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# Green Valley Aromatherapy

June 2014

Greetings!

Happy June to you all!



## Quotes

"If a June night could talk, it would probably boast that it invented romance."

*Berm Williams*

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

*Maya Angelou*

"A father is someone who carries pictures in his wallet where his money used to be."

*Unknown*

June has always been a happy month in England at least, because the weather was warmer people would bathe, wash clothes, and clean the house, all outside in the local river. Weddings were planned for June so the bride could be decorated with garlands of flowers. We have carried some of these traditions on, even with the modern bathrooms, facilities for inside ceremonies and all year round flowers.

There is nothing like having a cochlear implant for getting a new lease of life. My husband has been profoundly deaf for a long time, which has been very frustrating for both of us. We had many misunderstandings over the years and it is impossible to have a row when he could only lip read with a little signing. He hasn't been able to enjoy music for at least 15 years as it sounded to him to be a big noise and singing sounded like screeching.

On April 2014 he had a small computer (cochlear) installed in his head behind his right ear. He had to wait one month for the surgery to heal and in May he was switched on. The first speech he heard sounded like Donald Duck. Gradually his brain came into play and the voices became more normal. He has not mastered the phone yet and he is listening to music trying to get his brain to understand it.

What is wonderful to him is all the little things; hearing the dawn chorus, hearing the tires on the road, the indicator ticking, trees rustling, the kittens we foster making all kinds of funny noises...there is an endless list of sounds in a day that we take for granted.

At Green Valley Aromatherapy we are busy getting ready for our Customer Appreciation Day for our walk in customers. It will be on June 14th from 10am until 2pm. If you are in the area, please stop by for a chat and some tea! I hope it will be the success that our online customer appreciation day was.

## 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.

Some of the topics in April 2014 were:

- Homemade perfume
- DIY lipbalm
- Spring Cleaning with essential oils



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All the best,

Barb

## Product Profiles



### Chakra Blends

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.

### Root Chakra blend

<u>Essential oil</u>	<u>Uses</u>			
<b>Amyris</b>	Stress relief	Sedative	Calming	
<b>Marjoram</b>	Analgesic	Anti-inflammatory	Vasodilator	
<b>Sage</b>	Stimulant	Antidepressant		
<b>Tea Tree</b>	Anti-inflam	Anti-bacterial	Anti-fungal	Immuno stimulant
<b>Vetivert</b>	Detoxifying	Sedative	Nervine	

The Root blend, to me, seems a perfect blend for someone who is very stressed. Look at all the sedative, d-stressing properties. A large percentage of people who are stressed

are suffering from some kind of pain, so you have an analgesic and anti-inflammatory as well as nerve for the frazzled nerves. Another symptom is feeling exhausted or tired. That is where the stimulant properties of Sage come in handy. The immuno stimulant properties of Tea Tree will help prevent you from becoming sick again.

### [Sacral Chakra Blend](#)

<u>Essential oil</u>	<u>Uses</u>			
<b>Clary Sage</b>	Sedative	Aphrodisiac	Carminative	
<b>Patchouli</b>	Cytophylactic	Aphrodisiac	Anti-depressant	
<b>Rose</b>	Tonic	Sedative	Aphrodisiac	
<b>Ylang Ylang</b>	Aphrodisiac	Hypotensive	Calming\balancing	

All 4 of these essential oils have aphrodisiac properties, so if you are planning a romantic interlude, then include the Sacral blend in your plans. If you are just feeling low, then the anti-depressant, calming/balancing, and tonic will help give you the lift you need. The cytophylactic properties of Patchouli will increase the activity of your white blood cells (leucocytes) to fight infection.

### [Solar Plexus Chakra Blend](#)

<u>Essential oil</u>	<u>Uses</u>			
<b>Clove</b>	Analgesic	Antispasmodic	Carminative	
<b>Fennel</b>	Stimulant	Diuretic	Detoxifyer	
<b>Patchouli</b>	Anti-inflammatory	Anti-fungal	Febrifuge	
<b>Peppermint</b>	Analgesic	Decongestant	Stimulant	

The Solar Plexus blend would be a great help at that time of the month when you think the world has gone crazy, but in fact it is just your menstrual cycle. Between them, these oils have analgesic for the pain, diuretic for the bloating, stimulant to get you going and a good anti-inflammatory.

