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Quotes

"If you reveal your secrets to the wind you should not blame the wind for revealing them to the trees."

Kahlil Gibran

"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time."

John Lubbock

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.

Green Valley Aromatherapy

July 2014

Greetings!

Hello everyone!

Ahhh sweet July! The aromas that are coming from the garden are wonderful. The bees are busy doing their thing. The hummingbirds are darting up and down. Nature is painting a picture of wonderful, warm, relaxing summer days, inviting you to stay awhile to smell the roses. Now back to reality. I have several birthdays to buy for, get ready for camping etc., etc. I'm sure you know the feeling. How do we do everything and have time to enjoy it? I imagine a sped up movie of my life. by the time I am organized it will be time to leave this life.



When you receive this newsletter we will have passed the longest day and are on our way back to winter. However, there are still a few months of summer left to enjoy.

June 14th was our Customer Appreciation Day for our retail store. It was fantastic! A lot of our old customers turned up and lots of new ones. We made a blend especially for the day to give away (20 Year Celebration Blend - you can read more about this blend in the profile section of the next newsletter). We made up 30 ml bottles of carrier oil to which people were making up their own massage oil to take home. People were fascinated with demos of the still. We had colouring pages for the children and a free draw. All in all everyone went home happy. It was great to talk with everyone!

Congratulations to Jennifer Moses. She won the draw for a free Lotus Diffuser with some essential oils.

All the best,

Barb

Some of the topics in
May 2014 were:

- Wood cleaner
- Anxiety and
Aroma therapy study
- Origin of name,
Lavender



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Product Profiles



Chakra Blends

(Part 2)

If you are working with your Chakras, these blends will help to balance or support the individual Chakra that may not be working too well.

I would like to point out that these little miracles will work in other areas of your life as well, to help you with various problems. I have taken a look at the blends, looking at the properties of each oil that makes up the blend, and have made a table of between 2-4 of the uses for each oil. With this information I hope to show you additional benefits of these blends, aside from their usefulness with the Chakras.

Throat Chakra Blend

<u>Essential oil</u>	<u>Uses</u>			
Cedarwood	Anti-fungal	Antiseptic	Sedative	
Ginger	Analgesic	Aphrodisiac	Carmminative	
Lemon	Immuno-stimulant	Antidepressant	Lymph Stimulant	

If you are feeling anxious, frustrated or depressed, the Throat Chakra blend contains antidepressant, sedative and calming oils. These oils along with an Immuno-stimulant help to boost your mood when you are feeling down, tired and have no interest in anything. Ginger is an Analgesic which will help to ease any pain you may have. This blend would be good in the bath before bed to help you have a good night's sleep.

Diffusing it during the day would help with anxiety and lethargy.

[Third Eye Chakra Blend](#)

<u>Essential oil</u>	<u>Uses</u>			
Amyris	Stress Reliever	Calming	Sedative	
Basil	Analgesic	Anti-inflammatory	Stimulant	
Benzoin	Anti-inflammatory	Antioxidant	Circulatory	

The Third Eye Chakra blend I see as being a good blend for sports people as it has two excellent anti-inflammatory essential oils and an analgesic. So, after your soccer game or whatever you were doing to use your muscles, soak in a nice warm bath with 10 drops of this blend. After your bath, add 10 drops to 10 mls of carrier oil and massage your legs or any part that might possibly be inflamed from overuse. Diffuse the blend in your car for its benefits to the circulation and for its stimulating properties.

[Crown Chakra Blend](#)

<u>Essential oil</u>	<u>Uses</u>		
Roman Chamomile	Immuno-stimulant	Analgesic	Anti-depressant
Geranium	Balancing	Diuretic	Anti-depressant
Orange	Tonic	Uplifting	Lymph stimulator
Palma Rosa	Cytophylactic	Anti-infectious	Digestive Stimulant

I see the Crown Chakra blend as being good for people who have been sick or may be depressed and who need a little support to gain back their energy and get back to enjoying life. The cytophylactic properties in the Palma Rosa increase the activity of leukocytes (white blood cells). You need this to fight off any infections, especially when your body is not operating on all cylinders while you have been sick. The digestive stimulant helps you to regain your appetite, the lymph stimulator helps keep your defenses up and protect you, and then throw in a balancing oil, uplifting oil and a tonic. What more do you need?

[Thymus Chakra Blend](#)

<u>Essential oil</u>	<u>Uses</u>		
Myrhh	Anti-fungal	Antiviral	Anti-inflammatory
Orange	Mild Sedative	Antidepressant	Anti-toxic
Petitgrain	Antidepressant	Nervine	Sedative

I think the Thymus Chakra blend would be good for students going back to school after the summer holidays. Too often we hear of our young people getting anxious about new teachers, new school and new friends. This blend is mildly sedative, antidepressant and

nervine (which is a tonic for the nerves). If you put some drops on a piece of kitchen roll and put it in the bottom of their school bags, add a few drops to their bath, and a cotton ball in their PJ pockets, you will notice the difference. The other good thing with this blend is that it is anti-fungal, anti-toxic, and antiviral to deal with the different kinds of bugs and germs brought in by other students.

