



Quick Links

Green Valley
Aromatherapy
Wholesale Login
Aromatherapy Articles
Newsletter Archive

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Flea & Allergy Season

It is the beginning of flea and allergy season, so prepare!

Fleas

It's not too early to add a flea blend such as [No Fleas Please](#) to your dog's brush. As you're brushing his or her coat it will make the fleas think twice about moving in.

[Hydrosols](#) are better for cats, a much milder aroma and you don't need to use much.



Aromasens Nebulizing
Diffuser

Green Valley Aromatherapy

April 2011

Greetings!

Happy April Fools Day! It must be the only recognized day where we do not have to buy a gift or send a card, we just have to play a joke or prank on someone, strictly for fun! No one seems to know why, how or when it started and the customs around it differ slightly around the world.



Laughter

Statistics tell us that laughter releases endorphins which promotes an overall feeling of good. It can temporarily relieve pain, and, after a good laugh, your muscles can be relaxed for up to 45 minutes. The action of laughter improves the function of the blood vessels and increases blood flow which helps protect you against heart attacks. You can't feel stressed, angry, anxious or sad when you are laughing (although sometimes you may burst into tears when having a big laugh!). Shared laughter is an effective tool to help you look and feel younger, to forget the fears, self doubt and hurts you are holding on to, AND, best of all, it's free!

If you are wondering how to get into all this laughter, you can start with a smile. This gives people permission to share their jokes and funny stories, and you know you can always find something funny in most things. This is a funny Green Valley story:

We hadn't been in business very long and did not know at the time that because essential oils are a natural product, they have to breathe. One day there was a huge shattering explosion in the lab/bottling room. We all rushed in to find a 4 gallon glass container shattered into a million pieces on the floor and the contents, Lavender essential oil, all over everything.

We set to mopping it up with all the towels we could find - that was an expensive lesson. I threw the towels straight into the washing machine and, being thrifty, I put my husband's underwear in, as I always do whites and towels together. You can probably

Allergies

To treat the symptoms of allergies (i.e. runny nose, watery eyes, etc.) add [Eucalyptus essential oil](#) to a bowl of hot water, put a towel over your head and inhale deeply. Keep your [aromatherapy diffuser or nebuliser](#) working to keep the air around you clean. [Eucalyptus Citriodora essential oil](#) is nice in the nebuliser if you like the lemon aroma with all the benefits of Eucalyptus.

Quote

"The greatest lesson in life is to know that even fools are right sometimes."

Sir Winston Churchill

"It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive and you have the power to choose either."

Wayne Dyer

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.

guess what's coming. It took months for the smell of Lavender to leave the underwear. We laughed so much through those months. Wherever we were people would say, "What's that smell?".

There was a good lesson that came out of that mishap - now if we ever have any essential oil that has gone past its sell-by-date, it ends up in the washing machine. (The oils still smell good but they do not have the same therapeutic value).

Feedback

My mother was a very quiet lady so I'm not sure why I ended up the one who loves to talk. She often quoted to me "It is better to keep ones mouth closed and be thought a fool than open it and remove all doubt". After all these years I still can't keep quiet and I hope you can't either. I love getting all your comments and feedback. Thank you to those who responded about the recipes for feline acne. I have been using Yarrow hydrosol to dab on his chin!

Creams, Butters & Virgin Coconut

For the month of April we are offering **15% off** all [creams, butters and virgin coconut](#). I regularly use Virgin Coconut as a hair tonic instead of conditioner. After a shampoo I take a small piece about the size of a finger nail (I have short hair) and rub it between my hands to emulsify it and then massage it into my scalp and pull it through my hair after. A friend of mine does the same with the [Shea butter](#) and gets great results.


As most of you know, we get our Shea butter from Tapko in northern Ghana. Our supplier, a woman named Gifty, is from a near by village. She knows all too well the poverty and desperation that village women face. During the wet season the villagers must grow and harvest enough food to last them through the long, hot, dry season. This is very difficult for the women whose husbands have died and they have a family to feed. Gifty goes regularly to visit her family and friends and while she's there she organizes and pays for fresh supplies of Shea butter. During this last visit she visited another nearby village called Mensasi where people are making this absolutely wonderful cocoa butter with its delectable chocolate aroma. While we don't yet have this product available for sale, we will in the near future.

Balancing My Chakras

I was browsing through the "[Book of Chakra Healing](#)" as I have yet another sore throat, and I was wondering what to do about it! When I came to the throat Chakra, the 5th Chakra, and read the chart in the book, I couldn't believe my eyes. According to the chart it seems as though my throat Chakra has been blocked all my life. Under Physical Dysfunctions, Liz Simpson describes sore throats, neck aches, thyroid problems, hearing problems, tinnitus and asthma. This describes my physical problems to a T. I've got to get to work now and start balancing this Chakra. To do this I am going to get out the [Throat Chakra essential oil](#) blend (which contains Cedarwood, Ginger and Lemon).

Some of the topics in March 2011 were:

- DIY Facial Massage and Steams
- Ticks and Essential Oil Research
- Aromatherapy and ADD
- Scientific Studies on Lavender Essential Oil
- Pizza & Bacon Aromatherapy?
- and...coupons!

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Have a wonderful April everyone!

Aromatically yours,

Barb

Shea Butter Hand & Foot Scrub

- 1/2 cup almonds
- 1/2 cup dry oatmeal
- 4 tablespoons [Shea butter](#)
- 3 tablespoons honey



Process the almonds in a blender or coffee grinder until coarsely ground. In a bowl, combine oatmeal, [Shea butter](#), honey and ground nuts. Rub into your hands and feet, cover with cotton gloves and socks, and leave on overnight. The next morning, remove the gloves and socks and rinse. You'll be delighted with your incredibly smooth skin. This remedy is ideal for soothing hard-working hands and feet because it gently exfoliates old, dead skin and nourishes new cells.

Save Creams, Butters & Virgin Coconut

15%

For the month of April 2011, save 15% off all our [Creams, Butters & Virgin Coconut](#). This offer can not be combined with any other offer.

Offer Expires: April 30, 2011



Try it FREE today.