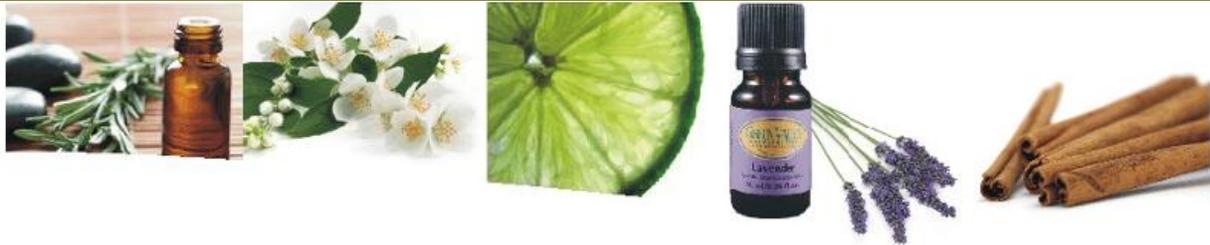


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## Quotes

"A flower does not think of competing with the flower next to it. It just blooms."

*Zen Shin*

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

*Roald Dahl*

"When something goes wrong in your life, just yell "PLOT TWIST" and move on."

*Unknown*

## 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

# Green Valley Aromatherapy

September 2015

Greetings!

Summer is coming to an end and it is time for the children to go back to school, or the first day of school for the newbies.



This can be a very exciting time or it can be a worrying time getting back into that routine of lunches, back packs full of school supplies, time schedules and wondering what to expect. If you have some cotton balls and some [Lavender essential oil](#), this is all you need to control first day stress as well as ailments other kids may have. A few drops of Lavender on a cotton ball in their backpack, a couple of drops on the toe of their socks, a cotton ball with Lavender in their pocket or anywhere else you can put them to help control anxiety and infections other kids may have.

My Granddaughters are looking forward to going back to school. Summer has been hectic in a wonderful way. Time spent at the lake, on the beach, bike rides, hikes up the mountain. It is great to be young eh! My grandson is another story. He is a computer geek. He doesn't see anything unless it is on the computer screen. I hope he realizes soon what he is missing.

I hate to bring this up, but when the kids go back to school we are on our way to darker nights. Halloween costumes are already in the stores. September for me is vacation time. This time we are going in the opposite direction from England and Spain. We are off the Japan and China. I am looking forward to it, but also a little apprehensive being out of my comfort zone.

Coming soon is the unveiling of Aroma Veil, our natural perfume. I am sure that all of you people who are sensitive to chemical based perfumes and fragrances will enjoy these natural aromas. It was a backward procedure for me

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

Some of the topics in July 2015 were:

- Essential Oil Safety
- Ways to use Coconut Oil
- DIY Mosquito-Repellent Candle



creating Aroma Veil. I started by thinking of wonderful aromas that would make you feel good, alive and happy instead of what would help certain conditions.

All the best,

Barb

## Recipe

We have had an unusual amount of sunshine this year so I hope you have been protecting your skin. I am bad at remembering sun block, but I do use Shea butter and Jojoba oils as a moisturizer and both of these have an SPF of 4-6 (not a sun block, but a little protection).

### **Lavender and Rosemary scalp treatment:**

- 2 teaspoons of vodka
- 2 tablespoons of [Rose Hydrosol](#)
- 5 drops of [Rosemary essential oil](#)
- 9 drops of [Lavender essential oil](#)
- 5 drops of [Rose Geranium essential oil](#)

Mix the ingredients together. There will be enough for several treatments. Shake the bottle well and massage a small amount into the scalp. You can do this when the hair is dry or wet. Do not rinse. This blend stimulates the scalp and encourages fresh hair growth.

### **Recipe for a moisturizing combination:**

- 1/2 cup of [Shea Butter](#)
- 1/2 cup of [Cocoa Butter](#)
- 1/2 cup of [Sweet Almond Oil](#)
- 1/2 cup of [Coconut oil \(fractionated\)](#)
- 15 to 25 drops of the essential oils of your choice

Place all the ingredients, except the essential oils, in a double boiler. Bring to a medium heat until all of the ingredients are melted. Remove from the heat and let cool.