I profiled the other 4 Chakra blends in our June newsletter.

[Palmarosa Essential Oil](#)

Palmarosa essential oil is steam distilled from a grass that grows in Africa, India and Brazil. I always think of skin in relation to this oil as Palmarosa is thought to stimulate cellular regeneration, is a sebum balancer and is very calming. Skin care treatments are enhanced by its antiseptic properties which make it useful for acne and other skin infections. Used regularly it will help to smooth out wrinkles and tone up that crepey skin on the neck. Palmarosa has been used for centuries in traditional medicine in use against fevers and infectious diseases. It has a wonderful aroma, a mixture of woody, citrus and floral, and makes a really nice massage oil.

The Chakra blends, Palma Rosa and Palo Santo are all 15% off in July!

Recipes

Natural after-shave splash

20 mls [Witch Hazel](#)
60 mls [Rose Hydrosol](#)
10 mls Cider Vinegar
10 mls [Emu Oil](#)

Place these ingredients in a 100 ml bottle and shake well. Add the following essential oils and shake well.

[Lemon](#) 6 drops
[Lavender](#) 4 drops
[Lime](#) 6 drops
[Rosemary](#) 10 drops
[Peppermint](#) 2 drops

Shake before every use. This recipe is very refreshing and is great for troubled skin, acne etc. You can use this blend of essential oils, or choose your own.

Giggle Time

These are a few of the comments made to insurance agents after an accident:

The telephone pole was approaching. I was attempting to swerve out of its way when it struck my front end.

I told the police I was not injured, but when I removed my hat I found that I had a fractured skull.

The car in front hit a pedestrian, but he got up so I hit him again.

I was thrown from my car as it left the road. I was later found in a ditch by some stray cows.

Thank you to all those who shared their stories with us in February. We will be profiling some of them here in our newsletter. If you have a story to tell, please share it with us.

You can email us at orders@57aromas.com.

By sharing your stories you may help others.

Thank you.

Customer Success Story

"Greetings to you!

I would like to share a small story of the successful surprise effect of your Lavender and Stress Buster oils. We had the misfortune to experience this past November, the hit and run of our five year old German Shepherd, Lex. He was extremely fortunate to survive, with only a few injuries and minimal complications.

He had a slight concussion, bleeding from his nose, a fractured rib, and multiple bruising around his heart and his lungs. We consider him very fortunate to have only received minimal physical damage. Emotionally he was quite drained, combined with his somewhat weakened body; he found it a little challenging to rest comfortably.

Though I think my original intent to use your Stress Buster blend was for bringing comfort to the humans in the house, the response from Lex was quite interesting. He became much more settled, rested contentedly and his breathing was always even. He became relaxed and reassured while the diffusion gently moved throughout our home.

I did reduce the number of drops due to the sensitivity of a dog's nose, and once in a while, interchanged it with Lavender. We use the oils every day and every night. As Lex

looks forward to the days ahead, often wagging his tail, eager to play, it will be however a long and slow recovery. He becomes exhausted so easily. We know it will take time for his stamina and strength to return.

The Stress Buster oil and the Lavender oil will continue to be part of his recovery therapy. Oh, we also have a cat, whose demeanor subtly calms as well when he has spent time indoors! As a family, we are all grateful for the scents of the oils, and their unique ability to reach deeply inside to calm and reassure us all.

With kind regards,
Dianne H. and Lex "

Thank you for sharing Dianne!

Did You Know?

"Question: if you look under a Shea tree sometime between May and July, what will you see? Last week's answer might have been children, picking the delicious Shea fruit to eat and sell. This week, we can add in the tell-tale signs of all the fruit that got left behind, signs left by an unusual ally...

...animals! You see, in Shea Fruit season, the fruits grow in such abundance that even with all the picking and enjoying, only a tiny portion of the total wild crop is collected and eaten. The rest stays on the tree to be enjoyed by birds, or falls to the ground where it is enjoyed by all kinds of animals and insects. And once they have picked off all the delicious flesh, they leave under the tree a treasure trove of wonderful fruit pits.

They don't realize it, but these helpful animals have completed the first stage in the [Shea Butter](#) process, making it possible to collect this priceless throw-away. That's why you will see women and children scouring the country-side, searching under the trees for the pits which will lead to the wonderful Shea Butter that Baraka Supplies then shares with the world.

The pits are carefully collected in baskets and pans, and taken home for drying. As a thank you, a few pits are always left under the tree; nature can then take its course, sprouting new Shea Trees for the future."

Baraka



Shea Trees in the Wild



Picking Shea Fruit Pits