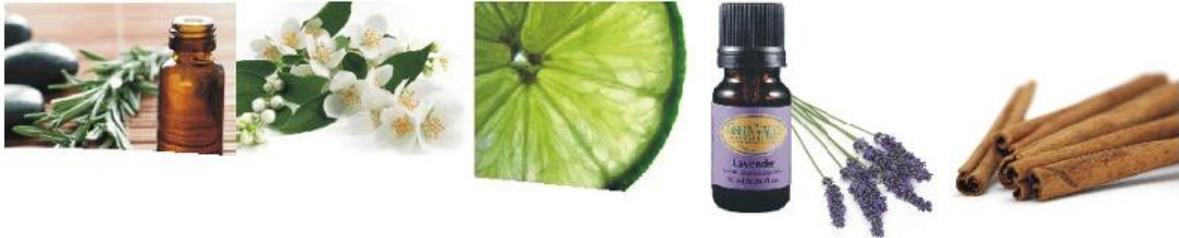


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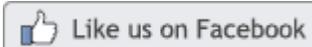
Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add [greenvalley@57aromas.com](mailto:greenvalley@57aromas.com) to your address book so we'll be sure to land in your inbox!

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## Green Valley Aromatherapy

April 2015

Dear Barb,

Happy Easter to everyone!

Good Friday will be on the 3rd of April this year. Easter always brings back memories of the Pace Eggers from when we lived in England. I am not sure about the origin of this play, but they have roamed the streets of our village acting out the famous story of George and the Dragon for centuries. My husband played the part of the Prince of Paradine for awhile.



I remember how extreme the weather would be on Good Friday. One year it was so hot the actors in the play were fainting in their costumes. There is a magic potion that is given to George after he is badly wounded. That year it was beer. They collected it from the pubs as they were passing by. It helped them to cope. Another year it was freezing cold with several inches of snow on the ground. They probably had whiskey or rum for the magic elixir that year. My husband was accidentally cut during the fencing scene and his blood froze.

It could have been the New Year, or it could have been the signs of spring that turned a light bulb on in my brain about creating new products. Green Valley's products reflect the way I was taught aromatherapy. I desperately wanted to help people who were hurting physically, mentally or emotionally. I still do, but I am now thinking that there are people who are well and who want to stay well and feel good about themselves. Keeping this in mind, I have talked to various groups of people from different age groups and backgrounds. They all think they could use a little extra support from aromatherapy. Green Valley is working on creating a line of natural perfume designed to

### Quotes

"Change is the law of life, and those who look only to the past or present are certain to miss the future."  
*J.F.K.*

"One way to get the most out of life is to look upon it as an adventure."  
*William Feather*

### 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 January 2015 were:

- Virgin coconut
- Study about Lavender and trust



Like us on Facebook

lift the spirits but with the added benefit of helping you to feel good and help protect you from everyday viruses. These wonderful aromas will not cause problems for the people who are allergic to chemically made scents.

These perfumes will be available in our 10ml on the run bottles individually or as a set. We'll let you know once they are on our website.

All the best,

Barb

## Product Profiles

### [Ginger Essential Oil](#) (*Zingiber officianlis*)

Ginger is steam distilled from the root of the Ginger plant and it is a middle to base note. Like so many of the spices, it is native to Asia. Ginger was introduced into South America by the Spaniards.

In traditional Chinese medicine, Ginger is used when the body is not coping with moisture whether inside the body or out. Diarrhea and catarrh are results of the body's inability to cope with internal moisture, while Rheumatism and many of our aches and pains are aggravated by external damp. The hot properties of Ginger are helpful in combating this.

One to two drops of Ginger added to a massage blend will help with those aches and pains. Flu, colds, and cramps (whether menstrual or digestive) will benefit from a nice warm bath with 5 drops of [Lavender](#), 3 drops of [Bergamot](#) and 1 or 2 drops of Ginger added to the water. If you are fair skinned just use 1 drop! I use 2 drops.

Ginger creates a warm feeling and is a natural analgesic. It is also a stimulant, an aphrodisiac, is carminative, anti-septic and numerous other things. Ginger is well known for motion sickness. Add a couple of drops to your car diffuser or onto tissues for the one who gets sick. Morning sickness can be a drag for the expectant Mum. Add a couple of drops of Ginger into a glass bowl. Pour some hot water into it. The Ginger aroma will be released into the air, calming down the uneasy tummy.

