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Quotes

"Spring is when you feel like whistling even with a shoe full of slush."

Doug Larson

"What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck."

Author unknown

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 January 2014 were:

- Nicotine cravings
- Dangers of essential oils

Green Valley Aromatherapy

March 2014

Greetings!

Hello to all our aromatherapy friends!

Do you feel the excitement in the air? It is the first signs of spring. The birds and the animals are sensing it...the plants in the garden are peeping out to see if this is it.



As a child my Mum would shout into my room in the morning, "Time to get up!". On the 1st of March the first words out of her mouth were, "White Rabbits", as this would bring us good luck. My question to her was, "Can I wear a dress instead of the winter tunic?" Her reply was, "Don't cast a clout til May is out." Funny how we remember these things years later, but forget what we have gone to the store for.

Last month I was telling you about my upcoming trip to Mexico and the essential oils that I would be taking with me. I needed them!! This is usual for me. On the second day of the holiday I came down with a cold, so I did a head steam using 1 drop of Eucalyptus in the hot water. I had an interesting conversation with the maid who did not speak any English. She wanted to clear away the bowl and I wanted it to stay so I could benefit from the anti-bacterial properties in the air.

The following day I had a terrible cough. I used 5 drops of Lavender and 5 drops of Eucalyptus on a warm, damp washcloth which I laid on my chest. I placed a bean bag on top that had been heated up in the microwave. Wow, what a sensation! I lay down for 30 minutes and the result was amazing. I coughed up some terrible gunk and by lunchtime I was ready to get on with my holiday. I have to be honest and say that I had not used the face cloth on the chest method before. It was my cousin, Christine, who suggested it.

We had a good holiday with plenty of sunshine and new friends. The time flew by. On our last day, making the most of the pool and sunshine, I slipped and hurt my back causing me to arrive home to Canada in a wheelchair.

I am still working on my back problem and keeping a positive

- Frankincense in the UK



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attitude as I want to be fit for the Valerie Ann Worwood workshop. Valerie's book "Fragrant Pharmacy" was the 1st aromatherapy book that I bought 25 years ago. I am now on my 3rd copy as I wear them out. At that time there were very few Aromatherapists around, but as more and more keep arriving on the web and there are many more books suggesting different methods, I continue to follow Ms. Worwood, trusting in her passion, sincerity and expertise. We carry two of Valerie's books, [The Fragrant Mind](#) and [The Complete Book of Essential Oils and Aromatherapy](#).

If anyone is interested, the workshop is being presented by the BCAPA in Vancouver on April 5th and 6th. You can get more details from the BCAPA website, www.bcapa.org. The cost for the two day workshop is \$375 and includes lunch on both days.

All the best,

Barb

Product Profiles

[Masculine Moments blend](#)

This synergy was blended especially for those magic moments. The aphrodisiac, sedative, warming, stimulating oils of [Black Pepper](#), [Cedarwood](#), [Orange](#), [Sandalwood](#) and [Ylang Ylang](#) help to produce the feelings of romance. BUT!!! If you look at all of the properties of this blend you will see that it can be helpful for a lot of other symptoms.

As I said earlier, I am wrestling with back problems, which turns out to be caused by degenerative disk disease. When I looked at the properties of this blend of essential oils I thought, "hmmmm, this could work for me!" Between these 5 oils they are analgesic, diuretic, sedative, good for fluid retention, eliminate toxins from the joints, stimulates the lymph system, anti-inflammatory, anti-depressant, balancing and helps to lower blood pressure. It also helps that I love the aroma. I add 10 drops to my bath or add a few drops to a carrier oil for a massage. I also carry around our Masculinity PMR which I just roll onto my back when needed. It is just great! It just goes to show you the great versatility of essential oils.



[Helichrysum essential oil \(*Helichrysum italicum* \)](#)

Helichrysum essential oil is a base note steam distilled from the everlasting flower, which was very popular when dried flower arrangements were in fashion. There are many types of Helichrysum but only *Helichrysum italicum* has the properties needed for aromatherapy. Its main active constituents are neryl and neryl acetate together with geraniol, pinene and linalool which makes this oil what it is known for; anti-allergenic, anti-inflammatory, antiseptic, astringent, expectorant, immuno-stimulant and sedative.

Helichrysum essential oil is a very safe oil being non toxic, non irritant and tolerated by most sensitive skins. It seems to work best when it is part of a synergy. As it is expensive, it smells wonderful with citrus oils which helps to level the price out. Being anti-spasmodic, Helichrysum helps to calm asthma attacks. It is also a nice oil to use in a massage. I would suggest the following: to 30mls of [Evening Primrose oil](#) add 20 drops of [Eucalyptus Citriadora](#) essential oil, 5 drops of [Helichrysum](#) essential oil and 5 drops of [Roman Chamomile](#) essential oil (Shake well).



I have some back problems due to arthritis and this is the blend I use. I have recommended it to a lot of people and it works for them too. Being fair, the massage works as well.

Would you like to receive a FREE 60ml Peppermint Hydrosol with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 60ml bottle of this amazing product to your next order! The correct answer will be given in our next months newsletter.

While walking across a bridge I saw a boat full of people. Yet on the boat there wasn't a single person.

Why?

Best of luck!!

Last weeks answer was EYE. Congratulations to all those who answered correctly.

Customer Appreciation

Our Customer Appreciation month in February was a great success! Our apologies for getting some orders out late (as well as the newsletter), but we are now caught up! A lot

of new customers have ordered during this time which is great. We hope that you enjoy the free gifts as well as the crossword and word search. If anyone would like to receive copies of the word search or crossword, just make a note in the comments section of your order and we will send you a copy.

A great big THANK-YOU to everyone who entered the customer appreciation month contest in the spirit it was intended. You have made it very enjoyable for us and we have learned a lot. I hope you enjoyed it as well.

The winner of the draw for the [Naturamist](#) diffuser was Susan Oyler. Congratulations Susan! We loved your success story which is posted below for you all to read. I have to say thank goodness we chose to do a draw out of all the tremendous stories you sent in. I could never have picked out the winner myself.



Customer Success Story

"I think a great success story would be one about saving money. So here is my story about how I have saved money by using Green Valley essential oils:

Several years ago I found a foaming liquid hand soap that I absolutely loved. The fragrance was grapefruit and bergamot and it was really gentle to my hands. The price was around \$6 a bottle. I read through the ingredients on the back of the bottle and decided I could make this soap myself. I used water, liquid castile soap and 20 drops of bergamot and 20 drops of grapefruit essential oils. I also added a few drops of orange and lemon. It smelled just like the expensive foaming soap and was just as gentle to my hands. I figured out each bottle of liquid soap I made myself cost just pennies instead of dollars. Also, there are no ingredients that will harm me or my family. I'm really happy with my soap and I can choose to make it a different fragrance each time.

I also put Auntie Vi blend in my ScentBall diffuser every night before bedtime. It has really helped us in our quest for good health. Your Emu oil has been great. It has helped to calm down a severe itchy breakout I've experienced on my face and ears. Thank you for your essential oils and for the information you share on your website about each one. I hope you will continue to offer great products and share even more about your products in your product reviews. I'm so happy I found Green Valley!"

Susan Oyler

Did You Know?

Tongue twister:

A tree-toad loved a she-toad,
who lived up in a tree.
He was a two-toed tree-toad,
While a three-toed toad was she.