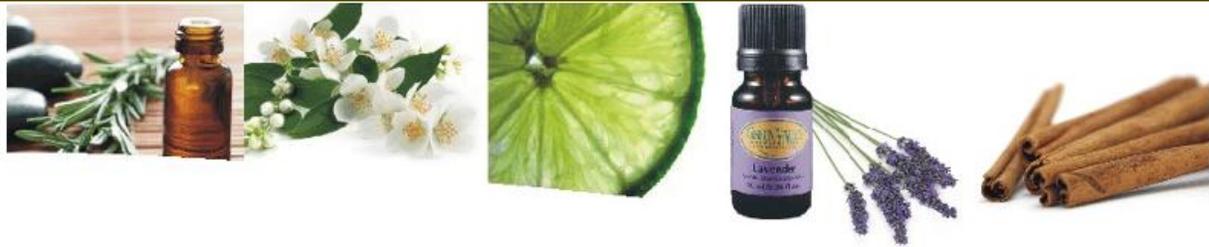


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvalley@57aromas.com to your address book so we'll be sure to land in your inbox!

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



Quick Links

[Green Valley Aromatherapy](#)
[Wholesale Login](#)
[Aromatherapy Articles](#)
[Newsletter Archive](#)

 Like us on Facebook

Quotes

"If we had no winter, spring would not be so pleasant. If we did not sometimes taste adversity, prosperity would not be so welcome."

Anne Bradstreet

"Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance."

Yoko Ono

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:

Green Valley Aromatherapy

December 2016

Greetings!

Hi there Aroma Friends,

2016 has been a pretty challenging year for me. I was diagnosed with cancer in November 2015 and have spent the last 12 months having treatments, learning to live with it, dealing with changes and adjusting to a new way of thinking. My last treatment was the 28th of October so I am now officially in remission and looking forward to an active, fun life.



Green Valley has also been going through some changes moving to a quaint new store in town. Our downtown shopping area is also undergoing some new changes, creating a space where tourists can roam and enjoy a good shopping experience. The girls are all very excited to be working in this new space and have lots of exciting new ideas and contacts for better quality oils from small boutique type farms with ethical growing methods.

I was practicing aromatherapy for quite some years in England before coming to Canada. Looking back, I can see some amazing changes on the positive side. The western world is swinging towards natural therapies and medicines. I love the aromas. I keep my diffusers going most of the time and the fact that they are helping constantly in the background is a bonus.

All the best,

Barb

1. We often post a dvance notice of sales and specials
2. We share a roma therapy ideas, news and articles of interest
3. We share discussions on a roma therapy.

PS You can now follow us on Instagram! (@57aromas)

Some of the topics in September 2016 were:

- Anxiety and Essential oils
- New products
- Back to School
- Old website photos



Like us on Facebook

Recipes

Recipe for Dry Skin

Dry skin feels as if it is pulled too tight over the face. The skin then has a tendency to develop fine lines that will eventually become wrinkles.

A good carrier oil is needed. I suggest [Evening Primrose oil](#), [Rosehip oil](#), [Emu oil](#) or [Virgin Coconut oil](#). For essential oils I suggest [Roman Chamomile](#), [Frankincense](#), [Rose](#), [Lavender](#), [Orange](#), [Palmarosa](#) and [Sandalwood](#).

A good blend would be:

30mls [Emu oil](#)

30mls [Evening Primrose oil](#)

Mix these two carrier oils together and shake well.

15 drops [Sandalwood essential oil](#)

20 drops [Palmarosa essential oil](#)

10 drops [Orange essential oil](#)

Add these essential oils to your carrier oil mix and shake well. Use liberally before bed every night for one week. There will be a marked improvement, but do not over do it. We do not want to clog up your pores. Maybe use less at each application or cut down to 2 times a week, then down to once a week.

Product Profiles

Neroli Essential Oil

I was introduced to Neroli over 30 years ago and it is still my favourite. We have just been introduced to a new supplier of Neroli essential oil. I cannot find the words to express how wonderful this essential oil is. Words like joy, fresh, clean, and happy jump to my mind when I first captured the aroma in my olfactory system. There are always differences in aromas with each new batch due to weather and soil conditions, but this one just blew my mind away. On top of all this it is grown on a small farm in Tunisia with ethical growing and distilling standards. Neroli is a beautiful oil with amazing properties. I get so excited when things come together.

Neroli essential oil has numerous properties. These are some of the ones I find very useful: Anti-anxiety, antibacterial, antidepressant, antiseptic, aphrodisiac, cytophylactic (neroli increases the activity of leukocytes to fight infection) and a tissue stimulant. Is it just me? Or do you agree about how great it is to have this wonderful aroma that can calm you down, protect our body and keep you skin healthy etc. without any side effects.

3 Wise Men Blend

Reminds you of Christmas and the star with royal beauty bright! This blend consists of Frankincense, Myrrh, Sweet Orange, Benzoin and Ylang Ylang. 3 Wise Men is helpful with forgiveness, letting go and moving on peacefully.

Frankincense is, among many other things, thought to be anti-inflammatory and sedative; as such it is wonderful oil that may help to heal wounds and inflammatory conditions.

Myrrh is well known as an anti-viral, antifungal oil and may be used to help fight viral and yeast infections.

Orange is well known for its natural antidepressant capabilities and may be used as a lymph stimulator.

Benzoin is gently vanilla-like in its scent and can be used as an inhalation for coughs and loss of voice or added to creams to help heal chapped and cracked skin.

To gently sweeten the scent we added a touch of Ylang Ylang, creating a blend to help calm and uplift, as we realize the need to forgive, let go of old spiritual wounds and then move forward.



Virgin Coconut Oil

Carrier oils are derived from a number of different plants. Their molecular structure is much larger than that of essential oils and they do not travel into the bloodstream. They do, however, help to carry essential oil through the dermis to the bloodstream.

Virgin Coconut oil is a well-known name these days. People are beginning to realize there is a difference between the Virgin oil and the liquid, the two oils being processed very differently. Virgin Coconut oil is extracted from the milk of the coconut, with care being taken to ensure that the coconut milk is not subjected to heat or sunlight. This process does not alter the nature of the oil leaving Virgin Coconut with its natural, fresh, coconut aroma.

Virgin Coconut oil does not undergo any chemical refinement, bleaching or deodorizing. Research shows that Virgin Coconut consists mainly of medium chain fatty acids, the most important of these being Lauric acid. It constitutes 48% of Virgin Coconut Oil. Lauric acid possesses powerful antimicrobial properties capable of destroying disease causing bacteria, fungi, viruses and parasites. Virgin Coconut oil nourishes and protects the hair and skin.



Neroli essential oil, 3 Wise Men blend, Winter AromaVeil and Virgin Coconut oil are all 15% off in December.

Did you Know?

December Holiday Closure:

Please note that our office and retail store will be closed from:

December 23rd, 2016 until January 2nd, 2017.

Online orders will still be accepted and they will be processed upon our return.

Merry Christmas and Happy New Year!

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.