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Quotes

"Live as if you were to die tomorrow. Learn as if you were to live forever."

Mahatma Gandhi

"A real friend is one who walks in when the rest of the world walks out."

Walter Winchell

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

Green Valley Aromatherapy

November 2014

Greetings!

Greetings Aroma Friends,

I am finally home from my European vacation! We arrived home on the 5th of October; my head was still floating around until Tuesday morning when we had a spill of the blend [Scents of BC](#).

Wow, my ears cleared and eventually my head cleared from that heavy, tired feeling. We mopped up the spill with kitchen roll, which I put in a plastic bag with holes in it. I left this beside my bed and woke with a clear head in the morning.



We had a wonderful vacation! I am glad to be home on Vancouver Island full of wonderful memories of friends and relations, new babies and get-togethers where we reminisced for hours.

We drove from southern Spain, north into France, visiting the vineyards where grapes were being harvested for champagne and the lavender fields which were 75% harvested but they keep a % for the buds and decor. As we traveled further north the weather was getting a little cooler. Our last stop was Bruges in Belgium where we spent 2 days roaming around the cobbled streets in the medieval town. We sat outside the little cafes for breakfast, lunch and dinner, watching the horse drawn carriages and the canal boats taking the tourists around; no motor vehicles allowed.

We are in the season for colds and Flu. You probably take extra vitamins, so try cutting back on sugar to give your immune cells/ system a better chance to help keep you healthy.

Sleep is another necessity for keeping our bodies healthy. If you have problems with this, start by checking your

3. We share discussions on aromatherapy.

Some of the topics in August 2014 were:

- MRSA and Aromatherapy
- Productivity at work
- Orange and Anxiety



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bedroom. It should be dark, quiet and a cool temperature. Caffeine, which is a stimulant, can stay in your system for up to 7 hours, so be aware of that last cup of coffee. I hear people saying that a few alcoholic drinks help them to sleep. In actual fact, they can help you get to sleep but they will stop you from getting into that deep sleep which repairs and boosts the immune system. Staying in that light sleep allows you to dream and leaves you feeling tired the following morning. My husband was getting very active nightmares which resulted in him getting a black eye, swollen jaw, a huge goose egg and I got a broken tooth, as well as being tired in the morning. However, all is well now thanks to essential oils and following the guidelines.

Take advantage of your essential oils and have a relaxing, anti-anxiety aroma in your bedroom. Make sure your partner likes the aroma too. I still use [Lavender](#). Spraying the bedroom with [hydrosol](#) before going to bed works for some people, but I forget to do it. For me I have Lavender in my nighttime moisturizer, on absorbent pads by my bed, and for good measure a couple of drops on the soles of my feet.

All the best

Barb

P.S. To receive your order in time for Christmas, we recommend that you have it in before December 10th. We will be closed for the Christmas break from December 24th until January 4th.

For all the children getting ready for Santa Clause's visit, did you know that Reindeer like bananas? So, when you are leaving milk and cookies for Santa, why not leave a banana for the reindeer.

Product Profiles

[Clove Bud Essential Oil](#) (*Eugenia caryophyllata*)

Clove Bud was the first essential oil I remember using; my mother always kept it around for toothache. As the years have gone by, a lot of research has been done and we now realize the multitude of benefits that Clove Bud has.

Benefits: Anti-inflammatory, antifungal, analgesic, antiviral, antiseptic, carminative and antispasmodic. This makes it a very useful essential oil to use for conditions such as: infections, toothache or general pain, indigestion, nausea, blood circulation, headaches

and earaches. Clove Bud also helps with stress related problems and is good for boosting the immune system.

Clove Bud has been known for centuries for its anti-infectious properties and has been used for hundreds of years for preventing contagious illnesses. Jean Valnet records that when the Dutch settlers cut down all of the clove trees in Ternate, the area was swept with wave after wave of epidemics which had not happened before.