### [Heart Chakra Blend](#)

<u>Essential oil</u>	<u>Uses</u>			
<b>Geranium</b>	Antidepressant	Balancing	Astringent	
<b>Lavender</b>	Analgesic	Anti-anxiety	Calming	
<b>Mandarin</b>	Digestive stimulant	Uplifting	Anti-spasmodic	
<b>Ylang ylang</b>	Scalp stimulant	Hypotensive	Sedative	

You are having a bad day. Everything appears to be going wrong. It is time to start again. Run a hot bath and use 10 drops of the Heart Chakra blend in the water. Soak for awhile in these antidepressant, anti-anxiety and calming oils. The Ylang Ylang will help to lower blood pressure, the Geranium is balancing and the Mandarin is so uplifting.

Next month I will go through the remaining 4 Chakra Blends, Crown, Third Eye, Throat and Thymus. I hope this has helped to give you a sense of how flexible blends really are.

## [Helichrysum!!!](#)

Just to give you a heads up we have found a new supplier from a small farm in Bosnia. It is the same species (*Helichrysum italicum*), same in everything except the aroma as it has a slightly fresher aroma.

What I like to do when there has been a change is to have an introductory offer. For the month of June, Helichrysum is 15% off. We have a little bit left of the original, so if you have a preference please let us know which one you would prefer when you order.

I profiled Helichrysum in the March newsletter. Please [click here](#) to view it.

### **For the month of June we will not be submitting a riddle.**

Instead, everyone who orders an [Aroma2Go Diffuser](#) will receive a Free 10ml of Lavender from France with their order.

**Last weeks answer was 'First you fill the 5L jug with water. Then, fill up the 3L jug with water from the 5L Jug. You will now have 2L remaining in the 5L Jug. Empty the water out of the 3L jug and fill it with the 2L of water from the 5L jug. Then, refill the 5L jug and you will have 7L of water.'**

**Congratulations to all those who answered correctly.**

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](mailto:orders@57aromas.com).

By sharing your stories you may help others.

Thank you.

## Customer Success Story

"Elizabeth, an aromatherapy story

In my career as a Registered Massage Therapist and RA/EOT, I have worked with many elderly folks. So many who have had to suffer the sad and frustrating condition known as dementia.

I enjoy spending time with elders whether they can put a string of thoughts together or

not. I have learned that if one is patient and spends the time, there is always a "nugget" which will be dropped onto ones lap.

Currently I have a client I'll call Elizabeth. Elizabeth is 86 years old, is incapable of taking care of herself, and consequently lives in a care home.

Although the aging process has been a steady thief, she has never shown signs of anger or depression. In fact, her hearty chuckle, ready smile and persistent agree ability are amazing to me.

In the past 6 months Elizabeth has mostly slept, or appeared to sleep, through most of her treatments. On the particular day that our story occurs, Elizabeth dozed except when being repositioned. As she lay on her back I touched her shoulder and her eyes popped open. "I'm just going to work on your neck now...and lets put some lotion on your arms, they look quite dry today." Reassured, she smiled and closed her eyes. "We'll use the Lavender." I added as I began to apply the lotion.

Her eyes popped open again.

"Lav-en-der," she slowly said, her eyes twinkling now.

"It's lovely isn't it?"

"Yes." she smiled, her eyes drifting across the room, then sweeping back to meet mine.

"My father....." she started, and then lost her way, her mind blank she looked at me helplessly.

"Did your father grow Lavender?" I suggested.

"Yes!" she smiled broadly now, so happy the thought had made it to light.

Our conversation was brief and quickly faded as her eyelids became heavy once again. I continued my work and she slipped into a Lavender laced slumber. The scent had provided a spark that brought a fragment of her life back to flame. Perhaps it was a time in her father's sunlit garden? A small blessing and a brief escape into a youthful memory. Having shared this moment with Elizabeth I have my own vision of what her father's garden may have looked like and I can see it still."

by

Marilyn S.

Thank you Marilyn!

## Did You Know?

Where will you find one of the world's most delicious fruits?

"Answer: Northern Ghana. And yes, of course we're talking about the Shea Fruit, the plump greenish-yellow edible delight - tasty, delicate and yummy - which people say is like a taste of heaven. Of course, for making butter it is the pit inside that we need, so what happens to the fruit? Does it just get cast aside? No way!



The Shea Fruit heralds the end of the dry season, with the land turning green once more and farming getting going in earnest. For months people will have been patiently watching the trees, waiting for the small flower which eventually grows into the delicious fruit. Young and old, birds, animals and insects - all enjoy this gift from nature - and there's even some money

to be made! During the season you will see people, often children, selling small bags and baskets of Shea Fruit along the roadside. And any fruit that gets overlooked during the short harvest simply rejuvenates the soil beneath the tree. What a sweet and lovely start to the season of abundance, and to the process that ends in lovely, hand-made [Shea Butter](#)."

