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Quotes

"Do not wait for the perfect moment. Take the moment and make it perfect."

Unknown

"Hurt me with the truth but don't comfort me with a lie."

Unknown

This quote really hit home with me as I have been known to evade the truth to save hurting someone's feelings. She was more hurt when she found out the truth.

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

Green Valley Aromatherapy

November 2015

Greetings!

Hi Aroma People,

It is that time of year again. The viruses are on the rampage. Kids are getting infected at school and bringing them home to pass on to the rest of the family. We just got home from China. It was a long journey home and we were packed in the aircraft like sardines. As a result, my husband has been sick for two weeks. He is getting better, but is feeling a little sorry for himself.

For dealing with his upper respiratory problems I used [Eucalyptus Globulus](#) in [Coconut oil](#). I rubbed it onto his upper back and chest to help with the coughing and wheezing. He slept in old t-shirts to soak up the surplus oil. I had [diffusers](#) in the bedroom and living room with [Terminator](#) to keep me safe from the germs. It worked well for me and seemed to help my husband with the fever and restlessness.

If you come across any of these groups of people who are saying it is not good to diffuse oils into the air, do your own research. It does not make a lot of sense to me. What they are saying is that it will compromise people with allergies. In my experience there are few people who are allergic to essential oils. If for example, you have a friend or family member who is allergic to oranges, then you would not use Orange essential oil. If a stranger (eg. a workman) came in and had a problem, you would just turn the diffuser off.

All the best,

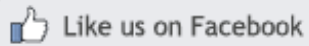


2. We share aromatherapy ideas, news and articles of interest
3. We share discussions on aromatherapy.

Barb

Some of the topics in September 2015 were:

- Massage Tips
- Mattress cleaning
- Headache remedies



Recipes

Night Oil for preventing wrinkles

If you must have lines on your face, wouldn't you rather they be laugh lines than frown lines? A smile is always more attractive than a frown.

Cellular regeneration is the key to youthful skin. The nutrients and proteins in essential oil can help to maintain the bounciness of collagen upon which the outer layers of skin rest, encouraging the regeneration of new cells.

Use this night oil to help prevent wrinkles:

- 30mls [Emu Oil](#)
- 10 drops of [Carrot Seed essential oil](#)
- 10 drops of [Lavender essential oil](#)
- 10 drops of [Fennel essential oil](#)
- 8 drops of [Grapefruit essential oil](#)
- 8 drops of [Geranium essential oil](#)

Add these essential oils to the 30mls of Emu oil. Shake well before use and apply every night after you have cleaned up before bed. For a little luxury you can add 5 drops of [Rose essential oil](#).

In the morning do not use soap and water on your face. Spray [Rose hydrosol](#) and dab dry with a tissue.

Product Profiles

We launched our new line of natural perfumes, AromaVeil, on the 1st of October.

[AromaVeil](#)

This set of wonderful, natural aromas/perfumes is designed to titillate your senses, and to make you feel good, confident, ready to take on the world and oh so feminine.



With so many people being sensitive to the chemicals in perfumes, we decided to create a natural, friendly, no chemical perfume. The names and blends were inspired by nature - the changing scenes, colours, sounds and aromas.

[Spring Party](#)

Spring Party is a blend of [Orange](#), [Palmarosa](#), [Peppermint](#), [Bergamot](#) and [Ylang Ylang](#) essential oils. Ylang Ylang is the base note and the other four are top notes which created an interesting bouquet.

Orange essential oil is a very uplifting oil, lymph stimulator and tonic. Palmarosa is a balancing oil. Peppermint is a stimulant. Bergamot is calming and Ylang Ylang is an aphrodisiac. With these ingredients I have created an aroma that is fresh, exciting, and energizing with a hint of romance.



[Summer Days](#)

The ingredients of this natural perfume are [Camphor](#) (top note), [Lemon Grass](#) (top note), [Palmarosa](#) (top note), [Geranium](#) (middle note), [Vanilla](#) (base note) and [Ylang Ylang](#) (base note).

Camphor can be calming and balancing. Geranium is an anti-depressant and balancing. Palmarosa is balancing and comforting. Ylang Ylang is an aphrodisiac and therefore relaxing. Vanilla has a smooth aroma that is reminiscent of childhood days. Lemongrass is energizing and a stimulant.



As you can see by the properties of the various essential oils, Summer Days has the ability to calm and relax your mind and to help bring you to your happy place. This aroma evokes romance with a boost of energy to enjoy it.

