

ISSUE 1017

OCT 2018

MOTION

A MAGAZINE ABOUT OUR FORWARD MOVEMENT

FALLING INTO AUTUMN

FAVE SCENTS- NOT JUST PSL

ESSENTIAL OILS - SOS





LETTER FROM AN EXECUTIVE

IT IS HARD to believe that fall is already here! It seems like summer just started! Although we don't miss the triple degree weather, its hard to say goodbye to the pool and long sunny days. But now that we have officially entered in autumn, its time to prepare for the new season!

In this issue we are covering all things fall! Not just the basic Pumpkin Spice Latte, but all the smells! What scent takes you back to the pumpkin patch, leaves changing, sweater weather feels. We may not experience all four seasons here in Arizona, but we will imagine our season's change through our magazine!

We also go over the importance of essential oils. I am sure you have seen this trend around and have considered purchasing a humidifier or an aromatherapy kit for your space. We

will break down why all the hype and what are the basic oils you need to get started down the rabbit hole.

Now that it is soup season we are in the kitchen whipping up our favorite recipes. From stews to chili we got you covered! Once the soup is ready we are prepared to hit the couch and binge some spooky flicks for Halloween.

Autumn in Arizona is a favorite time for most. The weather is perfect to adventure out into a hiking trail and we can finally open our windows to all the fresh air. If you are staying in town and checking out some local corn mazes or adventuring up north to really cool off in Sedona or Flagstaff we hope that this magazine teaches you a new tradition to incorporate into your Fall Festivities!

Zritt

MOTION

A MAGAZINE ABOUT OUR STEPS FORWARD

CREATED BY US FOR US

"PEOPLE DONT CARE HOW MUCH YOU KNOW
UNTIL THEY KNOW HOW MUCH YOU CARE"

CREATED BY
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QUOTE

*"Autumn is a second spring
when every leaf is a flower."*

- Albert Camus"

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*"Life starts all over again
when it gets crisp in the fall."*

- F. Scott Fitzgerald



ESSENTIAL OILS

YOU MAY OR may not have seen the wellness trend popping up about essential oils. This self-care practice is catching speed and for good reason. The power of smells really can affect how we make decisions to living our daily lives.

The use of aromatic essences and the

burning of incense (aromatic resins and gums, such as frankincense and balsam used to create scented fragrances for specific applications) has been used in spiritual pursuits for as long as we have a record of them. In ancient Egypt, incense was burned as an offering to the gods. But now your roommate is using them to clean the house and lather herself in before bed. But why?

her oils and use them for antiseptics and antibiotics. Essential oils release molecules into the air that interact with the nervous and endocrine systems. Gabrielle A. specifically uses tea tree oil diluted with water "its only the best spot treatment" she states.

Here are a few oils and their benefits:

Lavender, lemon, and rosemary increase serotonin. Serotonin is a key neurotransmitter that can trigger a feeling of being in a utopian environment.

Lavender, ylang-ylang, and bergamot moderates cortisol. Cortisol is a hormone produced during periods of stress.

Lemongrass, citronella, and white verbena promote GABA. GABA is a calming neurotransmitter that regulates anxiety and encourages centering.

SOURCED FROM: MIND BODY GREEN



Essential oils are molecules harvested from the seeds, leaves, bark, resins, and other materials of nature. Essential oils are uniquely qualified to produce dramatic results that other remedies can't.

Puneh N said she doesn't use them but her husband does for stress and relaxation. A few drops of lavender on your pillow before bed promotes restful sleep.

Gabrielle A. likes to get all scientific with



FAVE FALL SCENTS

There is something about a scent that changes your world. As soon as the nodes enter your nostrils you are transported to another place. The place you first smelled that smell; the place that makes you feel warm and fuzzy; the place of happiness.

For some that smell is a childhood scent maybe a baby or a great aunt's perfume. For others its an outside smell of nature maybe the first rain or an ocean breeze. But now that autumn has arrived everything smells great! From the pumpkin spice latte in the AM to the spice cones at night, the fall brings all kinds of feels through the way it smells.

FOOD

Fall means soup season. So here at Motion Magazine we have been cooking up Chili, replicating the Panera Bread Broccoli Cheddar and creating new concoctions. "Soup / Chili season is what I live for," Pune N. states.

