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Quotes

"Everyone thinks of changing the world but nobody thinks of changing themselves."

Leo Tolstoy

"Life is 10% of what happens to us and 90% how we react to it."

Dennis P. Kimbro

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

Green Valley Aromatherapy

July 2015

Greetings!

Hi Aromatherapy people! I hope you are all enjoying a hot July. Where we live on Vancouver Island, most people are camping (even if it's just on a local beach) and going to work from there.



Remember to leave out extra water for your pets as they get warm and thirsty and the water can evaporate quickly in this heat. We have just had a new roof put on our house. With all the noise our traumatized cat has gone into permanent hiding. She is not eating or using her litter box, so I am wondering if she got out onto the roof and climbed down the roofers ladder.

On the 3rd of July it is the Green Valley staffs summer treat. We are heading down island to a Lavender farm where we will do some harvesting and make crafts out of the Lavender. Happy Valley Lavender Farm was named right, because by the time you leave you are so relaxed and happy. I have not checked the weather forecast, but if it rains after all these months of sunshine it will be a disaster.

As the weather is so hot I thought I would talk about problems that can arise from the heat. If you are out in the sun for work or pleasure, aim to drink 3 liters of water to help replace what you are sweating out. If you feel dizzy, get into the shade right away. Apply a drop of neat lavender to your temples, back of your neck and to your solar plexus. Then breathe deeply.

If you feel as though you are sunburned, have a warm bath. Mix 4 drops of [Roman Chamomile](#), 3 drops of [Geranium](#), and 1 drop of [Peppermint](#) into 1 tablespoon of [Jojoba oil](#). Add this mixture to the bath.

aromatherapy.

Some of the topics in May 2015 were:

- Beauty and Coconut oil
- Aromatherapy oils that heal
- Vanilla Sugar Scrub



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For an after sun oil you can mix 10 drops of [Lavender](#), 5 drops of [Palmarosa](#), 2 drops of Geranium and 1 drop of [Australian Sandalwood](#) to 25 mls of. [Evening Primrose oil](#).

All the best,

Barb

PS We are still working on our natural perfume line - waiting for bottles, finishing up the labels. If you would like a sneak peak, ask for a sample of 'Summer Days' with your next order!

Product Profiles

[Cajaput Essential Oil](#) (*Melaleuca cajaputi*)

The name Cajaput is derived from its Indonesian name Kayu Putih or White Wood. This oil is steam distilled from the leaves and twigs.

As you can see by its botanical name, Cajaput is a relation of [Tea Tree](#). Like Tea Tree, Cajaput has so many every day uses that it deserves a place in your frequently used oil box. You are probably thinking if it is so much like Tea Tree why do we need it? If you have an ongoing issue that you treat with Tea Tree, after awhile your body will get used to the oil and it is not always as effective. It is good to change oils now and then.

Cajaput has a camphorous, citrusy aroma. I always associate it with upper respiratory problems. I have used Cajaput as an expectorant, to loosen phlegm so it can be coughed up and for most cold/flu issues. Like [Rosemary](#), Cajaput can be used to reduce brain fog and to improve concentration. It helps when driving a long distance to maintain alertness. Of course Cajaput is also good for all other aches and pains for instance with toothaches, joint pain and muscle cramps. It is an ingredient in Olbas oil and Tiger Balm.

[3 Wise Men Blend](#)

This blend of [Frankincense](#), [Myrrh](#), [Orange](#), [Benzoin](#) and [Ylang Ylang](#) was created to calm and uplift the spirits, to help with forgiveness, letting go and moving on peacefully.

These essential oils have been around for a long time. They are mentioned in the Bible along with many other essential oils. Ylang Ylang is not a middle eastern plant so was probably not used there, but in the South Pacific it was widely used to calm people down and help them with their anger issues.

Frankincense and Myrrh are both anti-inflammatory, anti fungal and antiseptic. You can imagine how much it would have been needed when folks were walking about with bare feet on uneven, stony roads. They were more valuable than gold for their healing properties. Benzoin is a natural preservative and is very relaxing, so again you can see why they would add it to their remedies.

[Neroli Hydrosol](#)

Hydrosols are 100% non-alcohol waters that are drawn straight from the still. Its properties are similar to those of its corresponding essential oil. The difference is that hydrosols are much less concentrated and are missing the terpene hydrocarbon. This makes them very tolerable, anti-inflammatory and anti-septic substances. Hydrosols are great facial mists - good for combating skin dehydration caused by the sun and air conditioning. Lets face it, air conditioning is everywhere; in your car, aeroplanes, in your homes and in stores, all drying out your skin.

The benefits of Neroli Hydrosol are numerous so I am going to list the ones that I like. Tissue stimulant - my skin needs a little encouragement being the vintage type and what could be easier than a spray? [Neroli essential oil](#) is on trial in many trauma units for its ability to lower blood pressure. If you have a tendency to anxiety and getting worked up keep Neroli Hydrosol handy. Hot Flashes - another tip that worked for me was to squirt Neroli Hydrosol on the back of my neck and face. It feels wonderful especially if cooled in the fridge beforehand.

[Cajaput essential oil](#), [Neroli Hydrosol](#), and [3 Wise Men blend](#) are all 15% off in July.

Did you Know?

Did you know that Canada has a thriving hemp industry. The large scale commercial producers are growing medical marijuana for a customer base of 35,000 licensed users.

What kids say to their fathers:

My son when he was 6: "Dad, can we get a cat?" Me: "Your Mom is allergic to cats, so no." My son: "When Mom dies can we get a cat?" Me: "Sure."

[Shea Butter Stories](#)

"Obsessive - or inspired?"

As you start to read this latest installment you may have a 'deja-vu' moment. In fact, you may have two - deja-vu #1 = 'carrying' and deja-vu #2 = 'grinding'. Don't be fooled, however; our producers are not obsessive but they don't cut corners either! And this stage in the shea butter story shows just how ingenious the people were who first discovered how to coax the hidden magic from the centre of that tasty shea fruit.

Last time, you remember, we were busy dry-frying the ground shea nuts. Now we see the tenacious women once again carrying baskets of shea fragments on their heads, children running alongside, and they are taking them back yet again to the grinder. Why? Well, the ingenious inventors of superb shea butter discovered that while the initial frying was essential for getting a step closer to the magic oils, it took another grinding to release these.



And so, in go the fried pulverized nuts as a dry granular substance; and this time out comes a heavy, viscous liquid.

And wow, we may not have reached the finished product yet but after the second grind the Shea Nuts have an incredible feeling to them! Sticking your hands into the basin you can feel the healing energy of the future Shea Butter enveloping your hands (and

right up to the elbows if you dare!). And, you can also feel a gentle tingling as the granular properties give your skin a tender scrub. Can it get any better? You bet - find out next time how we turn this fantastic, but let's face it, not very beautiful gunk into the Shea Butter you love to use!"

Next month, Whipped into Shape?