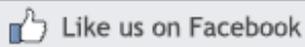




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Quotes

"Since there is no time like the present, he decided to present the present."

English language oddities

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

Edith Lovejoy Pierce

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

Thomas A. Edison

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

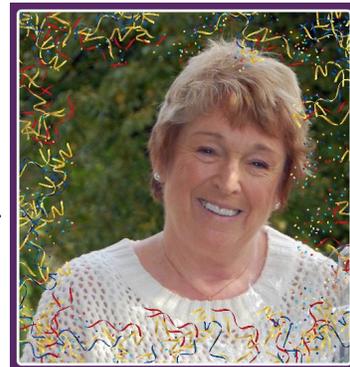
Green Valley Aromatherapy

January 2014

Greetings!

Happy New Year!

As the song goes, "Christmas comes, but once a year." Thank goodness! I love Christmas, but it seems to get harder as I get older and life's tragedies appear worse around Christmas time. Friday the 13th of December both my beloved cats were killed on the road. I was devastated, but



regardless of how you feel, life still goes on. You have to keep smiling whilst inside there feels to be a big hole where your stomach should be. When the Christmas rush is over I am going to take the time to grieve and remember good times.

I hope Santa was good to you. I'm sure you were on the nice list. Our Christmas present to each other is 2 weeks in Mexico at the end of January; a much needed break. As we get back, it is our customer appreciation month in February.

Below are the 5 essential oils that I will be taking with me.

Lavender - a must for Mexico for possible sunburn, bites, calming fractious children, or older people with high blood pressure.

Eucalyptus - as soon as I get settled on the aircraft, I inhale deeply from my Eucalyptus. This helps me with ear problems during takeoff. If I get a cold I am prone to sinusitis. Nothing works for me like inhaling hot Eucalyptus steam.

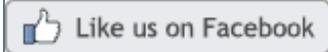
Palma Rosa - I usually treat myself to a massage while I am on holiday. I take Palm Rosa with me to the massage as it is thought to stimulate cellular regeneration and I need all the help I can get in that area. Palma Rosa is very calming to the mind and good for exhaustion.

Spearmint - This oil is supposed to work well for headaches. I use it for tummy upsets, massaging it clockwise with a little carrier oil and a few drops of Spearmint. I also add a little to the Palma Rosa for the massage.

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

Some of the topics in September 2013 were:

- Sandalwood research
- Migraines and Lavender
- Tea Tree essential oil



Bergamot FCF - A few drops of this oil go into the massage blend as it is a good skin oil. Due to its calming properties it also helps with tummy upsets. These type of ailments are typical on holiday when you are out of your usual routine. For some odd reason, so are cold sores. A Q-tip in the Bergamot, dabbed on the cold sore can be helpful.

Neroli - This oil goes with me just because I love it! I wear it as a perfume as I do not like synthetic perfumes and many people are allergic to them. Neroli also goes in my massage blend. Neroli helps to lower blood pressure and helps with menopause issues, anxiety and insomnia. Several years ago I read about Neroli being used in a trauma unit as part of a blind study for treating shock.

I was pleasantly surprised when looking for information for New Years Resolutions. Instead of the usual giving up things like alcohol, chocolate and going on a diet, I found resolutions like spending more time with the kids, less TV time, and doing something for charity. I find this a positive approach to 2014.

All the best,

Barb

Product Profiles

Eucalyptus Citriodora (*Eucalyptus citriodora*)

Eucalyptus Citriodora is also known as lemon Eucalyptus. This is a wonderful combination; all the benefits of eucalyptus with the added aroma of fresh lemon.

Eucalyptus is best known as a decongestant. I remember having my chest rubbed with Vicks Vapour rub as a child. The Eucalyptus used in Vicks is the Globulous. Citriodora is a gentler oil and works well for me for steaming my sinuses. Any situation where you would use Globulous, the Citriodora works well, especially for children who enjoy the lemony aroma.

Eucalyptus Citriodora has powerful bactericidal properties and makes a wonderful room spray for its aroma and its ability to kill 70% of staphylococci in the air. If you have an infectious disease in the house, for example measles, you could try adding Citriodora to warm water and with a clean cloth dab the spots. This will help the patient as well as

protect the rest of the family. Whenever you are mixing essential oils with water, you must remember to mix well. The best way is to put the ingredients in a bottle and give it a good shake every time you use it. If you want to emulsify easier, you can add a teaspoon of vodka.

