

Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add [greenvalley@57aromas.com](mailto:greenvalley@57aromas.com) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



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## Quotes

"Nature does not hurry, yet everything is accomplished."

*Lao Tzu*

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

*Denis Waitley*

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

*Mother Teresa*

## 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

# Green Valley Aromatherapy

**April 2016**

Greetings!

April showers bring May flowers.

Happy Spring to all Aroma People,

I hope April does not bring too many showers. We have had enough rain in March to bring forth the May flowers.



We are going to be moving to a smaller property on the first of July. I am happy to be moving to a smaller home, although I am a little sad at leaving here after 22 years. I am even more sad to leave my garden. I have a wonderful spring garden. Apart from all the bulbs, I have some colourful spring flowering trees. The spring flowers are all beautiful colours, but no aroma. The summer flowers do not have as much colour, but the aroma is wonderful. The butterflies like them as well.

Aromatherapy is now in the mainstream. When I was training in Aromatherapy 30 years ago, people would say, "Aroma what? Never heard of it." I always knew aromatherapy would catch the public's interest. It is so logical. A recent report told us that worldwide, aromatherapy has become a 7.5 billion dollar industry. The USA alone is projected to reach 10 billion dollars by the year 2022.

The good news.

Moving Notice. We are excited to announce that Green Valley Aromatherapy will be moving at the end of April to accommodate our growing business. We will be closed from lunch time on Thursday the 28th of April. Orders coming in after that time may have to wait. We are planning to be open for business on Monday May the 2nd. Our new address will be:

505 Duncan Avenue, Courtenay, BC, V9N 2M6, Canada.

2. We share aromatherapy ideas, news and articles of interest
3. We share discussions on aromatherapy.

Some of the topics in February 2016 were:

- Vetiver essential oil
- Lemongrass essential oil and the Zika virus
- Taking care of yourself



Like us on Facebook

Thank you to all of our valued customers. Our main goal is always to serve you better.

The not so good news.

With aromatherapy booming and the weather conditions not being so good, there has been a shortage of some of our essential oils. This has caused a rise in some of the prices. We have covered this for awhile, because occasionally prices do come down, but this time it looks like it is not to be. Our new prices will be in effect on April 15th, 2016.

All the best,

Barb

## Recipes

### Recipe for troubled teens.

As our babies grow up, the touch, cuddling etc. seems to stop. Either they have the misguided idea that they are too old for that or time gets in the way. If chance happens, grab it and suggest that he or she relax while Mum gives their feet a wonderful massage.

*For Girls:*

In a **30ml massage bottle** mix:

20mls of **Sweet Almond Oil** (or your preferred carrier oil)

15 drops of **Rose Geranium** essential oil

5 drops of **Marjoram** essential oil

*For Boys:*

In a 30ml massage bottle mix:

20mls of **Sweet Almond Oil** (or your preferred carrier oil)

10 drops of **Bergamot** essential oil

5 drops of **Marjoram** essential oil

5 drops of **Cypress** essential oil

## Product Profiles

### **Rose Geranium Essential Oil** (*Pelargonium graveolens*)

Rose Geranium essential oil is extracted from the leaves and flowers and is steam distilled. This oil has been highly prized as a skin detoxifier for both dry or oily skin

with its active balancing component.

Rose Geranium is a relaxing oil. For people who are anxious, restless or irritable, these issues can show in your face. By calming the emotions the whole body is relaxed and your face will become softer, creating less wrinkles and you will look younger. Another plus for Rose Geranium is that it stimulates the production of the skins sebum.

Recent tests have shown that Rose Geranium has the ability to calm nerve pain, for example with Shingles. General practitioners have few options to help deal with the pain of shingles. Perhaps this oil will be hitting the market at a highly inflated price.



## [Higher Being Blend](#)

The journey within to connect to our higher being must begin with a single step. It is likely that each step will be met with challenges. This blend of Cedarwood, Petitgrain, Sage, Black Pepper, and Grapefruit will help you to move through your journey releasing all of your old barriers along the way.

[Cedarwood](#) essential oil is an ancient, well-loved oil. It inspires confidence, balance, focus and stability. These positive attributes are great for people who suffer with obsessions, scattered thoughts, mental strain, anxiety, worry, and fear (all negative thoughts).

[Petitgrain](#) essential oil is a harmonized and uplifting essential oil that leaves you with a sense of joy, fullness, strength and optimism. If you are the type of person who gets depressed, has nervous exhaustion, is irrational, suffers from pessimism or insomnia, than Petitgrain is the oil for you.

[Sage](#) is another ancient, wise oil that promotes self-awareness. Being a herb, its value was in its flavouring of meats and vegetables. It was also valued for its help with physical and emotional pain.

[Black Pepper](#) essential oil is one of the warming oils. It promotes comfort by dealing with fatigue and lethargy. As you start to relax, Black Pepper will help to point you in the direction you need to go, giving you the energy and endurance needed to make decisions and move on.

[Grapefruit](#) essential oil helps with digestive problems, lymphatic drainage, water retention and mental fatigue.

Lets face it, if your body is in distress, you mind will be too. As you clear your body, you will start to feel lighter, uplifted and emotionally purified. This will lead to



confidence, joy, clarity and loving yourself.

Higher Being has the strength and wisdom of all of these oils. Make it your best friend. Start a diary and witness the changes.

## [AromaVeil Spring Party](#)

Spring Party is one of a set of six natural perfumes. With so many sensitivities to the chemicals in perfumes, it was time for us to introduce a Natural (in the true sense of the word) range of perfumes.

Spring Party has a light, fresh and clean kind of aroma. It was named well. "Spring Party" makes me think of energy. Imagine a party outside in the garden or on the beach. Everyone is energized, dancing and having fun.

Spring Party is made up from [Bergamot](#), [Sweet Orange](#), [Palmarosa](#), [Peppermint](#), and [Ylang Ylang](#) in a [Coconut oil](#) base. All of these essential oils promote happiness, joy and energy.

Rose Geranium essential oil, Higher Being blend, Spring Party and PMR's are 15% off in April 2016.



## Did you Know?

**Did you know...** Aromatherapy is being practiced by an increasing number of doctors. There is a swing towards natural health. Our doctor's office has a dietician, clinical councillor and acupuncturist. This works really well and gives patients a choice.

**Did you know...** Green Valley Aromatherapy is moving. As of May 1st, 2016 our new address will be:  
Green Valley Aromatherapy Ltd.  
505 Duncan Avenue  
Courtenay, BC  
V9N 2M6