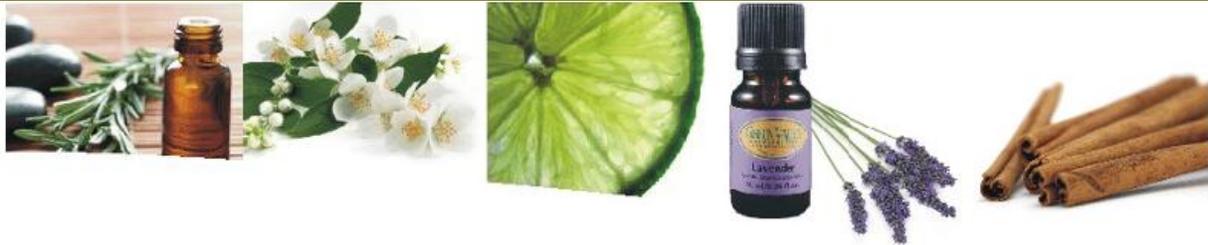


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvally@57aromas.com to your address book so we'll be sure to land in your inbox!

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Quotes

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

Confucius

"Life is simple, but we insist on making it complicated!"

Confucius

"There are some people who, if they don't already know, you can't tell 'em."

Yogi Berra

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

October 2015

Greetings!

Hi Aroma People,

Autumn/Fall is here. Traditionally it starts on September the 23rd and ends on the 21st of December. Nature sometimes has other ideas.



I see the fall as beautiful colours; reds, golds, oranges against dark greens and purple shades. The sounds of fall are the rustle and crispy crunch of the fallen leaves. Canada has Thanksgiving on the 12th of October which, I think, is a very appropriate time to give thanks for all the food grown and all the provisions we need to get us through the winter. These days we do not have a problem stocking up for winter. We just go to the store. It is not the same as it was in the past, although more and more people have their own vegetable gardens.

One of my dreams many years ago was to have a radio show which shared good news. No bad news allowed! The aim was to ask people to phone in with wonderful things that had happened. It could be small things or big things, but they would make you realize that there are a lot of good people around and how lucky we are.

I thought I would tell you one of my "feel good" experiences. Feel free to share some of yours! A couple of weeks ago, a few good people noticed a baby seal in distress. There was no sign of the mama and the baby still had his umbilical cord. They phoned around asking for help until, using 6 degrees of separation, they found someone belonging to the fisheries who arranged for the baby to be air lifted to Vancouver where he is happily swimming around at the aquarium.

People who are studying aromatherapy are usually told, when choosing an essential oil supplier, to ask a lot of questions

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

Some of the topics in August 2015 were:

- Essential Oils and Donkeys
- Lung support for fire smoke
- Homemade cleaning wipes



Like us on Facebook

and to research any claims made. It is hard to know how to choose a supplier when you don't know if what they are saying is marketing hype or real. I have been around this industry for 30 years and have seen many companies come and go. I think personal recommendation is a good place to start. Then decide if you are happy with their products, service and prices.

All the best,

Barb

Recipes

Recipe for confidence

This blend came about for a very clever person who just didn't believe in himself due to some bullying.

10 drops of [Rosemary essential oil](#)

10 drops of [Orange essential oil](#)

5 drops of [Geranium essential oil](#)

If you are going for an interview put 5 drops on a tissue and take it with you. Inhale 2 deep breaths of the blend before you go in.

For ongoing problems, add the blend to your bath/shower, tissues in your pocket and to your [car diffuser](#).

Recipe to help with panic attacks

I have had a couple of panic attacks recently, always during the nighttime. When you are in a panic, it is difficult to think about what you need or what you should do. I made up this blend of essential oils and have it sitting on my bedside table just in case.

Equal drops of [Bitter Orange essential oil](#), [Frankincense essential oil](#) and [Rose essential oil](#).

Strangely, I haven't had a panic attack since I made it. I like the aroma. I just add a couple of drops to a piece of paper towel inside of a brown paper bag. If the need arises, I put the paper bag over my mouth and breathe deeply.

Product Profiles

[AromaVeil](#)

With so many sensitivities to the chemicals in perfumes, we are pleased to announce our own natural, no artificial chemical perfume line. With names and scents inspired by the seasons, colours, sounds and of course aromas, our natural perfume line is sure to have a wonderful scent for everyone.



Take this beautiful natural perfume with you wherever you go. Available in a 7ml glass vial with a convenient, no-spill roller top in a coconut oil base.

