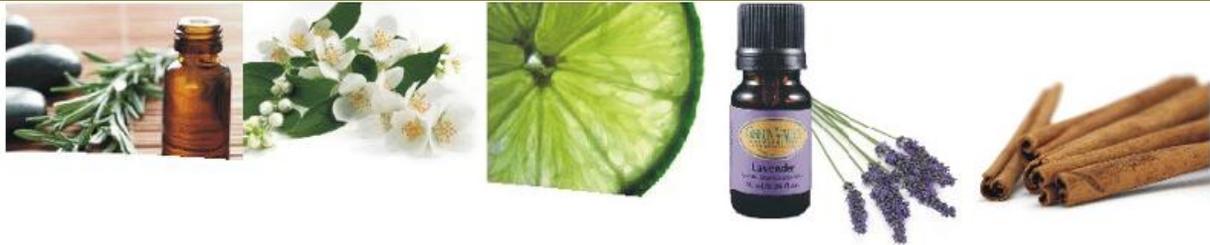


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add [greenvally@57aromas.com](mailto:greenvally@57aromas.com) to your address book so we'll be sure to land in your inbox!

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



## Quick Links

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## Quotes

"A clear conscience makes a soft pillow."

*Unknown*

"We have to let go of the life that we have planned, so as to accept the one that is waiting for us."

*Joseph Campbell*

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

*Marcel Proust*

## 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

# Green Valley Aromatherapy

December 2015

Greetings!

Hi Aroma Friends,

This is the last newsletter for 2015. I am looking forward to the New Year. Apart from me being another year older, this year has had fewer peaks than valleys, so 2016 will have lots more positive time.



A big Thank You to all the folks who have been waiting for back orders of essential oils. You should have received them by now. Our hands are tied when it comes to weather. Recently we have been having extreme weather conditions around the world which compromises everything that grows, which in turn compromises animals, insects and eventually us.

Some of the countries that have been hit are where our essential oils grow. England has not seen floods like this for 250 years. South Africa and Brazil have had extreme heat. Vietnam had snow. Indonesia is burning. They have had 100 000 wild fires and are struggling with toxic fumes. Nepal had an earthquake while Taiwan had a typhoon. California is in the middle of a very long drought. It is very scary. I didn't mean to focus on all the global problems, but it does affect us all.

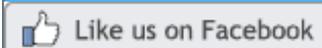
Here at Green Valley we have been using absorbent cards for many years for customers and for ourselves, so we have decided to share these little gems. As soon as we receive our labels we will be sending them out with orders in December. You can either use them to share your own unique blend with friends or use them around your home and family. I still enjoy opening something that has been stored away for a long time and getting that wonderful unexpected aroma from the absorbent card tucked in the box.

aromatherapy ideas,  
news and articles of  
interest

3. We share discussions on  
aromatherapy.

Some of the topics in  
October 2015 were:

- AromaVeil launch
- Foot TLC
- Selling your home



I have the absorbent cards in boxes of old photos, suitcases, blankets (which I should pass on...I keep thinking they will come in handy), the box of old journals, our children's baby clothes, and keepsakes from when they were babies. I am now starting the keepsake boxes for the grandchildren.

All the best,

Barb

## Recipes

### Make your own Christmas blend

This is how I came to make [Jolly Holiday](#). I made a list of all the oils that remind me of Christmas: [Pine](#) (middle), [Cinnamon](#) (middle), [Mandarin](#) (top), [Cedarwood](#) (base), [Amyris](#) (base), [Frankincense](#) (base), [Myrrh](#) (base), [Bergamot](#) (top), and [Lemongrass](#) (top). I then chose a top note (Mandarin), middle note (Cinnamon) and a base note (Cedarwood). In this case I also added Amyris, another base note.

There are probably other essential oils that remind you of Christmas. Add them to the list and select some for your own blend. I recommend using at least 2 top notes and one base note.

2mls or 60 drops of top note oil(s)  
2mls of 60 drops of middle note(s)  
1ml or 30 drops of base note(s)  
Put the oils in a clean amber bottle and  
shake well.

You can add 1 or 2 drops to your Christmas cards. A few drops can be placed on absorbent cards to include in your gifts when wrapping to personalize them. Last year I put one in my peg bag and forgot about it until I got the bag out to peg some washing. What a pleasant surprise! There is no end of places to put these cards with a few drops of your new blend.



Of course, you can always add your new blend to your [diffuser](#) to get a more obvious around the house aroma. Another way is to add it to a spray bottle filled with water and spritz it around. My son, who has just bought a wood stove, keeps a copper kettle filled with water on it. He adds the blend to the water and the heat from the stove warms the water, sending out steam with a very pleasant aroma.

# Product Profiles

## [Silent Night Blend](#)

This blend of [Marjoram](#) and [Geranium](#) essential oil was created to help stop me from putting a pillow over my husband's face to stop him from snoring. We have been selling Silent Night for a long time and it seems to have different results for different people. A friend of ours who's husband was notorious for snoring had to keep checking in on him to see if he was still breathing. He was so quiet after using the blend. In our case it did not stop my husband from snoring. It just toned it down to a purr which was much more acceptable.

Recently it stopped working for us altogether. Over time, blends can become ineffective if you use them a lot. So, I changed my personal bottle of the blend a little by adding [Lavender](#) essential oil. This worked well for a while. Now I have added [Eucalyptus Globulus](#) essential oil and use a diffuser in the room. All is well at the moment.



Marjoram essential oil is a powerful anti-inflammatory, sedative, vasodilator, analgesic, anti-spasmodic and digestive. Marjoram works well with high blood pressure, insomnia, arthritis and nervous tension.

Geranium essential oil is a good skin oil but is also good for poor circulation, stress, depression and balancing.

## [Lemongrass Essential Oil](#)

Lemongrass essential oil comes from the grass which grows to about 3 feet tall and is steam distilled. After harvesting, it is finely chopped to help facilitate the extraction of the essential oil. Lemongrass is produced in tropical areas such as Sri Lanka, Brazil and India.

The general properties of Lemongrass are analgesic, anti-inflammatory, anti-fungal, diuretic, sedative and it contains anti cancer properties. We usually recommend this oil for headaches, fevers, respiratory problems, sore throats, oily skin and acne.

Lemongrass is used to energize and stimulate circulation and help with illness recovery. In the summer time Lemongrass has the added bonus of being insecticidal.

I find Lemongrass to be a nice oil for the [diffuser](#) in the kitchen during the day. Its soft lemony aroma is very uplifting and energizing. Most kitchens are the hub of the home and its aroma is accepted by young, old, male and female alike. So whether you are cleaning a



grazed knee, helping with the homework, planning a vacation, having milk and cookies after school or all the other things that go on in your kitchen, Lemongrass is there to help and sooth.

Lemongrass and Silent Night are 15% off in December!

## Did you Know?

Lemongrass is commonly used as a lure to attract honey bees. It works as well as the pheromone created by the bees themselves in their Nasanov gland, known as attractant pheromones. Because of this, Lemongrass can be used as a lure when trapping swarms or attempting to draw the attention of the hived bees.

### **What kids say:**

After showing my 3 year old son a photo of his Dad at 7, I asked him, "Do you know who this is?"

He replied, "It's me when I get bigger."

**Christmas is coming up fast. If you would like your products for Christmas, please make sure to order before the 10th of December, depending on where you live of course. We do our very best to get orders out right away, but sometimes it is the post office that is behind schedule.**