



February 14, 2007

Scent of a Woman

You struggle on the road to redemption, have no luck on the road to success, and only occasionally (meaning never) take the high road.

So allow us to point you in the right direction: Flower Road Natural Therapies.



Owner Michelle Shelmire's custom aromatherapies are based on the clinical studies of Hippocrates. He believed we must first know ourselves in order to obtain good health, which explains why Shelmire begins each treatment with a personality reading.

After asking a few questions, she mixes a formula of essential oils made especially for you. Then Shelmire gets to work customizing your already relaxing procedure with various techniques — like massage, reflexology, lymphatic drainage, or even iridology (the study of the iris to diagnose disease) — to ensure your body and mind are in total harmony.

Shelmire handmakes everything she uses (including her heavenly creams) and keeps several vials available for sale.

Because you'll inevitably want one for the road.

Flower Road Natural Therapies, 4209 Bordeaux Avenue, Highland Park (214-528-2766 or flowerroad.net). By appointment only.



Roses are red, violets are blue, **you forgot to make valentines**, so we made some for you. [Click, print, and give](#) to your pals, crushes, and loves.

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