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Author, alchemist to visit Denville to elevate mood with the help of nature

By HINAA NOOR Contributing Writer
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ADORA WINKVIST

DENVILLE TWP. – As a young girl, Adora Winkvist, now a renowned author and alchemist, walked around barefoot on greens of a forest by her Asheville, N.C., home collecting colorful rocks close to water's edge and experimenting with her mother's perfumes, mixing them and creating her own scents.

Winkvist will share her secrets of scents and others through her global book launch of "Detox. Nourish. Activate: Plant & Vibrational Medicine for Energy, Mood & Love," a holy grail of alternative medicine. She'll visit Urban Muse in Denville from 6 to 7:30 p.m. on Thursday, Dec. 9.

A co-author of the book, she has toured in the United Kingdom for it as well. She was born in upstate New York and now lives in North Carolina.



The event will consist of a book signing, coffee and conversation on various topics including, power of crystals, essential oils, gratitude and meditation. Winqvist, who is also an essential oil expert, will also invite the audience to schedule a deskside at the book signing.

Her discussion, and the book, will offer a comprehensive guide to transforming one's health and nourishing well-being on the road to self-discovery.

"My work for over 20 years has come from my own process of healing," Winqvist said.

"It comes from healing from all places, including Endometriosis, chronic depression and anxiety. I share my personal life in the book in order to engage with the audience," she said.

Winqvist's book, in short called 'DNA', goes deeply into three main subjects which peek into each body system, including: detox, nourish and activate for the entire body on all three physical, emotional and energetic levels.

“Energy, mood and love affect our body, and there are alchemical interventions such as herbs, crystals and essential oils for that,” Winqvist said.

Winqvist, a graduate in energy medicine from the Barbara Brennan School of Healing in Boca Raton, Fla., uses her book, abbreviated as “DNA,” to create a guide for its readers along the path of self-mastery and expression of their own personal truth. Besides her extensively detailed book on natural healing, Winqvist also has a full collection of products of custom vibrational medicine and aromatherapy blends, and services of facilitation, education and guided ceremony/meditation at her website called AdoraWinqvist.com.

“I started creating formulas at home by myself when I used to work for corporate America in 1998,” Winqvist said.

Winqvist, who was one of the first individuals to own an aromatherapy company in New Jersey, has been recording journal entries for over 20 years of client notes, teachers and students. She now holds a global business online with a huge team of creative branding and research department who help in the growth of her business.



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“Essential oils and other natural alternatives in medicine have been used historically in hospitals all over Europe,” Winqvist said. “The oils don’t just smell good, research shows they have different infinite impacts for our body. They can bring balance to who we are physically, mentally and spiritually.”

Winqvist, who has traveled to countries like India to study oils from flowers like jasmine, described the use of plants in medications, which her book also discusses in detail. She said that lavender has more than 100 compounds that help in many ways and said people just have to look for the benefits. She also said that medications are profoundly effective, but embodying the best of oneself in daily life is more than taking a pill.

“There is a mass level of awakening in essential oils that derive from plants,” Winqvist, who will soon be teaching an essential oils class, said. “Inhaling essential oils gives an immediate shift to the mood, and an indivisible opportunity to feel the emotions.”

Winqvist in her book and on her website discusses and offers various blends of products, including a product called the “mood elixir,” which also comes in the form of a rollerball that contains: genium, wild and blood orange, patchouli and carrot seeds, which is one of her favorite ingredients. The elixir is a special blend of oils that helps with immediate changes in mood, sleep and stress, she said.

“You can change how you feel in moments,” Winqvist said. “You can best use the elixir or any oil on your pulse points and inhalation of 30 seconds for anxiety relief. The carrot seeds, one of my favorites, is a deeply rooted oil that helps with chronic and acute anxiety and brings calmness.”

As much as Winqvist explores the impact of nature on the body in her book, she keeps herself close to earthly goods daily, as well as her two daughters, Lilly, 12, and Violet, 7, who she says are both deeply in love with nature just the same.

“Just this morning I took a bath with patchouli and rosewood essential oils by mixing

my own formula,” Winqvist said. “It’s very important for me especially when I am working and writing, or even talking to use oils like rose-oil from Turkey, which is connected to heart space and keeps me open and centered.”

During COVID-19, Winqvist worked on creating a new formula called “release” for her website which she said helps release unwanted and useless feelings and emotions, and it contains some similar ingredients like rose, carrot oil and palo santo.

“Rose-oil is one of the most expensive oils and most people have not smelled it,” Winqvist said. “Sourcing is key and we have a lab that makes sure they are pure. Yes, it is true that most of the oils can be expensive to purchase; however, you can instead buy a blend of them instead of each one.”

Although Winqvist interacts mostly with female customers of all ranges in age, she also gets male customers who are interested in products and knowledge of betterment in sleep and energy, which is appealing to both men and women. Her products of sleep, mood and energy elixirs are used for these and are discussed in her book and blog online apart from crystals and other formulas. Winqvist is in the process of publishing her second book, written fully by herself called “Sacred Relationships,” which is set to release in 2022 along with new products on her site.

“I still have a few classic perfumes like Coco Channel and I layer it with my own touch of essential oils,” Winqvist said. “Perfumes may contain many allergic components, but we create oils to help live a better life.”