Keeping your skin healthy and glowing all summer.

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An alluring blend of herbs and fruits that will leave your space full of the magic of summer.

***Let's Talk "Sacral" Chakra**

A brief discussion on your Sacral Chakra



Summer Giveaway!! Clients will be entered into a drawing to receive a goody bag full of sunshine created by Nature's Touch!!

Drawing Date: 5/15/25



Welcome to the May/June edition of Nature's Touch monthly holistic newsletter!! In these newsletters, I will share insights, rituals, inspiration, healthy living and healing advice with you to help align with the seasons and holidays to nurture your well being and create harmony for your body, mind, spirit & space. Whether it's the magic of healing products, mindful living tips or seasonal energy shifts, Nature's Touch is here to support your journey toward balance and renewal.

Thank you so much for being part of this growing community and for your continued support! I am so looking forward to sharing this journey with you!!

Please enjoy this edition of Nature's Touch Newsletter as we prepare for the warm summer months ahead!!!

Nature's Touch
Bedminster, NJ
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May Workshop

May 12th

“Manifesting with the Flower Moon: Bloom into Abundance”

The full moon on May 12th is the Flower Moon. This symbolizes growth, abundance and blooming into one's full potential.

Join Nature's Touch for a magical workshop where you will be guided in harnessing the energy of the Flower Moon to set powerful intentions, clear blocks, and align with abundance in all its forms.

You will enjoy grounding meditations, journaling, breathwork, intention setting, planting seeds and working with specific crystals as well as candlework. All of these activities will enhance your efforts at blooming into the abundance that is waiting for you!!!

Cost: \$45 pp

Time: 6p - 8p

Location: Bedminster, NJ

***Space is limited so pre-registration is required.
Please call 551-200-0548 to get registered.***

Pre-registration deadline is Friday: 5/9/25

****** (Registration fee is non-refundable unless Nature's Touch cancels the workshop.) ******

All tools for activities will be supplied by Nature's Touch.

Please bring your own yoga mats and dress comfortably.

Refreshments will also be served.



Spring To Summer Transition

As spring's gentle bloom gives way to summer's radiant embrace, nature invites us to align our energy with the shifting rhythm of the Earth. Spring is a time of renewal, where fresh ideas and intentions begin to take root, much like budding flowers reaching for the sun.

However, as summer approaches, this energy expands even further, calling us to step boldly into action, basking in the warmth of longer days and abundant light. Now is the moment to shed any lingering stagnation, to embrace movement, joy and vibrancy. Just as the sun fuels the growth of plants, we too, can harness this seasonal shift through nourishing our bodies with sun kissed foods, refreshing our spirits with water's cooling touch, and finding the balance between the excitement of summer and the grounding presence of nature.

By attuning ourselves to this transition, we flow effortlessly with the cycle of life, allowing growth, warmth and transformation to guide us forward.

Keep reading for more tips for keeping yourself aligned and balanced. Body, Mind and Spirit.

June Workshop

June 20

Radiant You: Holistic Beauty & Self Love Workshop

Cultivating inner and outer radiance through natural beauty, energy healing and self-love practices.

Please join Nature's Touch on June 20th for a glamorous workshop where we will set intentions through grounding and meditation, we will activate energy and self-love through breathwork and heart opening movement, we will create our own all natural body scrub and chat about beauty regimens, learn about gua sha tools and floral waters, engage in reflection and self-compassion through mirror work and more..

Cost: \$50pp

Time: 6p-8p

Location: Bedminster, NJ

*Space is limited so pre-registration is required.
Please call 551-200-0548 to register.*

Pre-registration deadline is Friday: 6/15/25

**** (Registration fee is non-refundable unless Nature's Touch cancels the workshop.) ****

All tools for activities will be supplied by Nature's Touch.

Please bring your own yoga mats and dress comfortably.

Refreshments will also be served.

(Spring to Summer Transition Continued)

Here are a few tips for mindfulness and movement to help your body, mind and spirit to transition smoothly for the magical season of summer.

