

“Dr.” Ruthie Offers Insight on Amore



BY RUTH NESBITT

Dim candlelight leads the way, a trail of rose petals and lavender surround a bed clothed in silky sheets and piled high with satin pillows. On a nearby table the scent of pumpkin and jasmine lazily drifts from a warm diffuser. Here awaits your lover, offering morsels of exotic fruits and chocolates, chilled cordials that tantalize and intoxicate the senses.

Is this the perfect atmosphere that you envision for a romantic and memorable Valentine's Day? Then you are ready to learn the ancient secrets of aphrodisiacs.

Derived from the Greek Goddess of love, Aphrodite, the word aphrodisiac is a symbol for tastes, smells, sounds and sensations that awaken the sensual nature. While it would be impossible to enumerate everything that has been used for this purpose, there are a few things that have been used by cultures all over the world to heighten the sensual experience. Aromatics have played a key role in setting the mood. Perfume oils are the most versatile way to experiment with this ancient art. In the bedroom, oils can be added to water in a diffuser to scent the entire room and set a romantic mood. They can be worn undiluted on the skin as perfumes. Anoint the back of the neck, behind the ears, the throat, chest, navel, wrists and behind the knees. Essential and fragrance oils can also be mixed with massage oils that have no scent of their own, like sweet almond or apricot kernel oil. A sensual massage can be an ideal way to relax and pamper your lover.

Suggested for oils known for aphrodisiac properties...

Sandalwood: Warm and richly sensual this oil is mentioned in the famous Hindu love manual, the Kama Sutra. It is prized for its ability to relax and calm a nervous lover.

Jasmine: Fruity floral and exotic, the very feminine scent is stimulating and arouses passions quickly, causing a surge of euphoria.

Pumpkin: Scientifically proven to produce arousal in men, this is the ideal scent for intoxicating and mesmerizing any male.

Ylang Ylang: Sweet, light and happy, this perfume is excellent for lifting dark moods and creating a happy and relaxed feeling.

Herbal teas and cordials also have a wonderful effect on the sensual appetites. Each person is different, so it is important to keep in mind your own needs when choosing an herbal aphrodisiac. If you are often nervous or highly stressed out you may need something to help you relax into the sensual moment to experience full enjoyment. Some people may need a more stimulating herb to create arousal.

An herb that causes calm relaxed yet sensually aroused feeling is Damiana. It is excellent for both men and women. For best results, make this herb into a cordial. You will need 3 ounces of the raw herb, 2-3 ounces of your favorite berry; elderberries, black cherries, blackberries and blueberries work best, and a fifth of high-proof vodka. Crush the herbs and berries and place them in a glass container such a Mason jar or clean wine bottle. Pour the vodka over the mixture, seal tightly and allow it to mature for at least three weeks, stored in a cool dry place. The longer you let the mixture steep, the stronger the cordial will be. After it has steeped, strain off the liquid and it is ready to drink. Damiana can also be smoked and drunk as a tea, use 1 tsp of the herb per cup of hot water for a tea and allow to steep for twenty minutes.

A stimulating herbal aphrodisiac that is typically used for men but also has an intensely arousing effect on women is yohimbe bark. Yohimbe is traditionally used in Pagan love ceremonies and ritual sex magic. The best way to take yohimbe is in a tincture, a concentrated form of the herb suspended in a minute amount of alcohol. Herb Pharm makes a great yohimbe tincture. Yohimbe is also effective as a tea. To make a strong brew, use one ounce of the raw bark for each person drinking the tea. Bring four ounces of water to a boil and then reduce the heat to low, add the herbs and allow them to simmer for no more than four minutes. Remove the mixture from the heat and cover, allow it to steep for about 20 minutes. Strain off the liquid and discard the leftover herbs. Now you are ready to enjoy a truly arousing and stimulating erotic experience.

Excitement from the apothecary, such as candles, oils, flowers books and advice, make your love life sizzle all year round. Learn more at Tenzing Momo, an herbal apothecary located in the Pike Place Market's Economy Market, between Crepe de France and the Great Wind-up

STEWART'S MEATS

Open everyday 10-6 • (206) 447-9900
1530 Pike Place

Specializing in Naturally Fed Beef
HOMEMADE SINCE 1933

Specializing in famous beef jerky, pepperoni, exotic meats and wild game.
Stop by for a sample!

PIKE PLACE MARKET

On the corner of *First & Pine* and *Pine & Post Alley*

<p>Post Alley Market Building</p> <p><i>An amazing mix of specialty shops, cafés and professional services in the heart of the Pike Place Market.</i></p>	<p>RESTAURANTS</p> <p>CAFE YARMARKA <i>Home-style Russian cooking</i></p> <p>JASMINE THAI - MOROCCAN CUISINE <i>Where All Meals Are \$6.50 +tax</i></p> <p>LO PRIORE BROTHERS <i>Home made Italian specialties & catering since 1982</i></p> <p>PIKE PLACE BAGELS <i>New York style bagels and more</i></p> <p>PIKE PLACE CHOWDER <i>New at Post Alley - Award winning chowder</i></p> <p>SEATTLE'S BEST COFFEE <i>SBC's flagship location</i></p> <p>SISTERS EUROPEAN CAFE <i>Grilled sandwiches and vegetarian gourmet café</i></p> <p>VIVANDA RISTORANTE <i>"Italian seafood - full service bar - intimate dining, lunch & dinner"</i></p>	<p>RETAIL SHOPS & SERVICES</p> <p>AFRICAN TREASURES <i>Authentic hand made African crafts</i></p> <p>DAR SALAAM <i>Moroccan Designer Imports</i></p> <p>DOG ALLEY <i>The place for pets and their people</i></p> <p>DRAGON'S TOYBOX <i>Educational, heirloom toys, games & fun!</i></p> <p>ETRUSCAN DESIGN <i>Affordable luxury leather clothing & accessories</i></p> <p>MADE IN WASHINGTON <i>Gifts galore</i></p> <p>MILAGROS <i>Mexican Imports - arts & crafts</i></p> <p>SWEET BABY JESS <i>Toddler boutique</i></p> <p>US BANK <i>Full service banking</i></p>
---	--	--

On the corner of *First & Pine* and *Pine & Post Alley*

AFRICAN TREASURES

Handmade baskets, wood carvings, jewelry, cloth, beads, unique gifts & more.

206 625-1170 • off Post Alley behind Seattle's Best Coffee - Pike Place Market

Lopiore Bros.

PIZZA AND PASTA BAR
621-7545

BRING IN AD FOR FREE DRINK WITH MEAL.

Come try our Smoked Salmon Chowder, Seafood Bisque and Dungeness Crab Rolls...
and our AWARD WINNING CLAM CHOWDER.

Check out our
4-CUP CHOWDER SAMPLER

Next to Made in Washington • 1530 Post Alley 206-267-2537

Serving a variety of breakfast & lunch:
Grilled European Sandwiches
Vegetarian Gourmet Salads
& Soups from Around the World
All served with Italian rustic bread

FREE DRINK
with any \$5 purchase
expires February 14th, 2006

Post Alley/Pine Street • 623-6723
Open Daily 8:00am to 5:00pm

Call Megan at 372-3157 to advertise in the Pike Place Market News.