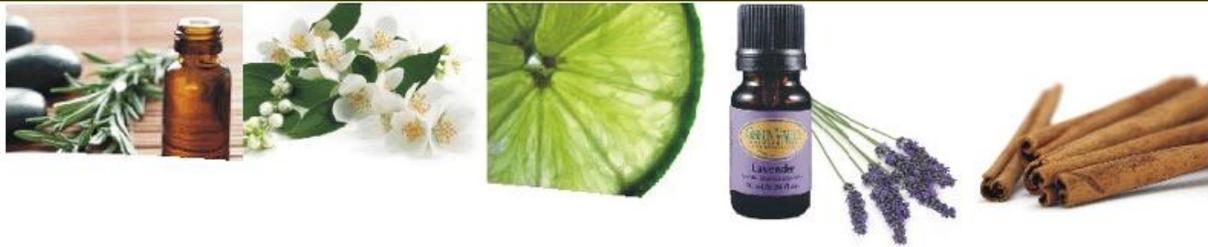


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add [greenvalley@57aromas.com](mailto:greenvalley@57aromas.com) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



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## Quotes

"The best way to predict the future is to invent it."  
*Alan Kay*

"If you can't explain it simply, you don't understand it well enough."  
*Albert Einstein*

"The two most important days in your life are the day you are born and the day you find out why."  
*Mark Twain*

## 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 a dvance notice of sales and specials
2. We share

# Green Valley Aromatherapy

March 2017

Greetings!

Happy March Aroma Friends,

March is a busy month for nature. All the flowers are beginning to start blooming. Spring is on the way and spring cleaning starts in all the homes.

The 1st of March is Saint David's Day, patron Saint of Wales. The 5th of March is Saint Piran's Day in Cornwall. The 17th of March is Saint Patrick's Day. The 25th of March is Lady Day (the Feast of the Annunciation).

These days created a lot of socializing in the small towns and villages of England. This was a time to share food and recipes, socialize and gossip.

The 12th of March is when daylight savings begins and the 20th of March is officially the first day of spring.

To celebrate Spring, Green Valley would like to offer you 15% off our amazing new steam distilled Rose essential oil.

Rosea centifolia is steam distilled from the fresh rose blossoms. Every batch of essential oil, even from the same farm, tends to smell a little differently. This Rose has come from a new supplier with a small farm and is very different.

All the best,



aromatherapy ideas,  
news and articles of  
interest

3. We share discussions on  
aromatherapy.

Some of the topics in  
November 2016 were:

- Benefits of Nutmeg
- Recipes for Healthy  
Skin
- Essential oil production  
training in Nepal



Like us on Facebook

Barb

## Recipes

### Skin Recipe for Teens

Wash your face regularly to remove excess oils from your skin using a natural soap or [Castille soap](#).

Add the following essential oils to 80mls of [Coconut Oil](#) and shake well.

20 drops [Carrot Seed essential oil](#)

10 drops [Juniper essential oil](#)

10 drops [Lemon essential oil](#)

10 drops [Orange essential oil](#)

10 drops [Geranium essential oil](#)

After you have washed your face, massage a little of this blend gently over your face. My friend's son got into the habit of washing his face every time he went into the bathroom. As he said, you are already washing your hands so why not wash your face too and smooth on some healing oil. It only takes a minute. He started to notice a difference in his skin right away. Within 2 weeks his skin was clear.

### Foot Soak Recipe

It is still something of a mystery as to why childhood diabetes range from viral infections to genetic causes. All parts of the child's body can be affected by diabetes in one way or another. One common problem is that the legs can become cold and numb and walking can be painful. A foot bath is an easy and effective remedy.

Add 2 drops of [Ginger essential oil](#), 3 drops of [Eucalyptus Citriodora essential oil](#), and 5 drops of [Geranium essential oil](#) to a bowl full of warm water. Soak the feet for 10 to 15 minutes.

As the child starts to relax, this is a good time to massage the feet and legs. To 30mls of [Grapeseed Oil](#) add 10 drops of [Geranium essential oil](#), 5 drops of [Ginger essential oil](#), and 5 drops of [Lemon essential oil](#). Shake well. Massage the feet gently, between the toes, around the heels and ankles, eventually going up the legs to the knees.