### [Headeaze Blend](#)

Headeaze was created because of a need. According to our customers, many children as well as adults are suffering with headaches. Headeaze was created 15 years ago and it becomes more popular every year. This is sad in a way as so many people are suffering with headaches and it seems to be getting worse. There is usually a trigger that starts it. You have to listen to your body for the causes. It could be from the stomach, a virus, eye strain, stress or numerous other things. That is why it is hard to treat and it is easy to pop a couple of analgesic tablets. Do not forget that there could be side effects from those.

Headeaze is made from [Geranium](#) essential oil, [Lavender](#) essential oil, [Peppermint](#) essential oil, and [Pine](#) essential oil.

<b>Geranium</b>	Antidepressant	Balancing	Diuretic	Skincare
<b>Lavender</b>	Analgesic	Calming	Anti-anxiety	Balancing
<b>Peppermint</b>	Stimulant	Analgesic	Antineuralgic	Decongestant
<b>Pine</b>	Detoxifier	Antirheumatic	Disinfectant	Degongestant

As people, we do not always work well together. Essential oils always support each other. That is why blends are an efficient way to deal with these day to day problems. If you look at the above table you will see that it covers so many issues that could be leading to your headaches, for example depression, pain, tiredness, stomach upsets, anxiety or side effects from other medicines that you are taking to deal with rheumatism, muscle pain etc.

Suggestions for use:

Add 8 drops to a warm bath.

Add 4 drops to a [diffuser](#).

Add 5 drops to a teaspoon of [carrier oil](#) and massage around the neck and shoulders.

Inhale from a tissue or straight from the bottle.

Our Headeaze blend is also available in our [On the Run line](#). Our On the Run products come already diluted in [Coconut oil](#) in a convenient 10ml rollon bottle.

## [Shea Butter](#)

There is a lot of information about Shea Butter on the internet telling you about all of its wonderful benefits. Like everything else that is on the market there is good quality Shea Butter and not so good quality.

Green Valley buys 100% natural, unrefined Shea Butter from a small village in northern Ghana called Tapko. Life is tough here and tougher still for the women whose husbands have died, leaving them with small children to raise alone. There is little cash economy and villagers must grow and harvest enough food and supplies during the rainy season to last them through the long, hot, dry season.

In the Tapko village a group of widows realized that by working together they would be able to support their children and families better. The group was formed 20 years ago and there are now 70 members who, along with the rest of the villagers, pick all of the fruit which is delicious and enjoyed by all. After the fruit is eaten, the nuts that are in the centre of the fruit are returned to the members who then make the butter.

This centuries old method does not use anything at all to speed up the process. Neither do they use preservatives or colouring agents. The nuts are spread on the ground to dry under the sun, then the kernels are separated from the hulls and are cold pressed. Each batch is hand made with all natural, centuries old methods. In past newsletters we have shared some of this process in more detail. We will continue the story of the process in future newsletters.

Most seed oils can be divided into two fractions: saponifiable and unsaponifiable. The saponifiable contents contain most of the moisturizing qualities while the unsaponifiable contents contain the healing properties. As Shea Butter has a high healing fraction, it is recommended for use on the skin and for a number of conditions. Shea Butter is naturally rich in Vitamin A and E. Both are fabulous anti-oxidants that can help to counteract free-radical damage from the sun.

Ginger essential oil, Headeaze blend and Shea Butter are all 15% off in April.

## Recipes

Have you ever thought about making your own cream? Try this recipe for normal skin:

14 mls of [Rose Hydrosol](#)  
8 mls of [Sweet Almond Oil](#)  
6 mls of [Jojoba Oil](#)  
4 drops of [Geranium Essential Oil](#)  
2 drops of [Lavender Essential Oil](#)  
1 drop of [Ylang Ylang Essential Oil](#)  
A clean [30 ml Bottle](#)

Add half of the ingredients to the bottle and shake. Add the rest and shake well.

If you would like more recipes for creams this is a good and informative book:

[Making Aromatherapy Creams and Lotions](#)  
by Donna Marie

# Did you Know?

Imagine that there is a bank account that credits your account each morning with \$86,400, but it carries over no balance from day to day. What would you do?

Draw out every cent of course!

Each of us has such a thing. It's name is TIME!

Every morning it credits you with \$86,400 seconds! You must live in the present on today's deposit. The clock is running. Make the most of every day.

What kids say:

A letter from a 6 year old girl,

Dear God. You must be very old, Madonna is very old and I think you would be really nice together, but I think she is already married to Jesus.

Answer to last months newsletter riddle is 'Nothing'.

Easter Holidays are coming up for Green Valley. We will be closed Good Friday the 3rd of April and Monday April 6th.

Green Valley Aromatherapy, 4988 North Island Hwy, Courtenay, BC V9N 9H9 Canada

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