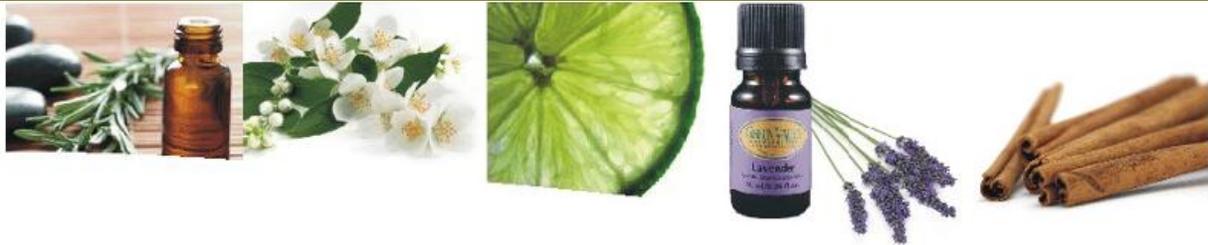


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvally@57aromas.com to your address book so we'll be sure to land in your inbox!

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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

"From what we get, we can make a living; what we give, however, makes a life."

Arthur Ashe

"If you live to be one hundred, you've got it made. Very few people die past that age."

George Burns

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 2016

Greetings!

HAPPY NEW YEAR TO ALL OF GREEN VALLEY'S CUSTOMERS AND THEIR FAMILIES AND ALL OUR FRIENDS.



BEST WISHES FOR A HAPPY, PROSPEROUS AND HEALTHY 2016.

I am not a superstitious person really, but I do like the New Year to start off right. Green Valley's year end is December 31st, so all of the stock and books are sorted. At home I like everything clean and tidy and I like to have plenty of food on hand. Starting the New Year off with a relaxed, peaceful attitude gives me hope for the rest of the year.

This year we are going up our local mountain, which is a ski resort. I have booked for 3 nights; New Years Eve, January 1st and 2nd. We will have a quiet supper on New Year's Eve, then New Years day all of our family and friends will join us to play in the snow or sit by the fire with a hot toddy.

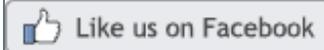
To start the New Year off right for you, every order in January will receive a surprise free gift from our lucky dip box. We have been busy filling the box with lots of great products. I am always interested to hear your comments.

As aromatherapy gets more popular, we are hearing of more and more people who are ingesting essential oils. We are getting so many phone calls asking our opinion on this. We still tell people that we cannot recommend they ingest essential oils. They should do their own research and decide accordingly. Maybe you could start with Robert Tisserand who is well known for his research in Aromatherapy. He has spent his life traveling around to educate people about Aromatherapy and collecting information from the source for his books.

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

Some of the topics in November 2015 were:

- Coffee essential oil
- Rosemary and exams
- Essential oils for the fall



There is still not enough information on this relatively new approach to natural healing. The F.D.A. has warned Do Terra and Young Living against claiming to cure disease. An oil or blend of oils would have to go through years of rigorous testing to give absolute proof, costing hundreds of thousands of dollars.

All the best,

Barb

Recipes

Recipe for a good toner or aftershave

This recipe is good for teens or anyone with oily skin.

- 200mls [Neroli Hydrosol](#)
- 100mls [Witch Hazel](#)
- 3 drops [Grapefruit essential oil](#)
- 3 drops [Geranium essential oil](#)
- 2 drops [Manuka essential oil](#)

Add all of the ingredients to a clean bottle and shake well. Pour a small amount onto your hand and rub your hands together. Then pat on your face for an after shave. For oily skin, cleanse first, then add the mixture to a cotton pad and dab gently over the face.

Recipe for Stretch Marks

These recipes come from your letters, so I have decided to do stretch marks again.

- 120mls [Evening Primrose Oil](#)
- 40 drops [Mandarin essential oil](#)
- 30 drops [Geranium essential oil](#)
- 30 drops [Neroli essential oil](#)

Place essential oils in the carrier oil and shake well. Massage into your tummy and hips every day. Start from your 5th month or before if you are getting big.

An alternative would be to use Virgin Coconut, which is solid but melts at body temperature. Place your Virgin Coconut in a bowl of hot water. Add the essential oil and stir it in.

250ml [Virgin Coconut](#) (it comes in 250ml sizes so I have adjusted the recipe)

2mls (60 drops) Mandarin essential oil

2mls (60 drops) Geranium essential oil

2mls (60 drops) Neroli essential oil

Start by treating the skin on your abdomen and hips before any stretch marks appear. They are a form of scarring due the stretching of the skin during pregnancy.