- **Rise with the sun:** As the days grow longer, wake up with the morning light. Take a few deep breaths, set an intention for the day and welcome the warmth of the new season.
- **Practice Walking Meditation:** Take mindful walks in nature, paying attention to the sensations of the sun on your skin, the sounds of the birds, the scent of blooming flowers and the warm breeze blowing. Walk barefoot, when possible, to ground yourself.
- **Flow with the energy of water:** Summer is ruled by the element of Fire, so balance this energy with water-based mindfulness. Swim, take cooling showers, a sea salt bath, or simply sit by a body of water and focus on your breath as you also wash away all that no longer serves you.
- **Sun Salutations For Vitality:** Incorporate yoga sequences like Sun Salutations (and you don't need to be a professional yogi or even advanced. This is simple and great for all levels). Incorporate sun salutations or Surya Namaskar into your daily routine to honor the warmth and expansion of summer. Stretch, open your heart and embrace this healing energy.
- **Savor Seasonal Nourishment:** Eat fresh (preferably organic) foods like watermelon, cucumbers, berries, and summer veggies. Slow down and practice mindful eating, truly tasting, chewing and experiencing every bite.
- **Journal With the Elements:** Reflect on what you want to cultivate and achieve this season. Sit outside, light a candle and journal your thoughts about intentions, goals or simply just what you are grateful for this season.

“Embrace the beauty of change - just as spring blossoms into summer, you too are growing, evolving and stepping into the highest and best version of you.”

Here's a cooling herbal tea infusion from Nature's Touch:

Ingredients: 4 cups water,
2 tablespoons dried hibiscus,
1 tablespoon dried peppermint,
1 teaspoon dried chamomile,
1 teaspoon dried lemon balm,
1 tablespoon honey (optional),
ice cubes and fresh mint,
1 lemon or orange wedge

1. Boil water, remove from heat.
2. Add hibiscus, peppermint, lemon balm and chamomile to the water and cover. Steep for about 10-15 minutes.
3. Strain the tea and let it cool to room temperature.
4. Stir in honey (or agave) if using and then refrigerate for at least an hour.
5. Serve over ice, garnish with fresh mint and citrus wedges.

Tip 1: you can steep for longer than 15 minutes for a stronger brew.

Tip 2: For an extra refreshing twist, add sparkling water before serving.

Tip 3: I like to use Mason jars for brewing/steeping (and they are heat proof).

ENJOY!!!!



The Benefits of Summer Herbal Teas

Herbal teas aren't just for cozy winter nights - nope!! They can be a very refreshing and healing companion for those hot summer months as well. Whether hot to promote gentle sweating and cooling, or iced for a crisp hydrating boost, herbal teas offer a variety of benefits for body, mind and spirit.

- **Hydration, Hydration, Hydration:** Herbal teas like hibiscus, peppermint or chamomile help replenish fluids and keep you hydrated and cool, especially when brewed cold or iced.
- **Naturally Cool the Body:** Peppermint and spearmint teas contain menthol, which provides a natural cooling effect you can feel even just smelling them. Making a perfect tea for hot days.
- **Support Digestion:** Summer can certainly bring on indulgent barbeques and lots of seasonal treats, which can sometimes wreak a bit of havoc on the body, specifically your digestive tract. Ginger, fennel and chamomile teas can aid in digestion, ease bloating and support gut health.
- **A Natural Caffeine Free Boost:** Caffeine can be very dehydrating, especially during the summer months, so why not switch it up a little? Herbal teas like ginseng, lemongrass, and rooibos can provide a natural energy boost without the jitters.
- **Antioxidants and Vitamins:** Hibiscus and rosehip teas are packed with Vitamin C, while green rooibos offer a powerhouse of antioxidants to protect your skin from summer damage.
- **Relaxation and Stress Relief:** Lavender, lemon balm, and chamomile teas help calm the nervous system, reducing stress and promoting restful sleep after long, active summer days.
- **Refresh and Detox:** Dandelion and nettle teas support liver function and help to flush out toxins, keeping the body feeling light and energized.

