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Quotes

"The first of April is the day we remember what we are the other 364 days of the year."

Mark Twain

"Keep your faith in all beautiful things; In the sun when it is hidden, in the Spring when it is gone."

Roy R. Gilson

Find out what you're missing!

For those of you who haven't yet checked us out on Facebook, here are some great reasons to:

1. We often post advance notice of sales and specials
2. We share aromatherapy ideas, news and articles of interest
3. We share discussions on aromatherapy.

Some of the topics in February 2014 were:

- February was

Green Valley Aromatherapy

April 2014

Greetings!

Hello to all of our Aroma Friends,

Isn't it nice having the lighter nights and knowing that it is going to get better! Somewhere around January, I start to give up that spring is ever going to come around again. This is why we chose to go to Mexico in January/February.



This month will be your last chance at guessing the riddle. I think they were getting too easy for you. May will be the start of another way to tax or use your brain. You know the old saying, if you don't use it you lose it. Well, science has jumped on board and verified that there is a lot to be learned from these "old wives Tales" or sayings that have been passed down.

We are now in the Brain Age. There are a lot of brain games available as well as more serious ones aimed at strengthening your memory and concentration. If you are menopausal, or know anyone who is, you will know what I mean when I talk about that moment of panic when a word or name that you know well just evades you.

Fifty years old, the approximate age for menopause to start, was the time when women, 100 years back, took a back seat within the family and sat by the fire with their knitting offering words of wisdom. These days women are vital and energetic at 50 years old. They have their bucket lists and it is time to start the next exciting chapter in their life.

Most of the top note essential oils are very stimulating. **Rosemary** in particular is listed as being a brain stimulant. This has been quoted in the bible, by Shakespeare and in many books throughout time and now has been proven scientifically. If you can get a natural body wash and shampoo, you can add your own Rosemary essential oil and start the day energized.

All the best,

customer appreciation
month

- Essio shower kit
- Story contest



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Barb

Product Profiles

Fennel Essential oil (*Foeniculum vulgare*)

Fennel essential oil comes from the crushed seeds which are distilled by steam. Fennel is in the same family as coriander, caraway and aniseed. Fennel contains anethol, fenchone, estragol, camphene, and phelandrene. It has played an important part in the treatment and rehabilitation of alcoholics. Fennel is also helpful in gout and arthritis by preventing the build up of toxic wastes in the body which precede the inflammatory condition of the joints.

It is said that fennel seeds were carried by Roman soldiers on long marches. They would chew on them to help decrease their appetite when they did not have time to stop and make a meal. Christians who observed fasting days also did this. Fennel is a good diuretic which may help obese people if water retention is part of the problem.



When I was studying aromatherapy, our teacher always connected fennel with menstrual and menopause issues. This is due to the plant hormone, a form of estrogen, in its structure. If you find that you are drawn to the aroma of Fennel essential oil, then you are probably a very active person. You loved athletics in school and you still enjoy the gym. Beware as you are also very emotional too; crying one minute and laughing the next.

Acheaway essential oil blend

Our Acheaway is made from Roman Chamomile, Ginger and Lavender. These oils are all known for their anti-inflammatory properties. All 3 oils are also analgesic which is invaluable for those aching muscles and joints. You can add this blend to a vegetable oil like Evening Primrose oil to use on individual aching muscles or joints or to have a relaxing massage.

A warm bath in itself is good for aching joints and muscles, so if you add up to 10 drops to that bath you would feel really good. My hands get a little dry and my joints are tender. For this I use Shea Butter. As it melts in my hands I add 2 drops of the Acheaway blend onto my hand and massage my hands.

We have a very handy set of Personal Massage rollers (or PMR's) and our Acheaway blend is available as one of these. If you do not want to be bothered with mixing, the PMR's are ready made; Acheaway blend in a Sweet Almond oil base. All you have to do is roll it around the affected area.



Fennel, Cocoa butter, Acheaway blend and Acheaway PMR are all 15% off in April!

Recipes

This is a recipe to help you to focus when there is so much going on in your life.

Fennel essential oil 10 drops
Cypress essential oil 5 drops
Juniper essential oil 5 drops
Litsea cubeba essential oil 10 drops

Use 10 drops of this blend in the bath and have a relaxing soak. You can put 5 drops in to diffuser and surround yourself with this aroma by adding drops to tissues to have in your pocket or handbag. Or you could carry around an inhaler. If you are going to use this blend in a massage the dilution would be 1 drop of the blend into 1 ml of massage oil, 10 drops to 10mls etc.

Recipe for greasy hair - last rinse (usually due to overactive grease-producing sebaceous glands.)

In a 500 ml bottle, put 10 drops of Litsea Cubeba essential oil, 3 drops of Fennel essential oil and 2 drops of Rosemary essential oil. Fill the bottle nearly to the top with water. Leave room to shake it to mix the ingredients. Shake well before each use. Wash and rinse your hair as usual. Pour the blend over your hair, making sure it gets through to all your hair. DO NOT RINSE OFF. You do not need to use the whole amount. Just use enough to cover your hair and save the rest for next time.

Would you like to receive a FREE 10ml Lavender from France with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 10ml bottle of this amazing product to your next order! The correct answer will be given in our next months newsletter.

What is a dance for 2 containers?

Best of luck!!

Last weeks answer was 'they were all married'. Congratulations to all those who answered correctly.

Thank you to all those who shared their stories with us in February. We will be profiling some of them here in our newsletter. If you have a story to tell, please share it with us.

You can email us at orders@57aromas.com.

By sharing your stories you may help others.

Thank you.

Customer Success Story

"This is such a wonderful idea, I would love to share an aromatherapy success story.

I completed my Aromatherapy training last year and as a newly registered Aromatherapist I was feeling in awe of both the knowledge I had acquired and all that remained to be learned about essential oils.

In seeking experience, I was compelled to make a blend for my Mum who was having significant pain and swelling in her knee and was having little relief from anything her Family Doctor was able to offer her. She is quite restricted in what she is able to use due to the number of medications she has to take, but I felt that essential oils might be able to offer her some comfort.

After much thought and safety research, I created a blend based around Cypress and Roman Chamomile, with a touch of Benzoin, Basil and Tangerine. To my amazement, this blend completely reduced the swelling and significantly helped the pain in only a few days! I was uncertain as to how effective this would be, and was thrilled with the results.

On her next visit to her Doctor, Mum told her how much better her knee was and told her about the blend I had created and how effective it was in reducing the pain and swelling. I had written the components down so that Mum could show her Doctor, and to our surprise, the Doctor asked if she could copy it so she could make it for her own mother! In the end, I made up some of the blend for the Doctor and sent it with Mum on her next visit. Needless to say, we were both surprised and happy that the Doctor embraced a natural therapy to the extent she did.

This still remains the single most effective solution for Mum's knee pain, and in that I am most grateful to have been able to help.

Thank you for the opportunity to share this story.

Cheers,
Tracey"

Thank you Tracey!

Did You Know?

Essential Smile is now available in a new size and bottle. You can now purchase this great blend in a blue 30ml bottle with a glass dropper. This is convenient way to dispense Essential Smile onto your toothbrush!

We have a few new bottles in the clearance section of our website: Boston Round spray bottles, deodorant tubes, and 30ml amber bottles. They are only available while supplies last. You can view them [here](#).



Can you Deciper this message?

GTYORJOTEQUIABGT

Try counting the letters and splitting them into groups.

Happy Spring Everyone!!