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Quotes

"Cheers to the New Year and another chance for us to get it right!"
Oprah Winfrey

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us"
Hal Borland

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 a dvance 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:

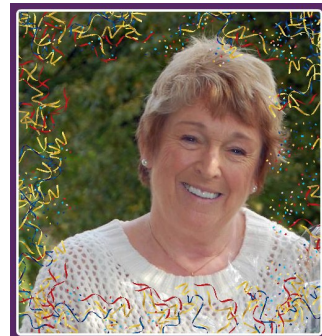
Green Valley Aromatherapy

January 2016

Greetings!

Hi there Aroma Friends,

Can you believe it is all over now? All of that planning, running around to spend more money and the worry about getting that special gift for all of the special people in our lives. January and February are the worst months for suicides. After all of the Christmas hype it seems that some people just crash and become very depressed. Keep diffusing your anti-depressant essential oils during these months.



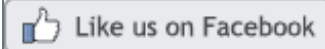
While I was getting my radiation treatments I came across an interesting fact in a magazine that I was reading.

It was titled, "The Atom Bomb That Saves Lives," by Ivan Watson. The full article can be found in the Library and Archives Canada, Fall 2016.

Dr. John MacDonald, a Canadian who grew up in Victoria, went to University in Toronto and earned a first class degree in physics and math. He worked in various fields whilst in the Army. After the war, he went back to University and earned a PHD in molecular physics. From there he was recruited to work at the Toronto General Hospital. His skills proved crucial to refining new medical technology. The race was on to develop a medical and commercial use for atomic technology.

In 1951, Dr. MacDonald was working 7 days a week and commuting between Toronto and London, England, where they had a cobalt unit. He made all the protection measurements to determine how much radiation was coming out of the unit, to make sure every one was safe. When this was finished, they started to treat patients. Survival rates for

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



cancer patients increased dramatically.

Dr. MacDonald became the first full-time Radiologist in Canada. Macleans' magazine dubbed it "the Atom Bomb That Saves Lives!" CBC called it the world's newest and most powerful atomic weapon in the fight against cancer.

All the best,

Barb

**Happy New Year
to One and All
From Green Valley Aromatherapy!**

Recipes

Cleansing and De-stressing in the New Year

After too much food and drink, perhaps a cleansing is in order, along with some downtime, some yoga and plenty of fresh air.

Now we need to turn to some essential oils to help you get started.

[Ylang Ylang essential oil](#) is recommended for psychological or emotional difficulties, particularly when they are connected with lack of confidence or frigidity. Ylang Ylang is valuable in stressful situations. It helps to deal with irritation, impatience and anxiety. On a physical level it relaxes the central nervous system.

[Lavender essential oil](#), as we all know, is great for anxiety and relaxation. On a psychological level it has a regulating effect, which is helpful to those suffering from widely fluctuating mood states and feelings of emotional instability.

Blend these two oils together. Put 10 drops of the blend into a relaxing, warm bath. Add 3-6 drops to the water of your [diffuser](#). Add 7 drops to 30ml of [carrier oil](#) and massage it into your skin.

Breathe and Relax.

Product Profiles

Clove Bud Essential Oil

Clove bud essential oil is a well known oil for pain, particularly for arthritis, toothaches and mouth sores. Not as well known is its effect on the digestive system. Clove bud, when mixed with a carrier oil and massaged in a clockwise direction around the stomach, will help to relax the smooth muscle lining in your gastrointestinal tract.

There are some really good beneficial properties in Clove Bud when used with extreme care. You need to be aware that this is a potent essential oil. It can irritate the skin so take care with people who are fair skinned and with children. In fact, do not use on children under 3 years and do not use in the bath.

Equilibrium Blend

Equilibrium is a wonderful blend of Benzoin, Bergamot, Fennel, Geranium, Jasmine, Lavender and Nutmeg. Seven essential oils put together with the more mature women in mind, to help balance hormone levels and to be mentally uplifting.

Benzoin is the active ingredient in Friars Balsam and is used to treat coughs, colds, lung and sinus ailments and can be added to a good lotion to sooth itchy, irritable skin. This comforting essential oil has a natural preservative in it so it is extra useful to add to a blend.

Bergamot has a sweet smelling citrus aroma, is calming to the nervous system, and helps with depression, tension, cold sores, anxiety and cystitis. Bergamot is also suggested for some skin disorders such as acne, eczema etc. It helps to keep the skin clean by removing dirt, impurities and unclogging pores. Bergamot added to a skin soap will help to keep the skin balanced.

Fennel is a middle note and is a good detoxifier and diuretic. This makes it helpful with cellulite, nausea, water retention, and digestive problems. It is also suggested to be hormone balancing.

Geranium is also a balancing oil, good for poor circulation, stress, PMS and menopausal problems. It works well when added to a bath, or through inhalation, diluted in oil, lotion or creams. This is why I like to add it to blends.

Jasmine helps to build that feeling of confidence and optimism. Jasmine is a good oil to have around for child birth, job interviews or auditions. Jasmine is a sedative, spiritual stimulant, and aphrodisiac.

Lavender is a great team player, and equally as good on its own. To this blend it adds, anti-inflammatory, anti-anxiety and analgesic properties which we could all use a little of as we age.

Nutmeg is a base note. It is not as popular as some oils as it can be very potent. However, when used wisely, it is an exceptionally good oil. I used it in this blend for its analgesic effect on aches and pains and its help with impotence, poor circulation and

indigestion.

This blend is excellent when used in a massage, diffused in your home, or added to a warm bath.

[Rosehip Seed 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.

Rosehip seed oil is the richest source of Rose oil. The seed oil tends to be a little more expensive as it takes more time to extract the oils from the seeds. Be aware that it is very rich in nutrients, alpha omega fatty acids, anti oxidants and vitamins.



Clove Bud essential oil, Equilibrium blend, Winter AromaVeil and Rosehip Seed oil are all 15% off in January.

Did you Know?

Did you know... In 1963 major league baseball pitcher, Gaylord Perry, remarked, "They'll put a man on the moon before I hit a home run." On July 20th, 1969, one hour after Neil Armstrong had set foot on the surface of the moon, Perry hit his first and only home run while he was playing for the San Francisco Giants.

Did you know... Lemons have more sugar than strawberries.

Did you know... August has the highest % of births.

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.