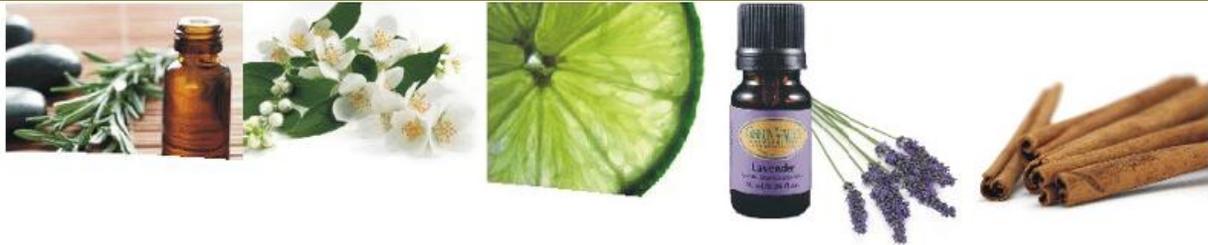


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvally@57aromas.com to your address book so we'll be sure to land in your inbox!

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Quotes

"The New Year stands before us like a chapter in a book, waiting to be written. We can help write that story by setting goals."

Melody Beattie

"Women are angels. When someone breaks our wings we simply continue to fly...on our broomstick! We are flexible like that. "

Unknown

"Don't cry because it's over, smile because it happened."

Dr. Seuss

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

February 2016

Greetings!

Hi Aroma Friends,



February has always been known as the most depressing month of the year. We can change that by setting goals. We cannot beat the weather, but we can make plans, do fun things, and visit or call fun people. Learn something new. Push yourself through that feeling of wishing you were a bear who needs to go to sleep until spring.

My New Year's Resolution is goal setting and trying to look after me. I've looked after people all of my life, but I have problems when it comes to taking care of myself. I have taken the first step and treated myself to some Melissa to diffuse around the house, telling myself "I am worth it". I come from a background where things were saved for best...well, no more! The candles which were not exactly saved for best, but saved because they were so pretty, are now being lit and enjoyed.

Valentine's Day will soon be here. Make yourself a signature blend with some of the aphrodisiac oils. If you are sending a card, put a drop of essential oil on the card. If you are going out for a romantic meal, wear it as your perfume and have a few absorbent cards that you can tuck in your purse, pocket and shoe.

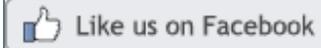
If you are having a quiet evening at home and are too tired to make a fuss, buy some artisan chocolate. Put the chocolates on a small plate with a napkin on it and put 1 drop of rose essential oil on the napkin. The aroma molecules will be absorbed by the chocolate.

How about treating your sweetheart to a massage? Add your blend to some carrier oil and you will both enjoy the

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

Some of the topics in December 2015 were:

- Essential oils for Teens
- Eczema and Essential oils



aphrodisiac aroma.

Aphrodisiac oils to choose from: [Rose](#), [Jasmine](#), [Geranium](#), and [Ylang Ylang](#). If these oils are too flowery for you, [Mandarin](#), [Nutmeg](#), [Palmarosa](#) and [Grapefruit](#) go really well with them.

All the best,

Barb

Recipes

Recipe for an anti-wrinkle blend

- 10 drops [Carrot Seed](#) essential oil
- 10 drops [Palmarosa](#) essential oil
- 5 drops [Lime](#) essential oil
- 5 drops [Geranium](#) essential oil
- 5 drops [Rose absolute](#) essential oil
- 5 drops [Rosemary](#) essential oil

Add all of the ingredients to 30mls of [Evening Primrose oil](#) and shake well. Put a small amount on your hands, rub them together then gently massage into your face.

Product Profiles

[Carrot Seed Essential Oil](#) (*Daucus carota*)

This middle note essential oil is steam distilled from the seeds of the carrot. It is produced in Europe and North America. Ours comes from Austria.

Carrot seed essential oil is hailed as the best skin oil of all! We need to look at the general properties to figure this out for ourselves and not just take someone else's word for it.

ANTISEPTIC to protect against day to day minor attacks from bugs, weather and pollutants.

CARMINATIVE for outbreaks on the skin, either from hormones, tummy upsets or lack of fresh air and exercise.

CLEANSER to help keep the pores unclogged and the skin looking healthy, young and clean.

