


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 [greenvalley@57aromas.com](mailto:greenvalley@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.



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## Quotes

"Nature is not a place to visit, it's home."  
*Gary Snyder*

"Wise men speak because they have something to say; Fools because they have to say something"  
*Plato*

"Some people are always complaining because roses have thorns. I am thankful that thorns have roses."  
*Alphonse Karr*

## 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 notice of sales and specials
2. We share

# Green Valley Aromatherapy

October 2016

Greetings!

Welcome to Autumn, Aroma Friends. Welcome to the beautiful colours and crispy weather.



Green Valley has been in its new location for 6 months now and I am pleased to say that business is booming. We have added more jewelry, diffusers and baskets from Ghana. These are made by a women's cooperative in support of widows and orphans.

We are spending a fair amount of our time sourcing better quality oils direct from the smaller farms that have sustainable farming practices. In the process we are coming across farmers who are trying out different varieties of plants. Some are easier to harvest, bringing the price down. Others, are grown for their different therapeutic properties. They are all working to improve the distillation process.

If you know of a product that you would like us to sell or a farm that produces good quality oil, we are always glad to hear from you.

All the best,

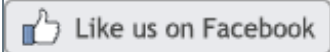
Barb

aromatherapy ideas,  
news and articles of  
interest

3. We share discussions on  
aromatherapy.

Some of the topics in  
August 2016 were:

- Aromatherapy and  
Sleep
- Wart Removal
- Stress Relief



## Recipes

### Recipe for Dry to Normal Skin (Face Oil)

- 30ml [Jojoba oil](#)
- 10 drops [Evening Primrose oil](#)
- 15 drops [Lavender essential oil](#)
- 5 drops [Sandalwood essential oil](#)
- 5 drops [Palmarosa essential oil](#)
- 3 drops [Geranium essential oil](#)

Blend essential oils and aromatherapy carrier oil (jojoba and evening primrose oil) together and shake well. This aromatherapy blend can be used as you would your usual moisturizer.

### Recipe for Oily Skin (Cleanser or Moisturizer)

- 3 drops [Juniper essential oil](#)
- 2 drops [Geranium essential oil](#)
- 2 drops [Patchouli essential oil](#)
- 30ml [Jojoba oil](#)

Combine in a 30ml plastic bottle and shake well. This oil can be used for cleansing or after cleansing to help balance the sebum levels on the skin.

## Product Profiles

### [Transitions Blend](#)

Transitions is a blend of Geranium essential oil, Black Pepper essential oil, Lemon essential oil, and Rosemary essential oil.

Changes, or transitions, can be difficult to get through no matter what your age, sex, culture or whether you are rich or poor. They can be small everyday things like starting school or huge, life-changing situations. Our Transitions blend was created to help you with those changes. All you have to do is want to make the change.

**Geranium essential oil** was chosen for its ability to balance moods and balance the general activity of the body. This oil is also a diuretic and antidepressant.

**Black Pepper essential oil** is a middle note and is known as an analgesic, aphrodisiac, decongestant, diuretic and lots more. I chose Black Pepper for its ability to help with concentration, lethargy and fatigue.

**Lemon essential oil** is one of those 'great value for money' essential oils. It has so many properties and is a great all-rounder. I chose Lemon essential oil for its lymph stimulating properties and its ability to stimulate the immune system and help with anxiety and depression.

**Rosemary essential oil** is considered a brain stimulant, but is also stimulating to the whole body. It may help the circulation, skin problems and respiratory problems.

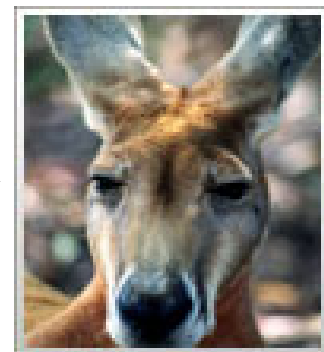
Hopefully you can now see what a great back up Transitions would be to someone who is trying to break old habits and create new ones in order to make changes in their life.

### **Australian Sandalwood Essential Oil(*Santalum spicatum*)**

Sandalwood essential oil is steam distilled from the heartwood of the sandalwood tree in Australia.

When we buy our essential oils, we always look for the ethical farms who use sustainable harvesting methods and who supply 100% pure, unadulterated, natural, steam distilled essential oils. Our Sandalwood comes from Western Australia and is wild harvested using sustainable harvesting methods.

Sandalwood is a base note and has been reported for centuries as being the best healing oil. It is antibacterial, anti-fungal, anti-inflammatory, and antimicrobial. I have suggested it for Athlete's foot, ringworm and cold sores. Sandalwood is a wonderful relaxant and they do say it helps us to deal with grieving.



### **Cocoa Butter**

The velvety texture, pleasant scent and emollient properties of cocoa butter have made it a popular ingredient in cosmetics, soaps and lotion. The moisturizing abilities of

cocoa butter are frequently recommended for prevention of stretch marks, treatment of chapped skin and lips, and as a daily moisturizer to prevent dry, itchy skin.

Here are some of the ways you can use Cocoa Butter:

- Melt it using the double boiler method and pour it into chocolate molds or ice cube trays for single use.
- Put a few of these into a pretty bag as a gift for a friend, or put your contact details on it for a gift to clients. Everyone loves a free gift!
- Drop one of the molds into the bath for that end of the day de-stressing soak. It has a wonderful chocolate aroma and your skin feels like velvet.
- Cocoa Butter remains solid at room temperature and melts around body temperature. You can break off a small piece and hold it in your hands for a few seconds. When it melts, massage it gently into your face, neck and arms.



Cocoa Butter is extracted from the Cacao Bean and carries a rich pleasant chocolate aroma. It has high oxidative stability as a result of being naturally rich in antioxidants and vitamin E.

Cinnamon essential oil, Transitions blend and Cocoa Butter are all 15% off in October.

## Did you Know?

**Did you know...** Green Valley Aromatherapy has moved. Our new address is:

Green Valley Aromatherapy Ltd.  
505 Duncan Avenue  
Courtenay, BC  
V9N 2M6  
1-877-572-7662

We have new hours:

Monday our retail shop is closed, however arrangements for pick up can be made. Online orders will still be processed on Monday.

Tues-Friday we are open from 10am until 5pm P.S.T.

We are now open Saturdays from 11am until 4pm P.S.T.