[Shades of Autumn](#)

Shades of Autumn is a blend of [Rose Geranium](#), [Palmarosa](#), [Petitgrain](#), [Nutmeg](#), [Spearmint](#) and [Vanilla](#). The aroma of this blend is like a comfortable, long lasting relationship. It is evenly balanced with 2 top notes (Spearmint, Palmarosa), 2 middle notes (Petitgrain, Rose Geranium), and 2 base notes (Nutmeg, Vanilla).



The essential oils making up this blend have the wonderful side effect of aiding the digestive system and being sedative and stimulating. Some people have trouble understanding how a blend can be two opposites, like stimulating and sedative, at the same time. They assume that one must cancel the other out. I have used this combination if I have a long drive ahead of me. A stimulating oil to keep me alert and a sedative oil to keep me calm. It really worked well for me.

In general, this natural perfume will help you feel grounded, proud of yourself and ready to surge forward with your life.

[Winter Warmth](#)

Winter Warmth is made up of [Birch](#) (top note), [Cinnamon](#) (top note), [Litsea Cubeba](#) (middle note), [Bitter Orange](#) (top note), [Pine](#) (top note) and [Vetivert](#) which is a base note.

Birch is a cleanser and helps the body to get rid of toxins. Cinnamon is another of those calming/stimulating oils and is considered an aphrodisiac. Litsea Cubeba (May Chang) is one of the oils to have its name the wrong way around. May Chang is its common name and Litsea is its botanical name. Litsea is thought to be a regenerative oil and is antispasmodic.



Bitter Orange is a great winter oil. It is a tonic, lymph stimulator, anti-depressant and is very uplifting. Pine is a detoxifier and it is good for mental fatigue and nervous exhaustion. Vetivert is a sedative, is considered mentally balancing and is a deep relaxant.

Bearing all this in mind, what are you thinking of? I am thinking of a warm fire. The smell of pine from the Christmas tree. Relaxed and happy with the family around. A comforting aroma.

[Morning Bloom](#)

Morning Bloom is a blend of [Ylang Ylang](#), [Grapefruit](#), [Cinnamon](#) and [Spearmint](#) essential oils. Ylang Ylang is the base note, Cinnamon is the middle note, Grapefruit and Spearmint are the top notes.

Ylang Ylang as the fixative or base note, is known as a hypotensive which means it helps to lower blood pressure. It is sedative and is thought to help slow down rapid breathing. Ylang Ylang is calming and balancing. Grapefruit essential oil is a diuretic, an emotional stimulant, a digestive stimulant, a detoxifier and is great for stress, nervous exhaustion and mental fatigue. Cinnamon, the middle note, has



aphrodisiac properties, is calming and stimulating which makes it a balancing oil. Spearmint, the top note, is a wonderful stimulant. It helps with upset tummies, nausea and headaches.

The aroma these essential oils create is earthy with a surrounding sweet aroma. When I wear Morning Bloom I think of hot sunny days where the earth is baking in the heat, there is the hypnotic buzzing of the bees and an overwhelming sweet aroma from the beautiful flowers.

[Infinite Bliss](#)

Infinite Bliss is a blend of 8 well established oils. Some are mentioned in the Bible. Some are quoted in the books of Nicholas Culpepper. All of these oils have been around for generations.

[Benzoin](#), [Patchouli](#) and [Vanilla](#) are the base notes to help you feel grounded. [Cinnamon](#) and [Geranium](#) are the middle notes to help keep you balanced. The top notes, [Lime](#), [Palmarosa](#), and [Grapefruit](#), will help you feel energized and happy within yourself. Others will like to be around you for your good vibes.



The sweet, smooth, velvety aroma of Infinite Bliss lulls you into thinking that this aroma will go on forever. I think this blend, in general, is about making you feel good about yourself.

AromaVeil, Palmarosa, and Benzoin are 15% off in October!

Did you Know?

Orange juice tastes bad after brushing because toothpaste blocks your sweet taste receptors due to the foaming agent that changes the permeability of your tongue cells.

Vitamin E that is clear and not brown is most likely synthetic.

Organic is one of those words that lead you to believe the product has been grown with no chemicals. This is not exactly true. Farmers are allowed to use a percentage of chemicals and pesticides that the Canadian organic office approves.

What kids say:

We overheard a child in a restaurant... "Mummy, why do they call them waiters? We are the ones that wait." Cute eh!