[Spring Party](#) -*Ylang Ylang, Orange, Palmarosa, Peppermint, Bergamot FCF*

[Summer Days](#) -*Palmarosa, Geranium, Ylang Ylang, Camphor, Lemon Grass, Vanilla*

[Shades of Autumn](#) -*Spearmint, Petitgrain, Nutmeg, Rose Geranium, Vanilla, Palmarosa*

[Winter Warmth](#) -*Vetivert, Litsea Cubeba, Birch, Cinnamon, Pine, Bitter Orange*

[Morning Bloom](#) -*Ylang Ylang, Grapefruit, Spearmint, Cinnamon*

[Infinite Bliss](#) -*Cinnamon, Patchouli, Vanilla, Benzoin, Lime, Grapefruit, Palmarosa*

[Root Chakra Blend](#)

The Root Chakra (muladhara) or the first chakra, is located at the base of the spine. It is the root of your well being. The most instinctual of all chakras, it is your survival centre.

The Root Chakra governs the adrenal glands. It is associated with material security, grounding, satisfaction, power to achieve goals, stability and courage. If your Root Chakra is out of balance, then the rest of your mind, body and spirit will be out of balance as well. I have some suggestions to help you work on balancing.

1. Try to visualize the colour red at the base of your spine. See it going down your legs, through your feet and grounding.
2. Dance to any sort of music. The music can be in your head. Just empty your mind and let the energy flow.
3. Yoga. If you don't go to classes, YouTube will show you the poses. Just do what you can.
4. Walking. Relax, breathe and think about the movement of your feet touching the ground. Mindfully moving is a good way to stay in touch with this chakra.
5. While taking a shower, don't take it for granted. Enjoy the sensation of the warm water on your body. Sing if you are happy. Don't use this time for planning what you are doing next.
6. Pedicure. Just what the doctor ordered. Pampering your feet is a good way to care for your root chakra energy.

The essential oils that make up the Root Chakra blend are Amyris, Marjoram, Sage, Tea Tree and Vetivert.

Amyris (*Amyris balsamifera*) essential oil is steam distilled from the wood and the branches. It is a base note. Amyris used to be known as West Indian Sandalwood as they have similar properties. The relevant properties are sedative, calming, stress reliever and the ability to help you clear your mind to meditate.

Marjoram (*Origanum marjorana*) essential oil is steam distilled from the flowering tops and leaves and is a middle note. The relevant properties are analgesic, anti-inflammatory and vasodilator. Painful muscles cloud our judgement and take away the ability to be relaxed and balanced. The vasodilator helps the blood flow, the analgesic helps with the pain and the anti-inflammatory helps with the inflamed areas. Marjoram used to be known as the happiness herb as it makes you feel good which is important when balancing the Chakras.

Sage (*Salvia lavandulaefolia*) essential oil is a top note and is steam distilled from the leaves and flowers. The relevant properties are antidepressant, stimulant and blood cleanser. The Root Chakra deals with basic needs and survival. To help this chakra stay balanced your mind needs to be clear and open to appreciate our connection to the earth. History shows that sage has the longest record of use as a medicinal herb.

Tea Tree (*Melaleuca alternifolia*) essential oil is steam distilled from the leaves and twigs and is a top note. The relevant properties are immuno-stimulant to ward off invading pathogens, anti-inflammatory to deal with overworked muscles and antifungal to help with any infectious illnesses, especially in your feet (athletes foot, toe nail fungus). Our feet are the first connection with the earth. You need your mind clear and free of aches and pains to enjoy our bountiful earth.

Vetivert (*Vetiveria zizanioides*) essential oil is steam distilled from the roots of the grass and it is a base note. The relevant properties are nervine (healing to the nerves), sedative, calms and reduces nervous excitement and detoxifying. Most of our processed food is toxic to our system so we need to help it out. Vetivert has de-tox properties. The sacred oil of Vetivert is known as the fragrance of the earth. It has unique healing, calming and shielding properties.

Aloe Vera Gel

Aloe Vera Gel is expressed from the leaves of the aloe plant and is thickened with carageen. It is a cool, smooth jelly great for adding essential oils to. Aloe Vera contains 22 amino acids, enzymes, proteins, minerals and vitamins. Aloe Vera Gel is antibacterial and anti-inflammatory making it good for burns and sunburns. Some of the chemicals in Aloe Vera are able to increase the circulation in the tiny blood vessels in the skin as well as kill bacteria which can help with psoriasis and eczema flare ups.

AromaVeil, Root Chakra Blend and Aloe Vera Gel are 15% off in October!

Did you Know?

What kids say:

7 year old Bobby says; Love is what is in the room at Christmas, if you stop opening presents and listen.

4 year old Billy says; When someone loves you, the way they say your name is different. You just know your name is safe in their mouth.

6 year old Nicky says; If you want to love better, you should start with a friend you hate.

Such wisdom out of the mouths of babes eh!