



# Aromatherapy News

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The IFA (International Federation of Aromatherapists) has registered a 2009 AROMATHERAPY WEEK for 8th to 14th June this year, aiming to draw attention to the training and practice of genuine aromatherapy. They plan to focus their activities on training IFA members to train careers in the safe and effective use of essential oils. For more information, go to [www.ifaroma.org](http://www.ifaroma.org).

### BCAPA Continuing Education Day

"Thinking as a Perfumer"

This class will teach participant how to create and construct their own natural perfumes. Presented by Ayala Moriel, it will be held at the Mary Winspear Centre in Sydney, BC on Sunday April 5th, 2009. Registration includes a catered lunch and coffee breaks and is \$85 for members and \$110 for non-members. For more information, or to register, please contact Maureen Curran at [cecoord@bcapa.org](mailto:cecoord@bcapa.org).

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## Green Valley Aromatherapy

April 2009

### LETTER FROM THE PRESIDENT

Dear Aroma Friends,

Welcome to April's newsletter. This month's theme is spirituality. I am writing this in March of course, so it will get to you by the 1st of April - no pun intended for April Fool's Day!

March is a month of anticipation - the garden is on its starting blocks, waiting for the sun to become warmer, the dark nights are getting lighter, and people are starting to think about where they stored their camping gear!

April, because of Easter, seems more spiritual. We usually get lots of orders at this time for the chakra blends and spiritual blends. It's almost as if we have come out of hibernation and are preparing ourselves for a busy, fun summer.

Well, I have finally started my plan, the exercising part, and boy do I feel it! I feel as though I have been run over by a truck. What I find hard is the looking after "me" part. Throughout history most people have been aware that if they don't look after themselves then they can't look after anyone else. This is very logical but it appears most women, especially mothers, have difficulties doing this.

May 10th is Mother's Day, so start planning a treat for yourself! Here at Green Valley, we have an incredible cream to give away - it is our tribute to all mothers.

*Barbara Greenwood, President*

"What fools indeed we mortals are, to lavish care upon a car. With ne'er a bit of time to see, about our own machinery."

*John K. Bangs*

### Customer Profiles

Would you like an opportunity to showcase your business to Green Valley's newsletter readership? If you are a current Green Valley customer (purchased in the last 3 months), we would love to put a profile of you and your business in our newsletter. What we are looking for is about 150 words - a description about your business and how Green Valley's essential oils and aromatherapy products play a part in it. The audience is varied and geographically all over the world. We would also appreciate it if you could send your business's logo or a photo of you to go along with the article. For more information, please contact Emma at [admin@57aromas.com](mailto:admin@57aromas.com).

## New Product: Rosemary Hydrosol

Rosemary essential oil is known, among other things, as a powerful stimulant. There have been amazing results when it is used with impairments on the central nervous system, for example where motor nerves have been affected.

Rosemary has long had the reputation of improving the memory and also for stimulating hair growth. It follows that hydrosols, being the secondary product of the distillation process, have the same properties as the essential oil, but is much milder.

[Rosemary hydrosol](#) is a wonderful hair treatment after every shampoo. Spray it on your wet hair and comb it through. Do not rinse! The biggest difference Barb notices is that it helps stop that flyaway static look after she's shampooed. Others report that it helps to keep your colour.

Try spraying your neck and temple with Rosemary hydrosol to relieve headaches. For sore, achy muscles, spray on the affected area.

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## Price Changes

We have received notice that the following essential oils will increase in price, in the next few months. Unfortunately we can't be more specific about the timing but we thought we'd give you lots of notice. The oils that will be affected are: Chamomile, Geranium and Nutmeg.

As we announced in our last email, we have been advised that our shipping rates will be going up on April 1st. A few of you pointed out the absurdity of the "fuel surcharge" excuse the shipping companies cite as one of the reasons for the increase, especially because fuel prices are actually lower right now, but it is one of the reasons! For more information about this, please visit Canada Post's website.

## FREE Gift

We like sending you free gifts and we know that you like receiving them! That's why, when you place a retail order over \$75 or a wholesale order over \$150 between April 1 - April 30th, we will send you a FREE 4 oz Mother's Day Cream.

The base of this cream is rich and natural. It contains Vitamin E, wheat germ, sweet almond and grapeseed oil to feed and nourish your skin. To this wonderful base we have added the pure essential oils of geranium and orange. The result - you look good and feel good!

Geranium is an excellent oil for helping you to deal with tiredness, anxiety and stress, all of which can make you feel and look older than you are. Anxieties inhibit the action of the lymphatic system and geranium will help to diminish these anxieties. Then as the lymph flow gets moving it helps the toxins leave the body.

[Orange](#) is a happy, uplifting oil. It has a stimulating effect on the skin as well as the psyche. It is a good oil that combats insomnia, which can make a difference to how you look.



"The greatest wealth is health."

*Virgil*

## Product Profile: Chakra

What are Chakras? The seven basic chakras are commonly referred to as the base, sacral, solar plexus, heart, throat, third eye and crown. The eighth chakra, known as the thymus center, is now awakening within our bodies. Each chakra governs and is connected to specific internal organs and related emotional issues of that area. Daily stress can cause increased emotional and physical disease. Energy work, such as Reiki, and relaxation techniques can assist in the opening and balancing of the chakra system in our bodies. When we are able to function from a place of balance, our body is greatly aided in healing and in the release of accumulated emotional and physical disease. Energy work is an excellent compliment to conventional medicine but it is not a replacement.

Green Valley Aromatherapy offers eight full-strength essential oil blends - one for each of the chakras. They are designed to help focus on tapping into the earth's raw energy and channelling it to heal and nurture. They can be mixed into a carrier oil or diffused. Each blend has been prepared to compliment one of the eight major chakra centers.

These blends are highly concentrated and must always be mixed with a carrier oil before using on the body. Other ways these blends can be used are: in a room spray, added to your bath (5-8 drops), dropped on a tissue and put in a baggie to be carried with you for inhalation and diffused in a diffuser. A little goes a long way!

To learn more about chakras, visit our website at [www.57aromas.com/category/chakras](http://www.57aromas.com/category/chakras). From there you will find a link to a pamphlet that describes each of the chakras in detail.