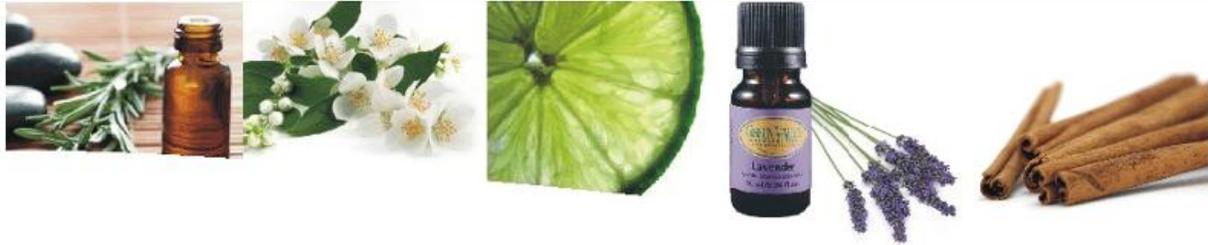


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvalley@57aromas.com to your address book so we'll be sure to land in your inbox!

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



Quick Links

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Quotes

"The world as we have created it, is a process of our thinking."
Albert Einstein

"Change will not come if we wait for some other person, or, if we wait for some other time. We are the change we seek."
Barack Obama

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 **September 2016** were:

Green Valley Aromatherapy

February 2017

Greetings!

Dear (Contact First Name),

Dear Aroma Friends,

Here on Vancouver Island we are making up for several years of mild winters. The roads south of us are kept reasonably clear for the mass exit of all the 'Snowbirds' seeking warmer weather. The Snow lovers are heading north to Mount Washington for skiing, snowboarding, tobogganing and lots of other exciting fun in the snow, plus they have great hotels with all of the amenities up there.



Here at Green Valley we are planning a new website. We have to keep up to date with the current technology. Once decisions are made and we have all of our ducks in a row we will be ready to start. It will not interfere with daily business, although you know what they say about the best laid plans of mice and men often going awry! I am thinking positive. It is a big job, but once it is done it should make life easier for all. If you have any suggestions for any features you would like in the new website, now is a good time to let us know!

The first of May will be our 12 month anniversary in our new retail location. It has been a hectic year all around with the retail store and we did not quite know what to expect. So far it has been a fantastic success, so we have to keep reorganizing storage shelves, spaces and display shelves. We will get there.

- Essential oils to calm and relax
- Frankincense and Cancer
- Clove oil benefits



Like us on Facebook

All the best,

Barb

Recipes

Recipe for Valentine's Day

With Valentine's Day and romance in the air, this recipe is for relaxing and thinking of each other.

- 5 drops [Rose Absolute](#)
- 4 drops [Aniseed essential oil](#)
- 3 drops [Benzoin, pourable](#)
- 3 drops [Orange essential oil](#)
- 15 mls [Fractionated Coconut Oil](#) (or carrier oil of your choice)



Combine all of the ingredients together in a [massage top bottle](#) and shake well.

Have a supper organized ahead of time so you can eat whenever you are hungry. Romance is a two-way street so both partners have to be aware that this time and place has been reserved for a romantic interlude.

The first thing to do is relax. Forget everything that is on your mind and give each other a back, shoulder and neck massage using this blend of aphrodisiac oils. Using a chair, straddle the seat, fold your arms on the chair back and rest your head on your arms. By the time both partners have had their massage, you will be ready to go to the next stage.

Product Profiles

[Rose Absolute \(Rosea centifolia\)](#)

Rose Absolute is a wonderful base note and is solvent extracted. Solvent extraction is a method to separate compounds based on their relative solubility in two different immiscible liquids, usually water and organic solvent. Used as a way to get essential oils from plant material, such as flower petals, when they are too fragile to be steam distilled. This procedure does not alter the wonderful aroma of Rose and leaves only a minute trace of chemical in the product. For more information you can read this article:

[How essential oils are extracted by NAHA.org](#)

Rose Absolute has many properties, and is well known as an astringent, diuretic, emmenagogue, hemostatic, sedative, tonic, aphrodisiac, anti-depressant, and is anti-infectious.

Rose helps with depression, grief, and hysteria which reminds me of the folk lore about confetti. Back in the day, when brides didn't know who they were to marry, they were prone to getting a little hysterical on their wedding day. Fresh rose petals would be thrown over and all around the bride to calm and relax her.