**Please note: This recipe is for children 10 years of age and older.**

## Product Profiles

### [Carrot Seed essential oil](#)

Carrot Seed essential oil is steam distilled and a middle note. The health benefits of Carrot Seed are many due to the amazing properties in this essential oil such as; antiseptic, carminative, cleanser, detoxifier, diuretic, muscle relaxant, stimulant and tonic.

The rising fame of Carrot Seed is due to its skin benefits. This wonderful oil is rich in Vitamin A and beta carotene. It is anti-carcinogenic and helps to flush out toxic substances like bile and uric acid. Carrot Seed is a powerful detoxifier and liver booster. It stimulates and rejuvenates the skin.

Carrot Seed essential oil may help with dermatitis, skin elasticity, PMS, gout, arthritis, edema, rheumatism and the general release of toxins in muscles and joints.



### [20 Year Celebration Blend](#)

When this blend was created, I never thought it would be so popular. It was our way of celebrating 20 years in business. There is no telling about individual preferences of aromas as we all perceive aromas as differently as we do colours. With our 20 Year Celebration blend it appears that the aroma received the attention first, then gradually there was a realization that you also feel good when using it.

20 Year Celebration is made up from Bergamot FCF essential oil, Cinnamon essential oil, Niaouli essential oil, Orange essential oil, Palo Santo essential oil, Spearmint essential oil and Ylang Ylang essential oil.

[Bergamot FCF essential oil](#) is a top note and has been cold pressed to get the best out of this wild orange. It is an energizing, uplifting oil which is the reason it was chosen for this blend.

[Cinnamon essential oil](#) is a middle note that is steam distilled. It is also a stimulant with a warming, comforting property that makes you feel as if someone put a soft, warm blanket around your shoulders.

[Niaouli essential oil](#) is a steam distilled top note with analgesic, anti-inflammatory, anti-rheumatic properties.

**Orange essential oil** is cold pressed and a top note. It had to be in this blend for its tonic effect. Orange essential oil is also uplifting and stimulating.

**Palo Santo essential oil** is not as well-known as the majority of oils. It is a relation of Frankincense with a lot of its properties. I chose Palo Santo for its ability to help with pain and inflammation.

**Spearmint essential oil** is a top note and is steam distilled. This cool, minty oil is another stimulant, but was chosen for its cephalic properties (it helps to clear the cluttered mind).

**Ylang Ylang essential oil** is a steam distilled base note. The reason this oil was chosen was for its calming, sedative and aphrodisiac properties.

As you can see, 20 Years Celebration was created from the essential oils that make you feel good, happy, calm, grounded, loving and energized.



## **Castille Soap**

Castille Soap is a pure, organic soap containing only vegetable based ingredients such as saponified organic coconut oil, saponified organic sunflower oil and kosher vegetable glycerin.

Castille Soap is excellent for children and people with sensitive skin. It contains no fragrance or chemicals, just pure, organic soap. The ingredients, as well as having no additives, have a lot of properties for a healthy, balanced skin. The vegetable oils are composed predominantly of saturated fatty acids and will help the skin retain moisture and restore its natural pH balance. This natural liquid soap can be enhanced with the addition of essential oils. Depending on if you want a recipe for small children, teenagers, over worked Moms or seniors, there is one for you.

Carrot seed essential oil, 20 year Celebration Blend, and Castille Soap are all 15% off in March!

## **Did you Know?**

**Did you know...**

**We have adopted an Orangutan named Cece through the**

**Orangutan Project. The adoption helps to pay for the care of Cece and her training in Forest School so she can be released back into the wild.**

**Palm Oil production is the single greatest threat to the endangered Orangutan. Palm Oil is found in many common products including, unfortunately, our Premium Base Cream. As a result, we will no longer be carrying Premium Base Cream. The remaining supply will be 25% off until it is gone.**



**For more information about this issue:  
<http://www.saynotopalmoil.com/theissue>**

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We have new hours:

Monday our retail shop is closed, however arrangements for pick up can be made.  
Online orders will still be processed on Monday.

Tues-Friday we are open from 10am until 5pm P.S.T.

We are now open Saturdays from 11am until 4pm P.S.T.