Product Profiles

[Mandarin Essential Oil](#)

(Citrus reticulata)

Citrus reticulata is a top note. The rind is cold pressed to produce the sweet, tangy aroma that we know of as Mandarin. Incidentally, the rind is the thin layer of outer peel that you would grate to flavour your baking, not the whole peel that you take off to eat the fruit.

The general properties are; digestive stimulant, sedative, uplifting, antiseptic, antispasmodic, and calming.

In France, they refer to Mandarin essential oil as the children's oil. It is diffused in schools as the aroma is recognized and is very calming for young children who are new to school, or who are not settling in well.



Mandarin essential oil is considered to be a lymph cleanser and is helpful with water retention and stretch marks. I know Mandarin for digestive problems and insomnia, which I have trouble with. If your tummy is upset and you cannot get to sleep or if you just have trouble switching off your mind, try Mandarin essential oil.

Emotional shock is another situation where I have used Mandarin, especially for children who pick up the adult fear and do not really understand what is happening. In this situation I suggested putting some drops on their favourite stuffy that they keep with them. I told a little girl that teddy was feeling scared and the Mandarin would make him feel better.

[20 Year Celebration Blend](#)

When Green Valley Aromatherapy had been in business for 20 years, we were looking for something to mark the time and to celebrate. So, among other things, we created "20 Years Celebration". This blend consists of Bergamot essential oil, Cinnamon essential oil, Orange essential oil, Niaouli essential oil, Palo Santo essential oil, Spearmint essential oil and Ylang Ylang essential oil.

The thought that was in my head when preparing for this new blend was to compare thoughts of the new blend with the way you think of Green Valley. This group of oils make you feel good and uplift you by helping with depression, fatigue, lethargy, and pain relief while keeping you grounded and balanced.

[Bergamot essential oil](#) is an anti-depressant, calming for the nervous system, tension, anxiety and good for digestive problems. [Cinnamon essential oil](#) is a stimulant and helps with stomach and intestinal cramps. It is a warming oil so is good for all those aching muscles and joints. [Niaouli essential oil](#) is used to balance energy, analgesic, anti-inflammatory, expectorant and stimulant. It is also helpful with rheumatism and neuralgia.



[Orange essential oil](#) is uplifting, a tonic, sedative, lymph stimulator and anti-depressant. It is good for nervous tension and toxin elimination. [Palo Santo](#) has an uplifting aroma. It is emotionally balancing and spiritually grounding. The name Palo Santo means Holy Wood. [Spearmint](#) is a stimulant. It is thought to help with headaches and respiratory problems. Spearmint also helps with nausea. [Ylang Ylang](#) is a sedative and is used to help with high blood pressure. It is thought to help slow down rapid breathing and is also very calming and balancing.

[Shea Butter](#)

What can I say? I have written many times over the years about the virtues of this natural, organic product. I am now happy to announce that it is now fair trade certified as well as being certified organic. We have been selling this product for many years and I can tell by the sales that you have trusted our word. It is nice to see that it has finally received the official certification it deserves.

Shea Butter is high in linoleic acid and has a nourishing effect on the skin cells. It is used in many skin and hair preparations as it is very mild and is rich in Vitamins A, E and F. Shea Butter will help to improve many skin conditions, whether it is young people with acne or older people with wrinkles. Shea Butter is good for eczema, dermatitis, sunburn, frost bite and many others. It



is even good for treating skin allergies. There are several natural moisturizers present in Shea Butter. They are the same moisturizers produced by our own sebaceous glands.

Mandarin essential oil, 20 year blend and Shea Butter are 15% off January 5th-31st!

Did you Know?

World shortage of Lemon

You are probably fed up with hearing of essential oil shortages, but it appears that Lemon is now in short supply. As in the majority of cases it is the weather that is to blame, yet again. Argentina had a bad winter last year which left them with only 50% of their crop, which was already spoken for by the big food chains. When that supply ran dry, the big food chains turned to other sources of Lemon such as Italy where our essential oil comes from.

There are other good oils that you can substitute instead of Lemon. Lime, for instance, has similar properties and is a sharp top note as well.

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

What kids say:

A three year old was playing with her doll house. Her Mum asks her, "Which doll am I?" The three year old replied, "The one that does the dishes."

We are closed for the holidays from Dec 24th until January 3rd, 2016. Our office will open again on January 4th. Any orders placed online during that time will be processed upon our return. Thank you for your business!