DETOXIFYER by helping to keep the toxins out of your body, your organs do not have to work as hard and your skin will look younger.

DIURETIC increases urine flow, which helps to flush out your system.

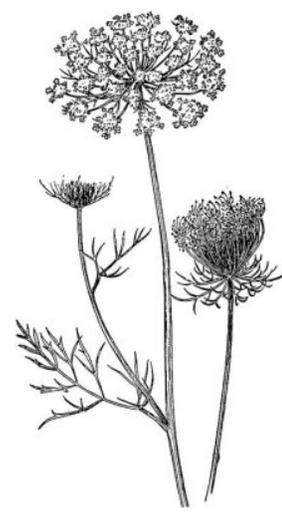
MUSCLE RELAXANT everyone complains about their shoulder muscles being tight, but the muscles in your face get stiff as well.

STIMULANT helps the blood to circulate, which helps the lymph system, which in turn helps to get rid of toxins.

TONIC improves bodily performance and strengthens/ invigorates the organs.

As you can see, if you have a healthy body, you will have a healthy skin and it will show on your face. Making Carrot Seed essential oil a part of your facial regime is a good and inexpensive choice compared to ready made products you will find in stores. The more natural the product you use, the less work your organs will have to do to eliminate waste.

Carrot Seed essential oil, in my opinion, does not have the best aroma. Thankfully it mixes well with citrus and flower oils.



[Scents and Sensuality Blend](#)

This romantic blend contains [Clary Sage](#) essential oil, [Jasmine Absolute](#), [Mandarin](#) essential oil, [Patchouli](#) essential oil, [Rose Absolute](#), [Ylang Ylang](#) essential oil, and [Australian Sandalwood](#) essential oil.

Scents and Sensuality has a warm and inviting aroma to help scent the mood for your romantic evening. Diffuse around the room, use in a bath or add to a carrier oil, such as coconut oil, for a relaxing, soothing massage.



Also available ready to use in a 30ml Personal Massage Roller ([PMR](#)) with a Sweet Almond oil base and a 10ml On the Run ([OTR](#)) roller ball based in Coconut oil.

[Castile Soap](#), Liquid (Organic)

This soap is a pure, gentle, and organic soap that contains saponified organic coconut oil, saponified organic sunflower oil, vegetable glycerine and water. Castile Soap has a mild pH and is good for individuals with sensitive skin.

Authentic Castile Soap is made of plant oils and is based on recipes invented long ago. These recipes originated in the Castile region of Spain where it was traditionally made with olive oil. Vegetable oils are mixed with potassium hydroxide to create a liquid soap free from surfactants.

Castile Soap is gentle on you and the environment because it is free of artificial foaming agents, harsh cleansers, petrochemicals and chemical anti-bacterial agents (like triclosan). It is also biodegradable. Liquid Castile Soap can be used as a shampoo, body cleanser, hand wash or as a mild laundry detergent. The only additions required are fragrance (essential oils) and colour. Test your additions carefully as some essential oils do not mix perfectly with a natural soap base.

Beware: Not all liquid soaps on the market are made from plant based Castile Soap.

[AromaSwirl Necklace with 2ml AromaVeil Blend](#)

Our custom AromaSwirl Necklace comes with your choice of any 2ml AromaVeil blend, undiluted. (Shades of Autumn, Winter Warmth, Spring Party, Summer Days, Morning Bloom or Infinite Bliss). Just add a couple drops of the blend to the terra cotta necklace and you are ready to go.



This terra cotta diffuser necklace with custom purple swirl emblem is made by Adriana Ortiz-Présley. Attached to a wax cord with sliding knots, this necklace can be worn at 22" to choker style. These pendants are kiln fired so they are durable enough for everyday use.

Did you Know?

Carrot Seed essential oil, Scents and Sensuality blend, AromaSwirl necklace and Castile Soap are 15% off in February! Offer expires February 29th, 2016.

Trivia: I don't dream at night, I dream all day, I dream for a living. Who said this?
Answer: Steven Spielberg

What kids say:

My young granddaughter was telling her sister that in her biology lesson they had been talking about how the body works. She told her, "We have a large intestine and a small intestine."

I have started a blog about my journey with cancer. Feel free to follow along and comment: barbgreenwood.blogspot.ca

If I can help just one person by sharing, it will be worth it.

Barb