Put the mixture in the fridge for 1 hour until it starts to harden, but is still soft enough to mix. Whip for 10 minutes until fluffy, then mix in the essential oils. Return it to the fridge for 15 minutes until it is set. Store in a glass jar with a lid in a cool place (in the fridge if your home is above room temperature).

## Product Profiles

### Lavender Essential Oil (*Lavendula angustifolia*)

Lavender essential oil is steam distilled, a middle note and grows in many places around the world. Ours comes from Bulgaria and in my opinion Lavender is the best value for money of all the oils. Some people find it strange that essential oils have such a wide range of prices going from Rose Absolute at \$150 to Orange at \$8. In this scenario people assume that Rose must be better as it costs more. This is not necessarily true. The difference in price is due to the time and amount of plant material it takes to harvest and distill an oil. Lavender is one of the easier plants to harvest and distill, so if you can only keep a few essential oils, Lavender should be one of them.



The properties of Lavender are numerous. The best known properties are; analgesic, anti-anxiety, antibacterial, anti-fungal, anti-inflammatory, antiseptic, balancing, calming and decongestant.

My husband was a baker so there was always a couple of bottles of Lavender around. One in the first aid kit and one by the oven. They were both well used. Lavender, being one of the few oils that can be used neat, works well for burns. Dropping it immediately on the burn takes the pain away. For a sunburn I add it to a lukewarm bath to cool down the blood and to feel calmer. I then add Lavender to a mild un-perfumed lotion which takes any sting out of the inflamed area.

I also use Lavender essential oil for arthritis, muscle aches and pains and for taking the itch out of insect bites. There are many other uses for Lavender including insomnia, coughs, colds, hyperactivity, acne and irritability.

### Cocoa Butter

Cocoa beans are roasted, then pressed to extract the Cocoa Butter from the bean. The remainder of the bean is then ground down to create cocoa powder. The cocoa powder and cocoa butter are combined with milk and sugar to make chocolate.

The emollient properties of Cocoa Butter have made it a popular ingredient in cosmetics, soaps and lotions. Cocoa Butter is becoming more and more popular due to its velvety texture and chocolaty aroma.

Cocoa Butter contains a high proportion of saturated fats derived from stearic and palmitic acids and only trace amounts of caffeine. It is one of the most stable fats with natural anti-oxidants which prevent it from going rancid. The moisturizing abilities are recommended for prevention of stretch marks and for dry, itchy skin.

## Equilibrium Blend

This blend of essential oils was created with the more mature woman in mind. All of you mature ladies reading this newsletter, can any of you say that you are not suffering with some of the conditions related to aging? I know I cannot.



<u>Lavender</u>	Analgesic	Anti-anxiety	Anti-inflammatory
<u>Bergamot FCF</u>	Diuretic	Antidepressant	Digestive
<u>Fennel</u>	Detoxifier	Stimulant	Stomachic
<u>Geranium</u>	Balancing	Astringent	Antiseptic
<u>Jasmine</u>	Spiritual stimulant	Sedative	Euphoriant
<u>Benzoin</u>	Anti-inflammatory	Circulatory	Emollient
<u>Nutmeg</u>	Digestive stimulant	Antispasmodic	Analgesic

Equilibrium contains Lavender, Bergamot FCF, Fennel, Geranium, Jasmine, Benzoin and Nutmeg. The chemical constituents in these 7 oils cover everything you need. Whether it is help with water retention, depression, sluggish stomach, poor skin, lack of energy, tummy problems, feeling out of balance, your skin needing tightening and rejuvenating, feeling down and useless, hard time sleeping, muscle aches and pains, varicose veins, dry skin, indigestion, headaches or if you need help to feel uplifted. Phew!

Benzo in, Cocoa Butter and Equilibrium are all 15% off in September.

## Did you Know?

There is so much information available in Canada for living a healthy life and for how to cope with ailments that I was surprised to hear that Canada is not at the top of the list for longevity.

### **Average life expectancy:**

Japan	84 years
Australia	83 years
Hong Kong	83 years
Canada	82 years

USA 80 years  
Russia 70 years  
Afghanistan 50 years

**What kids say:**

A young girl, after being told to make up her mind said, "How do you put make up on your mind?"