Nature's Touch carries a huge variety of organic dried herbs, so feel free to contact me for any herbs you may be wanting to work with.

SUMMER SOLSTICE

June 21st

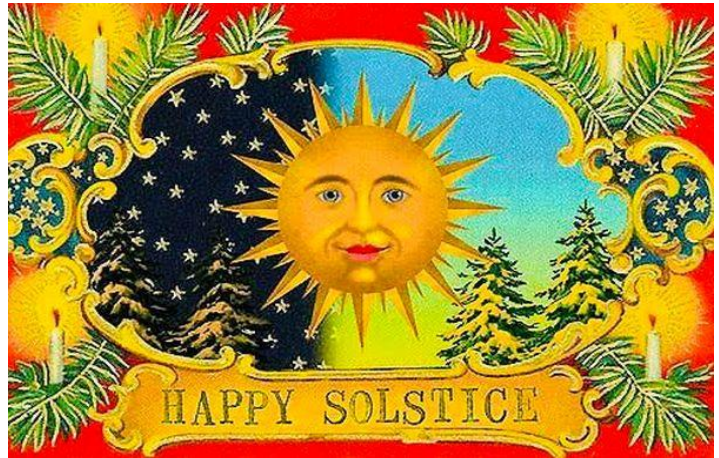
The summer solstice is the celebration of the return to light, and it reminds us of the light within each of us.

The Sun reaches the height of his power.

Now is the time to release the old and welcome the new.

Be in nature and enjoy this powerful energy of the Sun.

Healing Energy Tools



The Summer Solstice - a beautiful time where we celebrate light and coming out of darkness!

The Summer Solstice, the longest day of the year, has been celebrated for thousands of years by cultures worldwide as a time of light, abundance and renewal.

Ancient civilizations, including the Egyptians, Druids and other indigenous peoples honored this celestial event with rituals, feasts and festivals.

In ancient Europe, the Solstice was linked to fertility and fire festivals. The Druids celebrated it at sites like Stonehenge, while Scandinavian and Slavic cultures marked it with bonfires, dancing and offerings to the sun. In Ancient Rome, the festival of Vestalia honored the goddess of hearth and home, Vesta.

(continued on next page)

Nature's Touch
Do It yourself
Summer Simmer Pot Recipe

Summer Simmer pots are a delightful way to fill your home with the fresh, vibrant scents of the season! As they gently bubble on the stove, they release waves of citrus, herbs and florals creating an atmosphere that feels like sunshine in a jar! Think of zesty lemon, sweet orange, crisp rosemary or delicate lavender infusing your space with warmth and energy. Not only uplifting your mood but also cleansing the air and bringing a touch of beauty into your home!!

Sunkissed Citrus & Floral Simmer Pot
Intention: Joy, Vitality, Abundance and Uplifting
Energy

*1 orange (sliced) happiness/success
1 lemon (sliced) purification/clarity
Handful of fresh/dried chamomile relaxation and
harmony
1 tablespoon honey (optional) for sweetness and
abundance
1 teaspoon of vanilla extract or vanilla essential
oil - warmth and comfort
2 sprigs of fresh/dried mint - refreshing and
protection
1 cinnamon stick - prosperity/motivation
3 cups of water*

- *fill a pot with water and place on stove over low heat*
- *add all ingredients to pot and stir with intention (suggestion: stir clockwise)*
- *as it simmers, visualize warmth, joy and abundance filling your home.*
- *let it simmer for a few hours, adding water as needed*
- *once finished, allow the mixture to cool and then return it back to nature or to the earth.*

Tip: If you want an extra burst of summer energy, place the simmer pot ingredients in a bowl of water outside in the sun for a few hours before simmering. This will further enhance energy and intention.

Today, many still celebrate the Summer Solstice with bonfires, sun rituals and gatherings, recognizing it as a time of gratitude, transformation and connection to nature.

Pagans and Wiccans observe Litha, which is a festival dedicated to the sun's peak power. They honor it by baking bread, fire festivals and many other ritualistic activities.