To continue, Rose also helps with PMS, menopause, impotence, frigidity, heart palpitations, and broken capillaries. If I am feeling any of these things, I will treat myself to a warm bath with 8 drops of Rose. The aroma rises with the steam, so I take a lot of deep breaths and relax. When I get out of the bath, I gently pat dry, as opposed to a brisk rub with a towel, and while my skin is damp I massage into my body [Emu Base Cream](#) to which I have added Rose Absolute.



[Scents & Sensuality Blend](#)

Introducing our Scents & Sensuality blend into your routine is very appropriate for Valentine's day or any time you want to spice up your romance.

This blend contains; Rose Absolute, Jasmine Absolute, Patchouli essential oil, Mandarin essential oil, Sandalwood essential oil, Clary Sage essential oil and Ylang Ylang essential oil.

[Rose Absolute](#) is a base note and is known as the queen of oils, very much a woman's oil (see the Rose profile above). It is used in this blend for its anti-depressant and aphrodisiac properties.

[Jasmine Absolute](#) is another base note and has similar properties to Rose. Jasmine was chosen for its aphrodisiac properties as well as being euphoriant, sedative and a spiritual stimulant. Jasmine is thought to boost feelings of confidence and optimism.



[Patchouli essential oil](#) is a base note and is steam distilled. Patchouli is thought to be an aphrodisiac but does not have the wonderful aroma of Rose or Jasmine, being more earthy, strong and pungent. What Patchouli does have is the ability to help with

depression, anxiety and stress related issues.

Mandarin essential oil is a top note and is a very uplifting oil. It is listed as helping with insomnia. In France, they call Mandarin the children's oil as it is very calming and helps with hysteria, emotional shock and grief.

Sandalwood essential oil is a base note that is steam distilled in Australia. Among many other healing properties, Sandalwood makes a good skin care oil. It is good for soothing irritated skin and for after sun care. Sandalwood is also relaxing and a demulcent.

Clary Sage essential oil is a top note that is steam distilled. Clary Sage is very calming to the nervous system, is a sedative and an aphrodisiac.

Ylang Ylang essential oil is a steam distilled base note. Ylang Ylang is sedative, aphrodisiac, hypotensive and a scalp stimulant. It can help with high blood pressure, impotence, frigidity, hair loss and sebum production. Ylang Ylang is thought to slow rapid breathing, and is calming and balancing.

Masculine Moments Blend

Masculine Moments is a blend of Black Pepper essential oil, Cedarwood essential oil, Sweet Orange essential oil, Sandalwood essential oil and Ylang Ylang essential oil, made for our male clientele.



Ylang Ylang essential oil is a sedative and an aphrodisiac. These properties are thought to slow rapid breathing, which is calming and balancing and helps to bring on those romantic feelings.

Sandalwood essential oil is known to sooth the mind. Along with the relaxant properties, it helps with those annoying irritations.

Sweet Orange essential oil is a top note with an exhilarating aroma of fresh oranges just peeled. Orange is an anti-depressant and stimulates the lymph system. It is uplifting, a tonic and a sedative. It is good for water retention, toxic elimination, digestive problems and nervous tension.

Cedarwood essential oil is a steam distilled base note. In a massage blend it helps with acne, dandruff, cellulite and fluid retention. Cedarwood helps eliminate lactic acid and remove toxins from the joints helping with all of those aches and pains.

Black Pepper essential oil is a middle note and is steam distilled. The general properties of Black Pepper are analgesic, aphrodisiac, diuretic and vasodilator. It can help with lethargy, concentration and fatigue. Black Pepper can also help with muscle aches and pains. It has so many properties that there are too many to list.

Sweet Almond Oil (*Prunus dulcus*)

Sweet Almond Oil is your basic value for money, all purpose carrier oil. This

vegetable oil contains Vitamins A, B1, B2, B6 and E, monosaturated fatty acids, potassium, and zinc. It is also rich in protein. Please be aware of people with nut allergies.

All of this makes this oil a wonderful skin care product and all at a reasonable price. What is it that makes people think that if a product is not expensive then it does not work? The fact is, there is no shortage of Almond trees, so a good supply of the nuts is readily available.

Rose Absolute, Scents & Sensuality Blend, Masculine Moments Blend and Sweet Almond Oil are all 15% off in February!

Did you Know?

Did you know...

Palm Oil production is the single greatest threat to the endangered Orangutan. Palm Oil is found in many common products including, unfortunately, our Premium Base Cream. As a result, we will no longer be carrying Premium Base Cream. The remaining supply will be 25% off until it is gone.

For more information about this issue:

<http://www.saynotopalmoil.com/theissue>

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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.