[Aunty Vi](#) Essential Oil Blend

A number of years ago (probably about 9 years), England became aware of a new silent disease, MRSA (Methicillin resistant staphylococcus Aureus). It is called 'silent' as this bacteria appears to originate and is passed on through hospitals. People going into the hospital, who are not sick, are still catching it. You can imagine the fuss and demand to know what is being done about it.

A research team at Manchester University, England (my city) announced that they had found 4 essential oils with properties to fight MRSA. I phoned the University to find out the names of the essential oils, only to be told that they had signed a non-disclosure with the people who had funded their research. Not to be put off, we did our own research and came up with the blend which we called "Super Bug, MRSA defense kit". We renamed it Aunty Vi, a pun on anti virol, due to NHPD (natural health product directory) regulations.

Aunty Vi is a unique blend of Black Spruce, Cinnamon, Clovebud, Lemon, Oregano, Tea Tree and Thyme (a fierce component to bacterial and viral infections) essential oils. Black Spruce is known to strengthen and support the adrenal glands and is a good oil for asthmatics as well as for fighting off infections.

Cinnamon is considered to be a glandular system stimulant, as well as being anti-microbial. Clovebud is analgesic, antiseptic and helps with nervous fatigue.

Lemon essential oil is antibacterial, antiseptic, antiparasitic and is also thought to be a respiratory stimulant.

Tea Tree is antibacterial, antifungal, anti-inflammatory, antiseptic and an Immuno stimulant. Thyme is antifungal, antimicrobial and anti-infectious. Thyme is considered a brain and digestive stimulant and may stimulate the production of white blood cells.

[Neroli Hydrosol](#)

I think you all know that hydrosol is the water left over from the steam distillation process and it has a percentage of essential oil mixed in through the process.

I love the aroma of Neroli hydrosol. It is my favourite. In the summertime, I keep my hydrosol in the fridge and use it as a cooling mist and I smell delicious. If it is too perfumed, you can dilute it with 50% water.

Neroli hydrosol is very supportive during detoxification programs or when breaking a habit like smoking. According to Suzanne Catty, it is a good digestive aid, stimulating bile release and relieving heartburn and reflux. Neroli hydrosol is a wonderful treatment for delicate, sensitive or oily skin because it is so astringent. If you have very dry skin, add 25% of Rose hydrosol and 25% of Lavender hydrosol.

Eucalyptus Citriodora essential oil, Aunty Vi and Neroli Hydrosol are 15% in January.

Would you like to receive a FREE 60ml Premium Base Cream with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 60ml jar of this amazing product to your next order! The correct answer will be given in our next months newsletter.

A railroad crossing, look for cars. Can you spell all that without any R's?

Best of luck!!

Last weeks answer was Pilgrims. Congratulations to all those who answered correctly.

Recipes

Hydrosol Recipes

Pink Eye or conjunctivitis:

Place 5mls of [Roman Chamomile hydrosol](#) in an eye bath. Open and close eye several times, then throw away the remains. Sterilize the eye bath and treat the other eye.

Hot Flashes:

Fill half of a spray bottle with [Peppermint hydrosol](#), and the other half with [Rose hydrosol](#). Spritz directly onto the face, neck and wrists. For more effect, keep the bottle in the fridge.

[Yarrow hydrosol](#) has quite a dramatic effect on itching. Just spray over the area.

Did You Know?

The price of the precious oils has gone up for us but we intend to keep our prices the same until spring when we will review it again.

Venus is the only planet that rotates clockwise. Since Venus is associated with women, what does this tell you? Answers please?

Zoonotic is the word for a disease that can cross the people/ animal barrier. MRSA is one of the diseases that animals can get from you or you from them.

February is Customer Appreciation Month!!!!

I hope you are all going to join in the fun and share your experiences with us. Over the last 20 years we have made so many friends as they have started their small business' and we have gone through the teething stage with them. Some have gone on to create a growing enterprise, some have decided to stay small while juggling their lives, bringing up the children or enjoying retirement.

Whatever your success stories are, whether it's business related or whether you have helped a client, or created a wellness regime, we would love to hear about it. Sharing your experiences is a valuable gift to others who are struggling. Send us your stories in February and you will be eligible to win a prize. More information to follow!

Happy New Year to one and All!