Soup is easy to make in a crock pot: load it in the morning and its ready to go when you get home from work.

Leftovers veggies, a meat and a broth equals a delicious stew 8-10 hours later in the slow cooker.

DRINKS

Okay we have probably mentioned Pumpkin Spice Latte 5 times already in this issue and it is not even the end, but what is fall without a PSL? Not #basic.

"Besides the basic pumpkin spice of course would be the smell of hot coffee," Talyssa M. states. Coffee smell never gets old. Its a great scent to wake up to because you are instantly in a good mood smelling the roasted beans being brewed.

DECORATIONS

The grocery stores are full of them. When you walk into the double doors immediately you are over powered by the scent of cinnamon. From broom sticks to pinecones the smell is sweet and spicy and seems to last forever.

"During fall, I am also a sucker for cinnamon brooms," Pune N. states. Whether

its in a broom, a cone or a candle the smell of cinnamon can improve performance several types of memory tasks. It is great for the ambiance and the body.

NATURE

No burn season has come to an end so that mean the bonfires will commence. "I love the smell of burning leaves," Emily S. says. Fire places begin to fill the air at night and families begin to take their dinners outside around the campfire.

Each day the weather gets cooler more and more of Arizona begins to adventure outside into their favorite fall festivities. These smells are a sense of comfort to us and each season look forward to the way they make us feel.



 EVERY FALL MY MOM AND I DRIVE UP TO FLAGGSTAFF FOR THE DAY TO SEE THE LEAVES CAHNGE COLORS.

RACHEL S.

 FALLOPALOOZA FESTIVAL BACK HOME: A BUNCH OF RIDES, FOOD, GAMES, AND MUSIC!

TALYSSA M.

 SPENDING THE NIGHT IN A CEMETARY AFTER WATCHING A SCARY MOVIE!

EMILY S.

 NOTHING I LOVE MORE THAN A FIRE PLACE ON A CHILLY NIGHT! BRING IT!

PUNEH N.





When Hocus Pocus starts playing on repeat you know its time! When Starbucks launches their Pumpkin Spice Latte, you know its time! Time for all Hallow's Eve.

Halloween is an annual holiday celebrated each year on October 31. It originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. Similarly today, trick or treaters dress up in costume to celebrate a haunted time.

I am not sure what is the proper age to stop dressing up, but I don't think I have reached it yet. I may not gather my jack-o'-lantern tote to knock on doors demanding candy any more but still dressing up is part of the "Spirit."

Costume ideas have always come easy to me. I think I only bought 1 costume from a bag, it was a "sexy cop" and I never ended up wearing it because it never fit right. So most of my costumes were homemade.

First set of homemade costumes were sewn by my family: I was the statue of liberty, a cheerleader and a spice girl. As I got older homemade

costumes were whatever I could find at the local thrift shops. Now a days Goodwill creates an entire marketing campaign dedicated to discovering what you will be at your local store.

Last year and this I was inspired to gather what I already have in my own closet. Often times costumes are inspired by athletes, artists, or performers who wear "normal" clothes just like you and I. When I was inspired to be Frida Kahlo I knew I already had the pieces in my closet. I started with a floral top, a big skirt and of course a floral headband. It was super simple, yet a timeless classic.

This year I am channeling my inner fighter and dressing up like Rowdy Ronda Rousey! From the spandex to the gloves and don't forget the braids I will be playing Joan Jet's "Bad Reputation" song throughout the night as well.

Trying to incorporate couples costumes is always fun too! This year my other half will be dressing up like The Rock, not exactly a couple but keeping with the theme.

With a few weeks to go till Halloween you still have plenty of time to come up with a few costumes. After all you can't wear the same costume to every party you're attending.

First look at your inspirations and your admirations chances are you have something that encompasses them.

Next visit a local thrift shop and see what stands out to you? Create your own zombie or fairy.

Lastly ask around. Clothing swaps have become a popular thing but what about a costume swap. Last years Granny could be this years Lumberjack! Accessories are key.

Whatever you dress up as remember to be safe and happy haunting!

SOURCED FROM: GOOGLE



DIY COSTUMES

