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Quotes

"It's a smile, it's a kiss, it's a sip of wine...it's summertime!"

- *Kenny Chesney*

"I said to the almond tree, Friend, speak to me of God, and the almond tree blossomed."

- *Nikos Kazantzakis*

"The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot."

- *Natalie Babbitt, Tuck Everlasting*

Find out what you're missing!

Green Valley Aromatherapy

August 2012

Greetings!

Hello Aroma Friends!

It is July and I am writing the August newsletter here in Spain. The weather is hot with a wonderful warm breeze. We are staying with friends at their villa which is surrounded by almond trees as far as the eye can see. There are no big trees around here like we have in Canada. Just the almond trees which are kept at a uniform height. The

mountains are marble, and while in Canada we see huge trucks going by with logs on them, here the huge trucks are carrying slabs of marble. I find it very interesting.

They say travel broadens the horizon. It really does! I will be coming home with all sorts of ideas. Some I can implement and some which I unfortunately cannot, like the SIESTA. The siesta is a much more civilized way. Get up early, have a huge lunch around 1:30pm then sleep for a couple of hours. Wake up refreshed and ready to start again. We would have a lighter supper around 8pm, then relax for awhile or go down to the local bar around 10pm. Nobody is in bed before midnight and of course it is a little cooler by then.

One night while having supper outside, the local farmer, Pepi, joined us for a drink while he was checking the crops of nuts on the almond trees for size and quality. He told us they would be harvested in August. The weather would be hotter then (up to 45 degrees). Apparently the nuts like that last burst of heat before they are harvested. The harvesting is done with a tractor that has a huge upsidedown umbrella that wraps around the base of the tree. Then, 2 steel like hands grab hold of the trunk and shake the tree until all of the nuts drop off. I will post a video of this on our facebook page for you to see.

August was named for the Roman Emperor Augustus. Before Augustus it was named weod monath, which means weed month, as it is the time when weeds grow most rapidly. It seems odd that people two thousand



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 July 2012 were:

- Essential Oils and Acne
- Aromatherapy and Stress
- Play Dough Recipe



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years ago had the same problem with weeds as we do today. I feel as though I am fighting a losing battle with my weeds.

The 1st of August was known as Lammas day, a time for celebrating the harvest and attending the fair. The fair usually lasted about 11 days. During this time young couples would agree to a trial marriage to see if they were suited. If not, they went their separate ways.

If you are looking for something to do with the kids during the long holidays try going to a U-Pick Farm for strawberries, blueberries or even blackberries. Take plenty of water and snacks. It can be a fun day and the kids will be ready for their beds after all of that picking and fresh air.

All the best,

Barb

Essential Oil & Carrier Oil Profiles

Ginger Essential Oil

Zingiber officinalis

Did you know that Ginger has been clinically demonstrated to work twice as well as Dramamine for fighting motion sickness, with no side effects? If you are susceptible to travel sickness, take a bottle of Ginger essential oil with you and simply inhale. If you prefer you can soak a tissue with [Rose hydrosol](#), add 2 drops of Ginger (I keep mine in a ziplock bag in a cooler if possible), wipe around the back of the neck, forehead, temples and you will feel the results within minutes.

Another idea is to put some base cream in a small container and stir in 2 or 3 drops of Ginger. Smooth around your nose, cheekbones and neck. Ginger has a very strong aroma, so adjust the drops to suit you. If you do not like the Ginger aroma but need the benefits add a citrus oil. I like to use [Orange](#) as it makes a very interesting blend.

WARNING: As well as being analgesic, carminative, digestive, and antispasmodic it is also an aphrodisiac. A client of ours from New York, a mature lady with a high powered job, was experiencing some aching joints. She was using Ginger and Orange in a base cream (which is excellent for rheumatism and arthritis). She admitted she loved the aroma and noticed she was getting more attention from the male colleagues she had been working with for a long time.

Another way to use an essential oil easily is by wearing one of our beautiful new necklaces. They are small containers just right for holding a few drops of Ginger or any oil or blend of your choice right there under your nose. Watch our [Gift Items page](#) in the next week as we will be adding two new necklaces to our selection.

[Sweet Almond Oil](#)

Prunus dulcus

Sweet Almond Oil contains vitamins A, B1, B2, B6 and E, and is rich in protein. It is great for general massage on all skin types as it is light and non-greasy. This carrier oil is wonderful for helping to relieve itching, dryness, inflammation and burns. Sweet Almond oil is a great all-purpose carrier oil.

[Premium Base Cream](#)

Premium Base Cream is an intensive, rich all over body moisturizer which nourishes and regenerates dry and damaged skin. This is a fast absorbing cream that is receptive to the addition of essential oils.

For the month of August, Ginger Essential Oil, Sweet Almond Oil, Premium Base Cream and D-Bug Spray are all 15% off!

Recipe

Knee Surgery Massage Oil

I seem to be hearing from a lot of people that you are having various types of surgeries, especially knee surgeries. My suggestion is to massage the knee before and after surgery with a good carrier oil with anti-inflammatory essential oils. I used [Eucalyptus Globulus](#) essential oil on my husband's knees after his surgery, but [Roman Chamomile](#) and [Marjoram](#) are also really good to use.

To 50 mls of your chosen carrier oil add 2 mls of essential oil. I used [Emu Oil](#) but [Sweet Almond Oil](#) and [Rosehip oil](#) are also great for inflammation.

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