



What Is Flax?

- Flax is a blue flowering crop that has been around for 5,000 years. The ancient Egyptians used the inside of its stem to make linen cloth.
- The oil-rich seeds of flax are tiny, smooth and flat; almost liquid-like in texture. Their glossy surface and miniature size instantly flow and conform to the body.
- Like linen, flax seeds are highly absorbent and good conductors of heat. They provide much more even temperatures than rice, wheat, corn, oats, or buckwheat.
- When heated, flax retains half of its heat after an hour.

Flax Makes Perfect Scents

Flax has a subtle, almost non-existent aroma. We appreciate this for two reasons:

1. It is suitable for people who are sensitive to fragrances and prefer an unscented product.
2. It does not interfere, compete with, or confuse the aroma of *Michelle & Jordan's Essential Oil Blends™*.

Michelle & Jordan's® recognizes that not all people like the same strength—or type—of fragrance, nor do they want to smell the same fragrance all the time. As such, not all of *Michelle & Jordan's Organic Flaxseed Products* are scented. If you do not find what you are looking for in our signature line of fragrances, customized fragrance and desired strength may be realized by adding a few drops of a *Michelle & Jordan's Essential Oils™* to unscented pillows and bears. As an aromatherapy tool, this flexibility is key to keeping up with the ever-changing needs of the body.

What Is Aromatherapy?

Aromatherapy is the application and delivery of specific therapeutic essential oils via the skin and/or lungs to achieve specific results in the body.

Organic Essential Oil Blends

*Lavender, Mandarin
Vanilla, Acacia, Bergamot
Mandarin, Cinnamon Bark
Vanilla, Honey
Rose, Frankincense
Orange, Balm Fir, Frankincense
Frankincense, Cassia, Balsam Fir, Myrrh
Vanilla, Ylang Ylang, Clove*

University Place, WA (253) 565-6222


**Michelle
&
Jordan's®**



**Organic
Flaxseed Products**

michelleandjordans.com



Why Flax?

Flax seeds are flower seeds, not grain such as rice, oats, or buckwheat. As such, they contain 30-40% oil, which *remains inside the seed* to be warmed

again and again without diminishing effectiveness or high humidity. This is not the case with grains; *Grains release water when they are cooked.* Water loss not only affects their ability to retain heat over time, but causes the emanating heat to feel WET. How comfortable is that?!

Another benefit to flax is that the small size and weight of its seeds makes our pillows extremely conformable and lightweight. It is slight pressure, not heavy, that helps ease tension.

Michelle & Jordan's Organic Flaxseed Pillows™ are a convenient way to apply heat and cold to the skin to boost the effectiveness of aromatherapy and spa treatments.



Michelle & Jordan's Flaxseed Eye Pillows™

Warm, Even Heat

Flax seeds retain heat extremely well. When heated in the microwave, they maintain a warm, even temperature. In addition to feeling wonderfully soothing, they play an important role in opening the pores of the skin and dilating the surrounding blood vessels. Physicians and physical therapists alike have long utilized heat modalities for the treatment of sore muscles, compresses, and joint pain.

Opening Pores

Heat applied to the skin opens pores. Open pores assist the skin in its eliminatory function and facilitate the penetration of *Michelle & Jordan's Essential Oil Blends™* into the skin. (It is important that the skin be meticulously clean when using pillows for this function.)

Dilating Blood Vessels

Dilating the blood vessels of the skin can be beneficial. Increased blood flow and circulation brings a fresh supply of oxygen and nutrients to the skin, facilitates toxin elimination, and has an extremely relaxing effect on the body.

Cool Invigoration

Cold temperatures have an invigorating effect on the body, like taking a brisk walk in the fall. When the skin gets cold, the blood vessels contract, imparting a smooth, glass-like appearance to the skin. When used alternately with heat, cold applications stimulate circulation and blood flow.

Flax seeds are a gentle way to retain cold. When placed in the freezer for an hour, they stay soft, pliable, and cool for about 30 minutes. Unlike traditional ice packs, they provide even cooling, not freezing temperatures that rapidly thaw in a matter of minutes. This is especially useful when using to alleviate swelling, inflammation, or uncomfortable sinus congestion.

In the beauty arena, cool flaxseed pillows are useful for reducing eye puffiness, calming down cuperose or acne-genic skin, and reducing the appearance of large pores. They feel wonderful on a hot day when placed on the back of the neck, and are great for sunburns, bug bites, colds, or fevers. (Women have even intimated their worthiness in dealing with hot flashes!)

Prayer Bears™ For The Young At Heart



"I will lie down and sleep in peace..." Psalms 4:8

Place Michelle & Jordan's Prayer Bears™ in the microwave for 1½ - 2 minutes or in the freezer for an hour for soothing comfort.