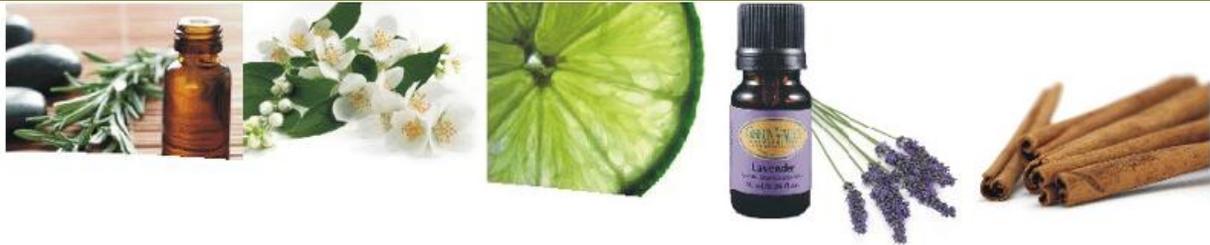


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvally@57aromas.com to your address book so we'll be sure to land in your inbox!

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



Quick Links

[Green Valley Aromatherapy Wholesale Login](#)
[Aromatherapy Articles](#)
[Newsletter Archive](#)

 Like us on Facebook

Quotes

"With rushing winds and gloomy skies, the dark and stubborn winter dies."

Unknown

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

Charles Dickens

"Hope is the thing with feathers that perches in the soul - and sings the tunes without the words - and never stops at all."

Emily Dickinson

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

Green Valley Aromatherapy

March 2016

Greetings!

Goodbye February, Hello March!

Have you noticed it is not getting dark as early? I am so glad to see daffodils, crocus and all of the spring bulbs starting to say "Spring is Here!" Hello March! I will be so glad to see you. I hope you can keep up the good weather.



There will be some changes coming up soon for Green Valley. I presume some of you know I have been battling breast cancer, so I am downsizing our home to a rancher. We are also thinking of moving Green Valley to a better laid out place which will hopefully make us more efficient. We have been looking at commercial properties. As yet, we have not made up our mind. Moving is very stressful, so I must make sure to have the appropriate oils on hand when the time comes. Also, our new price list will be coming out on April 15th. We have been able to keep our prices steady since 2010, but it is now time to adjust them.

The Mad March Hare is a commonly used phrase in England. If you are acting silly, they would comment that you are as mad as the March Hare, a character in Lewis Carroll's book Alice in Wonderland. Prior to Alice in Wonderland, country people used to think the hare was a little crazy due to his antics during their long breeding season, March to September.

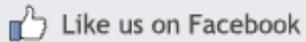
All the best,

Barb

- 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 2016 were:

- Homemade Lip balm
- Lavender Farm in New Zealand
- Oils for the skin



Recipes

Recipe for a dog with arthritis

- 4 drops [Rosemary essential oil](#)
- 2 drops [Lavender essential oil](#)
- 3 drops [Ginger essential oil](#)

Mix these essential oils into 30mls of carrier oil, such as [Sweet Almond oil](#). I use this recipe for my arthritis, but with more essential oil. Massage the blend through the fur so you are getting it onto the skin around the affected joint.

The arthritis is usually in the back, hips and back legs. Work up the leg so you are going against the fur, concentrating on the joint. Do not worry about the mess. The dog will lick it off and it will not hurt them.



Product Profiles

[Vetivert essential oil](#) (*Vetiveria zizanoides*)

Vetivert essential oil is a base note. The roots of the grass are steam distilled and it is produced in Indonesia. This oil has some interesting results in our bottling lab. Even with the extractor fans going, our girls can become a little glassy eyed, regardless of

whether they like the aroma or not.

Vetivert is well known as a deep relaxant. It is also considered to be mentally balancing. As I have some health concerns at the moment, it is a good oil to have around me. Vetivert has an earthy aroma. It reminds me of digging in the garden. I don't mind the aroma. I just cannot say that I love it like I can for [Neroli](#).

The point is, oil of Vetivert is a sedative, is detoxifying and nervine, which means it is a tonic and is healing to the nerves. I am sure everyone has a friend or relative who could use the help of some Vetivert essential oil.

[Road Scents Blend](#)

Road Scents was put together after I witnessed some road rage while in the city. This is a calming blend that also has some stimulating properties, keeping you calmly alert while driving. Road Scents contains [Benzoin](#), [Lavender essential oil](#), [Litsea Cubeba essential oil](#) and [Ylang Ylang essential oil](#).

If you have ever used Friars Balsam, Benzoin is the active ingredient in it. Benzoin is a base note and is made from the resin of a tree. The resin is steamed to create pourable Benzoin. The reason I chose it for Road Scents is that among its many properties, it has the ability to create an uplifting feeling and calms the breathing.



Lavender, well I am sure you all know is a middle note, is steam distilled and has anti-anxiety properties. Litsea cubeba, sometimes know as May Chang, is a Chinese wonder herb used extensively in China. Litsea's pepper like fruit is steam distilled and it is a middle note. Litsea is used for treating fear, anxiety, pain and stress.

Ylang Ylang essential oil is a base note and is produced in the Philippines, Sumatra, Java and Madagascar. The flowers are steam distilled. Ylang Ylang is very calming and balancing. It has the ability to slow down the breathing and is great for people who lack confidence.

[Moisturizing Base Cream](#)

Green Valley's Moisturizing Base Cream is made locally using all natural ingredients. This moisturizing cream is very nourishing for the skin and is ready for the addition of essential oils. The texture is fine enough for your face, and can be used all over the body for soft, supple skin.

Our Moisturizing Base Cream contains: Sweet Almond oil, Glycerin, Jojoba, Aloe Vera Concentrate, Calendula oil, Avocado oil, Shea butter, Vitamin E, Neomekkins (a mild, broad spectrum anti-microbial preservative to keep mould from forming in the cream), and Citric acid (a pH balancer).



Vetivert essential oil, Road Scents blend, Moisturizing Base Cream and PMR's are 15% off in March 2016.

Did you Know?

Did you know... If you have had a heart attack, you can lengthen your chances of survival if you have a pet. Cats love being stroked, talked to and any attention they can get.

Did you know... We do not sell Rosewood essential oil as it is on the endangered species list. The few wild rosewood trees that exist are being poached on a regular basis. I know it is a beautiful oil, but there are several other oils that have similar properties and aromas. [Here is an interesting article](#) regarding Ho wood, Camphor and Rosewood essential oils, all members of the *Lauraceae* family.

What do you think? I have always believed in the constituents of the essential oils. For example, if I have inflammation in my knee I would use an anti-inflammatory essential oil, even if I do not like the aroma of that oil. You can always add a nice flowery or citrusy essential oil. I know of Aromatherapists who let their clients sniff at the oils and choose their own on the theory that the body knows what it needs. I did not train that way. We had to do a consultation, recording everything and asking the client to sign it.

I have started a blog about my journey with cancer. Feel free to follow along and comment: barbgreenwood.blogspot.ca

If I can help just one person by sharing, it will be worth it.

Barb