The Solstice remains an amazing and powerful reminder of the magical rhythms of nature and the cycles of life.

Here are a few simple ways you can celebrate this beautiful time of light!!

1. Sunrise/Sunset Meditation - Watch the sunset or sunrise in gratitude setting intentions for the season.
2. Light a Candle/Bonfire - Fire symbolizes the power of the sun so use this energy by lighting a candle or having a small bonfire outdoors.
3. Create Your Own Flower Crown - Gather wildflowers and other greenery and create yourself a beautiful crown to wear, a lovely way to embrace the season's abundance.
4. Create a Summer Altar - Decorate or create a sacred space or altar with sun symbols, candles, flowers, crystals (specifically orange and yellow stones) and use this space to pray, meditate and set intentions.
5. A Solstice Feast - Cook and create fresh seasonal foods and dishes (all the colors of the rainbow) and share them with your friends and loved ones in a BBQ, picnic or other outdoor gathering.

Nature's Touch creates a magical variety of simmer pots using all organic herbs and flowers!

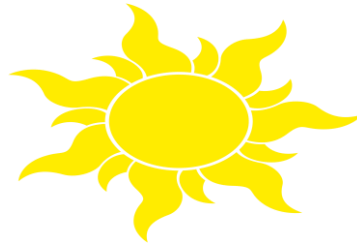
Each pot has a specific intention behind it to help bring in the vibration you desire!

Do you have a special intention you'd like to manifest or create? Well let Nature's Touch know what that is and I will create a beautiful simmer pot specific to your needs!



6. Set Intentions for Growth - Journal or write down your personal goals or wishes for the coming months and place them in a space that gets a lot of sun. You could even line up your favorite crystals around your goals and wishes.
7. Walking in Nature - Ground and connect with the power of the Earth by walking barefoot on the grass, dipping your feet in the sand, gathering herbs or simply by just sitting in the sun and soaking up the healing warmth.
8. Charge Crystals/Water - Leave your crystals and stones out in the sun in order for them to be cleansed and re-charged or leave a jar of water with a few crystals in it out in the sun for a day. Use your crystal water to cleanse your space or water your plants. I, personally, love collecting rainwater and charging that up with my crystals.
9. Express Your Creativity - Dance, sing, cook, paint, garden, do whatever makes you feel passionate to celebrate this vibrant and magical energy of the Solstice!

"As the sun reaches its highest point, so too do our spirits rise - may we shine brightly, embrace abundance and honor the light within and around us..."



\$88

(Offer runs from 5/15 through 8/31)



Staying hydrated is also soooooo important, both inside and out. Drink plenty of water to keep your skin glowing and use lightweight moisturizers or hydrating products which have ingredients like chamomile, aloe vera or hyaluronic acid.

HEALTHY SUMMER SKIN CARE



Apply sunscreen 15 minutes before going outside, use at least 15 SPF and reapply often.



Stay hydrated. Better skin health and health in general is related to how well your body is hydrated.

Your eyelids have very thin skin. The key is making sure your sunglasses absorb UV rays 99 to 100% of the time.

Don't forget to apply sunscreen to your ears, nose, neck, lips, even your scalp and every hard to reach spot that gets ignored.



Bug spray can weaken the SPF of your sunscreen. Use a higher SPF when wearing bug spray.



@BCSOMICHIGAN

“My skin is a reflection of my love and care. I nourish it with kindness, and it glows with health and radiance...”

For cleansing your skin, opt for a gentle more water based, oil free cleanser to wash away sweat and sunscreen as well as pollutants at the end of day. As all of these can strip away moisture. It's also very important to use a gentle exfoliant 1 to 2 times a week to keep your skin smooth and refreshed.

Don't forget to moisturize, even in hot weather!! Again, choose a light weight, preferably all natural/organic moisturizer to maintain and balance your skin as well as to prevent pores from getting congested.

Finally, soothe and repair your sun exposed skin with cooling ingredients like cucumber, chamomile or other all natural/organic after sun gels.

