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## Quotes

"The future depends on what we do in the present."

*Mahatma Gandhi*

"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."

*Henry David Thoreau*

## 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 May 2014 were:

- Wood cleaner

# Green Valley Aromatherapy

August 2014

Greetings!

Hi Aroma friends,

I hope summer is going well for you. In the Comox Valley, B.C., it has been almost tropical hot sunshine, then pouring rain, like taking a shower with your clothes on.



We were camping last week and the Mozzies were out in full force. Fortunately we had **Lavender** with us as I never leave home without it. It is a well known fact that essential oils do not have side effects, but Lavender does for me. Yes, it keeps the Mozzies away and soothes the bites of the ones that got through, BUT I become very laid back and do not want to do anything. I just zone out. I have to use Lavender in the evening and start the day with a blend of oils that keep the bugs off. As you know, we are not allowed to sell our D-Bug spray in Canada any longer, so I have included a recipe for you below.

At the end of August we are off to Spain, staying with friends for a couple of weeks, then driving to England through France. We will be checking out any new essential oil farms and visiting with some of our suppliers along the way. The drive will take us about a week. I am looking forward to hearing the latest essential oil news, good and bad.

Our latest feral kittens are coming around. They are starting to enjoy a little petting and company. They are sat on my desk while I am writing this (black and white, brother and sister), exploring all these new things and new smells. I am hoping they will be adopted before I leave for my vacation.

All the best,

Barb

- Anxiety and Aromatherapy study
- Origin of name, Lavender



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## Product Profiles

### [Palo Santo Essential Oil](#) (*Bursera graveolens*)

The name Palo Santo means holy or sacred wood. The tree is from the same family as [Frankincense](#) and is revered in the same way with an ancient history. The Incas and Shamans traditionally used this oil to purify and cleanse the spirit from negative energies. We realize now that the constituents of the oil lend themselves to getting rid of anger and negative emotions.

Palo Santo is steam distilled from the heartwood of the tree, using only branches that have fallen from the tree and have been dead for at least 2 years. The native people believe that the longer the branch is dead, the more powerful the oil, which again is the same for Frankincense.

Palo Santo essential oil would be a good oil to use in massage therapy as it helps to relieve pain and inflammation in the joints,. It also stimulates skin regeneration, healing and flexibility. Palo Santo can be used as part of the remedy for bronchial coughs, colds, nasal flues, allergies and asthma.

### [20 Year Celebration blend](#)

<u>Essential oil</u>	<u>Uses</u>			
<u><a href="#">Bergamot</a></u>	Analgesic	Antidepressant	Digestive	Diuretic
<u><a href="#">Cinnamon</a></u>	Anitmicrobial	Stimulant	Carminative	Antispasmodic
<u><a href="#">Niaouli</a></u>	Anti-inflammatory	Antirheumatic	Analgesic	Stimulant
<u><a href="#">Orange</a></u>	Lymph Stimulator	Uplifting	Tonic	Mild Sedative
<u><a href="#">Palo Santo</a></u>	Cell Regenerator	Analgesic	Grounding	Calming
<u><a href="#">Spearmint</a></u>	Cephalic	Antispasmodic	Stimulant	Digestive
<u><a href="#">Ylang Ylang</a></u>	Antidepressant	Sedative	Hypotensive	Aphrodisiac

Our new 20 Year celebration blend was put together mainly for its aroma to celebrate 20 years in business. Creating this profile made me realize how good this blend would be for general all round help and support.

If someone is feeling depressed, the symptoms are usually tiredness, lethargy, and giving up hope. Bergamot essential oil and Ylang Ylang essential oil are both really good anti-depressants. In this blend there are also stimulating, uplifting and tonic essential oils to help lift you up out of this feeling. If the depression is caused by pain, there are a couple of analgesic oils to help. Palo Santo essential oil will help you with

grounding and balancing. If you have been off your food during this time, Spearmint essential oil is good for the digestion and orange is a good tonic and a lymph stimulator. All in all, you cannot lose.

For the rest of 2014 we are going to carry on the promotional offer of 15% off the 20 Year Blend. Give it a try and let us know what you think!

[Palo Santo](#), [Palmarosa](#), [Valerian](#) and our 20 year blend are all 15% off in August.

## Recipe

Recipe for keeping the bugs away.

- 14 drops [Eucalyptus Citriodora](#) essential oil
- 7 drops [Lavender](#) essential oil
- 7 drops [Lemongrass](#) essential oil
- 7 drops [Manuka](#) essential oil

Add the drops to 50ml of [Witch Hazel](#) and 50ml of Distilled water in a [120ml Spray bottle](#). Shake well every time you use it.

Alternatively you can add 10 drops of the blend to 5mls of Carrier oil (such as [Sweet Almond Oil](#)) and 4mls of Witch Hazel. Massage over your face, arms and legs, wherever you have exposed skin.

## Did you know?

Did you know... I just had to share this with you; I think you all know that I am a pet lover, but this just floored me. Pet Graduations. Dogs who are enrolled in this certain school have graduation every year where they are dressed up in their finest for all the photographers. Tuxedos, ball gowns with lots of bling, head dresses, earrings, the works!

Did you know... There is a persistent storm in Venezuela that produces lightening 150 times a year, 10 hours a day, 280 times and hour. This has been ongoing since the 16th century. Can you imagine living there with all the bangs, cracks and flashes? I suppose you get used to it.

Did you know... A Giraffe's tongue is 21 inches long. They can wash their own ears out!

# Shea Butter Stories

**"Problem: When you collect the shea pits they sometimes have bits of uneaten fruit still sticking to them - and this is really hard to get off! So, who can you get to help? The answer is - chickens! We're not kidding - it's the chick'n pick'n truth! And they love it..**

When the women collect the Shea Nut from under the trees, the pits are rarely completely clean; sometimes just a bit of fruit left behind, sometimes a lot - and sometimes even the complete fruit is still there but is too mushy to eat. No problem!

Every family has chickens and a tub of fresh picked Shea Nut Pits means a chicken feast! They happily peck and scratch, turning the pits over and over until they get every last morsel of fruit that has been left.

Chickens are the perfect helpers for this; if you let the goats and sheep in on the fun they would eat the entire pit as well as the fruit! So, with a little help from any passing insects brave enough to join in, the chickens get the job all to themselves.

And when they've finished, the Shea Nut Pits are ready for drying."



***Baraka***

***See previous newsletters for more [Shea Butter](#) stories. Next month, the drying process.***