Clove Bud essential oil is an excellent oil to diffuse to help keep away the winter illnesses like Flu, ear, nose and throat infections and bronchitis. Mix a little [Orange essential oil](#) with it to make a change. As we get nearer to Christmas, add some [Cinnamon](#) to the mix. It makes a wonderful blend that really works.

[Peace Blend](#)

This time last year I was making up little gift packs for relatives and friends in England. I based them around the Peace essential oil blend; I told them I was sending them Peace for Christmas.

The idea for the Peace blend came to me while driving in Vancouver during the rush hour. We originally marketed it with a car diffuser to help with road rage, then realized it had a much wider scope for helping with many things. Peace comprises of [Grapefruit](#), [Rose Geranium](#), [Amyris](#), and [Ylang Ylang](#).

<u>Essential oil</u>	<u>Uses</u>			
Grapefruit	Emotional Stimulant	Antidepressant	Detoxifier	Digestive stimulant
Rose Geranium	Anti-inflammatory	Emotionally balancing	Antibacterial	Antiseptic
Amyris	Sedative	Antiseptic	Antispasmodic	Stress reliever
Ylang Ylang	Sedative	Tachycardia (rapid heart beat)	Hyperpnoea (rapid breathing)	Aphrodisiac

The synergistic blend of Peace has so many useful properties that could help with any illness, from upset tummy to an emotional breakdown, a dose of the Flu or a panic attack.

Clove Bud, Peace and Cocoa Butter are all 15% off in November.

Recipe

Sleepy Time Recipe

20 drops of [Lavender essential oil](#)

8 drops of [Roman Chamomile essential oil](#)

10 drops of [Clary Sage essential oil](#)

Mix together and keep in an amber bottle. From this you can add 10 drops to your bath or add it to a carrier oil for a massage. Put a couple of drops onto a tissue and place in your pillow case or put a couple of drops under each foot. Happy *Zzzzzz*.

The things children say.

A grandmother was taking her grandson to the park one morning after a heavy snowfall the previous night. Making conversation with her young grandson who had just started kindergarten, she commented on how clean everything looked and how it was as pretty as a picture.

'Did you know God painted this just for you?'

'Yes', he replied, 'and he did it with his left hand.'

'How do you know he painted it with his left hand?'

The child solemnly replied, 'At Sunday school they told us that Jesus is sat on God's right hand.'

Did you Know?

Not sure if this should have a heading of WARNING or Did you Know?, however, Sassafras essential oil as well as being used in soap making, is one of the ingredients in Ecstasy! We get inquiries every once in awhile if we sell this oil. We do not as it is heavily regulated and comes with a lot of paperwork. This makes it hard for soap makers, the genuine people, to get a hold of it.

Did you Know? Lemons have more sugar than strawberries.

Shea Butter Stories

"Question: by the end of the last installment you may have thought we were all ready to go - butter-makers at the ready! Well no, not quite. There's one more really important thing to be done - any ideas what?"

The nuts have finally arrived at the place where they will be ground down, ready to be made into wonderful Shea Butter. However, the women who make Baraka Shea Butter know that the best Shea Butter comes from selecting the best Shea Nuts, collecting them, cleaning and drying them, cracking them - and then going one step further - washing them.

Yes, that's right - the nuts themselves now need one final rinse - and as with each preceding step, it has to be done by hand. The women know that to achieve that rich, creamy quality that Baraka Shea Butter is known for they must ensure that the nuts are clean so that no foreign material goes into the grinder.



The children are encouraged to help but, being children, it's just too tempting to pass up the opportunity to play in the water! Meanwhile the women wash and rinse the nuts, squishing and squashing them until finally they are clean enough to go into the grinder - one tantalizing step closer to the end product, the Baraka Shea Butter that we all love.

And the water? Of course it isn't just thrown away. Even though it is the rainy season and water is in abundance the women will carefully pour the water onto nearby plants after the nuts are washed. Making things naturally means working with - and looking after - nature."



Baraka

See previous newsletters for more [Shea Butter](#) stories. Next month, *First Grind*.