A simple and consistent summer skin care regimen will keep your skin healthy, radiant and glowing all season long!!

A TIP FROM YOUR ESTHETICIAN OF 20+ YEARS

MYTH: “I’m afraid to get a facial or exfoliate my skin during the summer because it will ruin and fade my tan”

FACT: Getting regular facials during the summer is actually beneficial for your skin and will not fade your tan as facials focus on hydration & repair and they will replenish moisture and soothe sun stressed skin. Exfoliation enhances your tan, it does not fade it, as it removes the dead skin cells allowing your tan to appear even more radiant rather than dull or patchy.

Tips For Keeping Sacral Aligned

- ***Meditation/Affirmations:***
Repeating affirmations such as “I allow myself to feel pleasure.” or “I embrace my creativity.”
- ***Sacral Chakra Foods:***
Enjoy colorful foods, specifically foods that are in the orange colored family: oranges, mangoes, carrots, sweet potatoes.
- ***Movement & Flow:***
Dancing, yoga (hip opening poses)
- ***Crystals/Stones:*** *carnelian, orange calcite and sunstone can activate this Chakra.*
- ***Essential Oils:*** *ylang-ylang, sandalwood and sweet orange promote sensuality, creativity and emotional balance.*

(see next page for a more informative description of the stones and crystals that can help balance and align the Sacral Chakra).



Let's Talk Sacral Chakra *(Svadhithana)*

The Sacral Chakra is the 2nd energy center in the body's chakra system, located just below the navel in the lower abdomen. In Sanskrit, Svadhithana translates to “one's own dwelling,” symbolizing a deep connection with personal emotions, creativity and sensuality. It is the seat of pleasure, emotional flow and passion.

While the Sacral is connected to the element of water, representing flow, adaptability and the ability to embrace change, I also feel that the element of fire plays a role in this chakra, as well, since it is connected very heavily to passions, desires, and creativity. Doing what makes you feel on fire and what makes you feel fulfilled.

Since it is also associated with the color orange - it symbolizes warmth, enthusiasm, sun energy(fire) and vibrancy.

The Sacral influences your emotions (water) & feelings and helps to process and express emotions in a more balanced and healthy way.

The Sacral governs sensuality and pleasure, intimacy (in all its forms), sexuality and enjoying the pleasures of life

It supports healthy relationships and boundaries and emotional connections with others.

Stones & Crystals for Sacral

Carnelian: boosts creativity, confidence and motivation while enhancing passion and vitality.

Orange Calcite: helps to clear emotional blockages, enhances joy and stimulates creative flow.

Sunstone: encourages optimism, self-empowerment and a sense of abundance.

Amber: promotes emotional healing, warmth and a deep connection to personal power.

Peach Moonstone: enhances emotional balance, intuition and feminine energy.

Tigers Eye - supports confidence, courage and overcoming fears related to self expression.

Copper - enhances energy flow and emotional warmth, promoting a sense of well being.

Each of these stones works by either energizing or soothing the Sacral Chakra, helping to restore balance. You can wear them as jewelry, place them on your lower abdomen during meditation or incorporate them into your self care rituals.

Balanced Sacral Chakra

- emotional balance and fluidity
- strong sense of creativity & inspiration
 - healthy expression of desires
- passion for life and the ability to experience joy

Unbalanced Sacral Chakra

- feeling emotionally numb, uninspired, lack of desire or fear of intimacy
- mood swings, overindulgence in pleasures (food, sex, substances, etc).

Affirmations For Healing Sacral Chakra

"I allow myself to feel and express my emotions freely."

"I embrace change and flow with life's natural rhythms."

"I release past wounds and welcome emotional healing."

"I am a creative being, full of inspiration and ideas."

"I express myself freely and joyfully."

"I deserve joy, pleasure and passion in all its forms."

"I honor my body and embrace my sensuality."

"I am comfortable in my own skin and radiate confidence."

"I attract/nurture relationships that honor my boundaries."

"I am worthy of love, respect and deep connections."

"I welcome abundance and positivity into my life."