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Quotes

"Happy Saint George's day, darling
Why not have the day in bed
You're not one for slaying dragons
You married me instead."

A little ditty from a wife to her husband.

"It's spring fever. That is what the name of it is. And when you've got it, you want -oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!"

- Mark Twain

"Spring is when you feel like whistling even with a shoe full of slush."

- Doug Larson

Find out what you're missing!

Green Valley Aromatherapy

April 2012

Greetings!

Happy Saint Georges Day, and I hope we have signs of spring!

March 21st is the official first day of spring, but someone forgot to inform Spring it was supposed to put in an appearance. As I am writing this we have had gale force winds on Vancouver Island, taking the power out for up to 3 days. It has been snowing off and on as well, not sticking here but in other parts of Vancouver Island it is. Unusual weather for this time of year.



"April showers bring forth May flowers," so the saying goes. I associate April with rainbows. The sun starts to peep out, and then we get a shower of rain. Afterwards the rainbows appear. Think of some of the old songs from the Hollywood musicals (if you can go back that far) like "Singing in the Rain"; Gene Kelly tap dancing through the puddles in the pouring rain, letting the whole world know he is in love. "Isn't it a lovely day to be caught in the rain"; Fred Astaire and Ginger Rogers proclaiming their love for one another in the middle of a downpour. They are such happy songs I almost feel like going for a walk in the rain!

Thinking of rainy days, if you are not quite up to dancing or walking in the rain, try smiling. It is amazing how infectious a smile can be. While you are in the store or getting gas, pin a big smile on your face. Even if you don't feel like it, try smiling and see the results. If you have any concerns for your teeth or gums now is a good time to take advantage of our Essential Smile tooth cleaner instead of your usual toothpaste; Essential Smile is 15% off for the month of April.

Spring is the time to prepare how you look and feel for the summer, in order to get that look good, feel good experience you have to start at your very core!

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 2012** were:

- Lavender and sleep study
- Perfume Spritzer
- Using essential oils to protect crops in Jamaica



Visualize your body as the circles on a score board, the centre being the bulls eye where the deepest values by which you live come from (the spirit). The next layer is the emotions, which can make or break you. In order to balance your emotions you need to make sure your spirit is at peace. The next layer is the mental which again is dependent on the emotions being balanced. The outer layer is the physical body. In order for it to be energized, have clear skin, glossy hair and bright eyes depends on all of the previous layers, your spiritual well-being. See the 'Essential Oil Profiles' sections for more about how to use this with the spiritual blends.

For the month of April, all of our spiritual blends, including the spiritual support team, will be 15% off.

All the best,

Barb

Essential Oil and Carrier Oil Profiles

Spiritual Blends and Essential Smile are 15% off for the month of April!

[Essential Smile](#)

You have to try it to believe it! My teeth have never been in as good a shape as when I have been using Essential Smile. The bonus for me is I do not have to put up with all the canker sores and little mouth ulcers than I used to get when using toothpaste.

Essential Smile is a blend of essential oils (Clovebud, Marjoram, Myrrh, Origanum, Peppermint, and Spearmint) in fractionated coconut oil. Add 2 drops to a dry toothbrush and clean your teeth, not forgetting your gums, tongue and cheeks. There are no harmful chemicals, fluoride or preservatives.

[Spiritual Blends](#)

This is how and why I would go about using the Spiritual essential oil blends: I have chosen The Spiritual support Team, you can use what works for you. If you have those deep underlying unresolved issues, you should start at the core. The blend suggested for the core is Higher Being. This blend of essential oils will help you address your spirit. Work on this until you know who you are, deal with those issues then start to rise above them to the next layer.

Sometimes when you have the core in place, everything else will just fall in line. If not, you would start at the next layer, which is the emotions. You may need to "Empower" your emotions and voice those feelings which you have kept pushed down.

When you are comfortable (this could take hours, days or months to work through this process), move onto the mental layer using "Transitions". It's OK to shout and rage if you have anger or cry if you are grieving, you are in a safe place and need to deal with this.

Once you feel that your mental state is balanced move onto the physical layer, with the help of "Nurturance". You are going to be feeling lots of movement which can be very scary, when you do not know the new you. Nurturance is to support the physical body while you are changing into your new self; for example if you have to say "no" and you don't like to, take a deep breath of your Nurturance and explain calmly why you have to say no.

To use these 4 blends, put some oil or cream into your hand add a few drops of your chosen blend, rub your hands briskly until they are warm, cup them over your nose and breath deeply.

Solace and Peace are 2 very pleasant smelling blends that are very comforting to people who are a little fragile it would be helpful to diffuse them within your home, workplace or car.

Did you know?

When we go to sleep and start to dream, our body paralyzes our muscles to prevent us from leaping out of bed to act out the mental images we are seeing. However, there is a condition called Hypnopompic Hallucinations, which means you actually see things as you are waking up. According to Dr Raymond Gottschalk, 15% of Canadians suffer from the kind of sleep disorders known as parasomnia. Apparently the brain has one hundred billion neurons so it is not surprising we get an occasional wire crossed.

Tips for a good nights sleep.

Try to sit for an hour before bed in a low light and work through the day's anxieties. Deal with them one by one and put them to rest. Visualize a handle in your back slowly winding down and yourself starting to relax.

If you take pain medications before you go to bed make sure to check the label. Some medications contain caffeine. EG Excedrin contains 65 mls per tablet. If you take 2 this is equivalent to one cup of coffee.

If you go to the bathroom during the night, use a flashlight to save stimulating the brain with a bright light.

Here is a list of oils you can use before bedtime. There are a lot of essential oils that come under the category of sedative, anti-anxiety etc but I have included oils that are analgesic and digestive stimulants, which would help with pain or upset tummies as well.

Lavender: analgesic, anti- anxiety, anti-inflammatory, decongestant, calming and balancing.

Chamomile Roman: analgesic, anti-inflammatory, digestive, immuno-stimulant and sedative.

Bergamot: analgesic, anti-depressant, digestive stimulant and anti-anxiety.

Neroli: Anti-anxiety, anti-depressant, helps with scar tissue, stretch marks and insomnia, is known for helping lower blood pressure.

Ylang Ylang: Anti-depressant, hypotensive, balancing and sedative.

I came across this while researching sleep problems. It is not a tip but is so true. Wendy M. Troxel who works at a sleep medicine institute wrote it.

"For a man, how he slept the night before predicts the quality of his interactions with his spouse the next day. For a woman, how she interacted with her spouse that day affects how she will sleep that night."

Upcoming Aromatherapy Workshops

Essential Oil Distillation:

April 13th (Friday) 2pm-4pm
cost \$50

All workshops will be held at Green Valley Aromatherapy.
4988 North Island Hwy., Courtenay
To register or for more information please call
250-334-4836
or email barb@57aromas.com

