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Quotes

"It does not do to dwell on dreams and forget to live."

J.K. Rowling, Harry Potter and the Sorcerer's Stone

"The best way to predict the future is to create it."

Peter Drucker

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
3. We share discussions on aromatherapy.

Some of the topics in August 2014 were:

- Cinnamon study

Green Valley Aromatherapy

October 2014

Greetings!

Greetings to our aroma friends,

We are coming to the close of yet another year. Time to store away all of the summer toys and the garden furniture. Time for picking fruit and nuts, canning and preserving. Start thinking of your Halloween costumes and arrange your Thanksgiving dinner for the family. We did not have Thanksgiving when I lived in England. The churches would do a Harvest Festival and people would bring food to be distributed to the poor. I think it is wonderful the way people get together from all over Canada to be with their loved ones for Thanksgiving. There is nothing more important than family.



Some Aromatherapy tips for Thanksgiving: Place a diffuser near the door with [Terminator](#) in it to greet your family and friends and to protect you from any virus they may be carrying. If you would like a more fall like aroma, add a couple drops of [Cinnamon](#).

Place bowls of warm water on the table with 2 drops of [Lemon](#) and 1 drop of [Mandarin](#) for finger dips. This creates a nice aroma and will cut through any grease on your fingers.

In the bathroom, put a couple drops of [Rose Geranium](#) on the cardboard tube in the toilet paper. Add some drops to the corner of a hand towel and on the corner of the rug if you have one.

All the best

Barb

- Keeping pests away
- Alzheimer research

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Product Profiles

Black Spruce essential oil (*Picea mariana*)

The Black Spruce is a native tree of Canada. The essential oil comes from the needles and is steam distilled. Black Spruce essential oil promotes mental clarity and helps with mental confusion. This oil is a restorative and is helpful for building stamina since it strengthens and stabilizes the nervous system. It is also known to support and strengthen the adrenal glands during times of stress and fatigue.

Black Spruce essential oil is one of the few oils that is suggested for asthmatics and is recognized for all upper respiratory problems. A friend of mine who practices aromatherapy massage tells me she has had good results using it on clients who have muscle aches and pains.

As you can see, Black Spruce essential oil is a good all rounder to have in your stash of essential oils, plus you get this wonderful aroma of Christmas trees. My daughter-in-law had an artificial Christmas tree when the children were babies. She complained that it did not seem like Christmas somehow. I gave her a bottle of Black Spruce essential oil so she could add a few drops around the bottom of the tree. It smelled wonderful!

Solace Blend

Solace is a combination of [Bergamot FCF](#), [Benzoin](#), [Marjoram](#) and [Australian Sandalwood](#). These oils were chosen to help you deal with grief. To gently guide you through the dark and into the sunshine once again.

Grief is not only the death of a loved one. It can be the loss of a job, kids leaving home, emigrating and leaving family and friends, and many more issues that can bring on that emotional response we call grieving.

<u>Essential oil</u>	<u>Uses</u>			
Bergamot	Antidepressant	Analgesic	Antispasmodic	Diuretic
Benzoin	Anti-inflammatory	Anti-oxidant	Circulatory	Antibacterial
Marjoram	Anti-inflammatory	Analgesic	Antispasmodic	Vasodilator
Sandalwood	Relaxant	Demulcent	Antibacterial	Antifungal

The Sandalwood tree has many useful components which is why it has played such a

big part in healing in India. The Indian people burned their dead on a funeral pyre made up of Sandalwood which is known for inducing tears and helping with the grieving process. Benzooin is a good anti-oxidant to help with the mature skin and is great for circulation which can get sluggish as we age.

Bergamot is a wonderful antidepressant; the aroma of Bergamot makes you feel good as soon as you smell it. The analgesic component will ease any aches and pains.

Marjoram, in my opinion, is the best for getting rid of inflammation and helping with the pain.

Grapeseed Oil, Solace Blend and Neroli Hydrosol are all 15% off in October.

Recipe

Recipe for troubled skin

Rosacea is often mistaken for acne; it is similar and associated with an oily skin.

The treatment is a good cleansing and rinsing routine as well as drinking lots of water, exercise and a good diet.

To start off with, try not to use soap on your face. You can use a home made soap as they tend to not have the goodness stripped out of them. The only store bought one that I know of to be as gentle is Dove. If you use soap, make sure to rinse your face at least 20 times with water from the running tap. The water should be warm, not hot or cold.

The next step is to gently pat your face dry. You can then apply some hydrosol to your face by spraying on directly, or onto a pad then dabbing on your face. Do this as part of the cleansing routine as the skin will still be warm with the pores open. The hydrosol will close the pores and tone the skin. I usually find that the guys prefer [Rosemary hydrosol](#), while gals seem to like [Rose hydrosol](#). Both will work well.

Use an oil during the day to feed the skin. Do not use any facial make-up while this healing is taking place.

<u>Evening Primrose carrier oil</u>	30mls
<u>Carrot Seed essential oil</u>	10 drops
<u>Palmarosa essential oil</u>	10 drops
<u>Roman Chamomile essential oil</u>	5 drops

Add these ingredients together in a nice bottle/container and mix well. Leave the oils on your skin for at least 5 minutes, then dab off the surplus. During the day, freshen up with hydrosol. You can't use too much. It's about keeping the skin clean and fresh.

Before bed, go through the cleansing ritual and use the following night oil so it has all night to soak in. The night oil is a little stronger than the day and will be working its miracles while you sleep.

Evening Primrose carrier oil	30mls
Carrot Seed essential oil	10 drops
Palmarosa essential oil	10 drops
Roman Chamomile essential oil	5 drops
<u>Myrrh essential oil</u>	5 drops

The things children say.

Pssst

A Kindergarten pupil told his teacher he'd found a cat, but it was dead. "How do you know that the cat was dead?" she asked her pupil. "Because I pissed in its ear and it didn't move," answered the child innocently. "You did WHAT?!?" the teacher exclaimed in surprise. "You know," explained the boy, "I leaned over and went 'Pssst!' and it didn't move."

Jonah and the Whale

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human, because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah." The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him."

Riddle:

The answer to last months riddle is Wednesday.

Shea Butter Stories

"Question: How would YOU transport large quantities of Shea Nuts? On a trolley perhaps? Or stuffed into a suitcase with wheels and a handle? Sure, this would be the easy way, but in Ghana, when it's time to get ready to grind the nuts, we use our heads - literally.

Finally, after all the work of gathering, cleaning and cracking the nuts, the time comes to begin the process of creating the butter! And it's grinding work, but an exciting

time which often involves children or entire families - even North American visitors get 'volunteered' to join in the fun! The brave ones try to help carry the nuts to the grinder where the wonderful oils and goodness will finally be released - but they soon realize just how incredibly heavy the baskets are, and how extraordinary it is that the Ghanaian women can lift them up onto their heads with ease and walk so gracefully!

There is much excitement at finally getting ready to make the Shea Butter and you often see a bit of a procession as the nuts are carried to the grinder, children running gleefully alongside the laden women."



An adventurous Baraka partner tries her hand at carrying Shea Nuts



Carrying Shea Nuts to the grinder
- another family event

Baraka

See previous newsletters for more [Shea Butter stories](#). Next month, **Washing the nuts.**