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Quotes

"Love is like playing a piano. First you must learn to play by the rules and then you must forget the rules and play from your heart."

Unknown

"Be pleasant until ten O'clock in the morning and the rest of the day will take care of itself."

Elbert Hubbard

"Happiness is when what you think, what you say, and what you do are in harmony."

Mahatma Gandhi

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

Green Valley Aromatherapy

August 2016

Greetings!

Hello again to our Aroma Friends. I have to apologize for not sending the July newsletter. Things were just a little bit crazy.



You probably know that we were in the middle of moving house in July. Downsizing from 6000 sq-ft to 1400 sq-ft must be one of the most stressful things there is. I could not just pack things. I had to decide what I really need, then make piles with the rest. Thrift Store, Restore, Giveaway and Dump. It was hard going through all the emotional stuff; these were from my parents... these were our children's first toys etc. I ended up saving a memento from each era. I had to make it work or we would have had to build an extension onto the shed just to store all the stuff in.

I am doing weekly chemotherapy. The medical appointments take 2 full days out of every week. The side effects of the chemotherapy are very little memory and no energy, but it could be worse.

Green Valley is still getting used to being in the town. There is a committee downtown that is busy promoting and organizing events in the area. One of the events was all about spotlighting Arts in our community. It was called Elevate the Arts and was a great success. The downtown area was crowded with smiling, happy people. Market Day was in the middle of July. They closed down the main street to traffic and many businesses had sales and promotions. It was nice to see so many people out on the street enjoying the lovely weather and great entertainment.

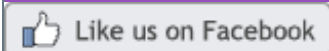
All the best,

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

Barb

Some of the topics in May and June 2016 were:

- Dangers of essential oils
- Eucalyptus essential oil
- Patchouli essential oil



Recipes

Recipe for After Sun Care

- 4 drops [Roman Chamomile](#) essential oil
- 3 drops [Geranium](#) essential oil
- 1 drop of [Peppermint](#) essential oil

Add the drops to 10mls of [Coconut oil](#) and rub onto the skin.

Recipe for Sun Burn

Have a cool bath with 10 drops of [Lavender](#) essential oil in it.
Then, add the following to 60mls of Moisturizing Base Cream:

- 10mls of [Aloe Vera Liquid](#)
- 4 drops of [Roman Chamomile](#) essential oil
- 5 drops of [Lavender](#) essential oil

Recipe for Bruises

Put the following mixture into a 30ml spray bottle:

- 15 drops of [Lavender](#) essential oil
- 3 drops of [Roman Chamomile](#) essential oil
- 9 drops of [Geranium](#) essential oil
- 30mls of [Witch Hazel](#)

Product Profiles

Black Pepper Essential Oil (*Piper nigrum*)

Black Pepper is a vine. The berries are steam distilled to create a clear to pale olive coloured essential oil. Some of the countries that produce Black Pepper essential oil include India, Indonesia, Brazil and Southeast Asia.

Black Pepper essential oil is a stimulating, warming oil that is well used during the cold winter months in massage oils as well as blended into a carrier oil for an excellent pre or post sport muscle rub. It may be helpful when used in a massage oil when you have aches and pains from a cold or flu.

Black Pepper essential oil may help with fatigue, lethargy, lack of concentration and impotence. In the respiratory tract, Black Pepper essential oil may help with bronchitis, colds, flu, infections and viruses. In a room spray this oil may help to destroy airborne infections.

Black Pepper blends well with Clove essential oil, Frankincense essential oil, Lemon essential oil, Pine essential oil, Rosemary essential oil and Sandalwood essential oil.

Specific Cautions for Black Pepper Essential Oil:

May cause skin irritation. Avoid during pregnancy. Too much can over stimulate the kidneys. Avoid with severe kidney disease.

Elevate the Spirit Blend

Our Elevate the Spirit Blend was designed in celebration of the Elevate the Arts festival here in Courtenay. This blend may help boost your creativity while keeping you uplifted.

Elevate the Spirit contains essential oils of: Amyris, Grapefruit, Black Pepper, Rose Geranium, Cedarwood, Spearmint, Ylang Ylang and Vanilla boosted extract.

Amyris is a base note and like most base notes it is calming, sedative and relieves stress. Black Pepper is a middle note and is best known as a vasodilator and a diuretic which helps with lethargy and concentration.

Cedarwood, another base note, is a tonic, helps to eliminate lactic acid and moves toxins from joints. Grapefruit is a top note and is well known for lymphatic drainage, cellulite, obesity, water retention, stress, mental fatigue and nervous exhaustion. I like it for its ability to stimulate the emotions. Rose Geranium is a middle note and is considered to be calming, uplifting and emotionally balancing.

Spearmint is a top note and one of the best stimulants. This oil is used for respiratory problems, digestion, congested skin and nausea. Although Vanilla has no true therapeutic value, its wonderful scent makes it a good addition to blends and helps bind the oils together. Ylang Ylang is another base note with so many wonderful properties. Ylang Ylang helps slow rapid breathing and is calming and balancing. This oil is known as an aphrodisiac so helps with impotence and frigidity.

Now you can see why we called this blend Elevate the Spirit!

Black Pepper essential oil, Elevate the Spirit blend, and Emu Cream are all 15% off in August 2016.

Did you Know?

Did you know... Green Valley Aromatherapy has moved. Our new address is:

Green Valley Aromatherapy Ltd.
505 Duncan Avenue
Courtenay, BC
V9N 2M6
1-877-572-7662

We have new hours:

Monday our retail shop is closed, however arrangements for pick up can be made.
Online orders will still be processed on Monday.

Tues-Friday we are open from 10am until 5pm P.S.T.

We are now open Saturdays from 11am until 4pm P.S.T.

Parting Shot:

An optician goes into a bar. 2 glasses and he made a spectacle of himself!