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Quotes

"The woods are lovely, dark and deep. But I have promises to keep and miles to go before I sleep."

Robert Frost

"The best way to find yourself is to lose yourself in the service of others."

Mahatma Gandhi

"It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it."

John Steinbeck

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

Green Valley Aromatherapy

May 2016

Greetings!

A JOURNEY OF A THOUSAND MILES MUST BEGIN WITH A SINGLE STEP! (Chinese Proverb)

Hello Aroma Guys,

In a few days we will be unplugging all of our computers and packing up all of our essential oils, packing materials, filing cabinets, desks etc. By the time you get this newsletter, we will be in our new location, organized and ready to serve you.

We are all so excited about the move. It feels like we are turning over a new leaf. We have planned the layout of the rooms so that it is streamlined and there is less clutter. We have chosen a pale grey laminate for the floors in the store and offices, and white flecked tiles for the bottling lab and packing/shipping rooms. We will be open on the 2nd of May and we are planning a Grand Opening later on. We will keep you posted (our new address: 505 Duncan Ave, Courtenay).

When Green Valley is settled, we have to think about moving ourselves into a small rancher/bungalow so that we can settle into retirement mode. When you are downsizing, you have to be very firm with yourself about what to keep and what not to keep. All of the keepsakes from 50 years of memories are treasures that are only valuable to me. I have been diffusing [Frankincense](#) and [Helichrysum](#) to help with the cancer issue. Now I need to figure out what will help with our personal move.

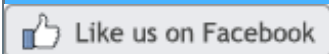
We are moving towards a big change, a welcome change, and I need to let go of some of the past ways of doing things. I need to be positive, assertive and full of confidence and contentment. The essential oils I have chosen to diffuse are [Bergamot](#), [Lavender](#), [Rosemary](#) and [Ylang Ylang](#). I will



- 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 March 2016 were:

- Frankincense essential oil
- Thyme
- Aromatherapy and Meditation



blend these together and add them to the creams, lotions and shampoos that I use. I will also add them to tissues in my handbag and to absorbent cards to have around the house to keep me on track.

Last week our new price list was put into action. Orders are still coming in, so it couldn't have been too bad. We hate having to change prices. It is a big job and we don't like all of you guys thinking we are raising prices just to make more money. The truth is, prices are fluctuating on a monthly basis, usually due to weather conditions and natural disasters in different parts of the world. Some prices do actually go down if there is a glut of that plant. Lavender is a good example. This hardy, attractive looking plant grows almost anywhere. It does not need a great deal of attention as long as it is in a well-drained area. Consequently there is plenty to choose from, which keeps the prices reasonable.

All the best,

Barb

Recipes

Recipe for Allergies.

Allergies can be very complicated to deal with. Finding the cause can take time, however, essential oils very rarely cause an allergic reaction. This recipe is for 3 to 7 year old children. You can double the amount for older adults.

- 5 drops [Lavender](#) essential oil
- 3 drops [Geranium](#) essential oil
- 3 drops [Frankincense](#) essential oil.

Add the drops to a 30ml bottle of carrier oil, such as [fractionated Coconut oil](#), for a massage. Add 5 drops into a [diffuser](#). This would be useful to be used in all of the rooms the child frequents.

Product Profiles

[Amyris Essential Oil](#) (*Amyris balsamifera*)

Amyris grows in the West Indies and the USA and is steam distilled. Being a base note, Amyris is a good oil to use if you are making blends. Another name for Amyris is

'West Indian Sandalwood', as its aroma is similar to East Indian Sandalwood. As East Indian Sandalwood is a threatened species, Amyris is a good, less expensive alternative.

Amyris originates from the West Indies, specifically Haiti. It is steam distilled from the bark that falls off the dried tree. Amyris is thought of as a cool oil. It is said to slow down the aging process, so is obviously good for skin regeneration. Amyris is also good for muscle relaxation, minimizing stress and tension and is good for letting go of clutter in your mind.

Valerie Ann Worwood's [Fragrant Mind](#) suggests that Amyris is a good choice for artists as it helps to improve mental clarity, helps you feel at peace and helps with creativity and imagination.

[Peace Blend](#)

For peace and inner harmony, try this blend of Grapefruit, Rose Geranium, Sandalwood and Ylang Ylang essential oils.

[Grapefruit](#), to me, is a cheerful, liberating and joyful oil. It helps me feel energized, forgetting daily problems and makes me want to smile. Like other citrus oils, Grapefruit is a photosensitizer. Grapefruit is a valuable oil for fluid retention. It is diuretic, a detoxifier and a stimulant of the lymphatic system.

[Rose Geranium](#) is a middle note that is steam distilled from the leaves and flowers. It is thought to be an emotionally balancing oil. We all need this at some time or other, for instance with problems related to menopause. Rose Geranium is recognized as a good skin oil for eczema, dermatitis and burns. As it is so calming and uplifting, it gives extra help to keep those skin conditions at bay.



[Sandalwood](#) is a base note, is steam distilled and is produced in Australia. This is a great all-round oil with so many uses. Chosen for its ability to counteract nervous tension, distress, insecurity, feeling irritable and dwelling in the past. Sandalwood is also good for upper respiratory problems.

[Ylang Ylang](#) is steam distilled from the flowers. It is a base note and is produced in Indonesia. Ylang Ylang is often referred to as the poor man's Jasmine. Some people can find it overpowering. Its properties are similar to Jasmine. Ylang Ylang is an aphrodisiac, sedative, and scalp stimulant. The reason I chose Ylang Ylang for this blend was for its ability to slow rapid breathing and for its calming and balancing nature.

[AromaVeil Summer Days](#)

Summer Days is one of a set of six natural perfumes. With so many sensitivities to the chemicals in perfumes, it was time for us to introduce a Natural (in the true sense of the word) range of perfumes.

Summer Days evokes romance with a boost of energy. The properties of the various essential oils in this blend have the ability to calm your mind and bring you to your happy place.

Summer Days is made up from [Camphor](#), [Geranium](#), [Lemongrass](#), [Palmarosa](#), [Vanilla](#) and [Ylang Ylang](#) based in [Coconut oil](#).



Amyris essential oil, Peace blend, and Summer Days
AromaVeil are all 15% off in May 2016.

Did you Know?

Did you know... Green Valley Aromatherapy is moving. As of May 1st, 2016 our new address will be:

Green Valley Aromatherapy Ltd.
505 Duncan Avenue
Courtenay, BC
V9N 2M6