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Quotes

"There is deep wisdom within our very flesh, if we can only come to our senses and feel it."

Elizabeth A. Behnke

"There's nothing better than a good friend, except for a good friend with chocolate."

Linda Grayson

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 June 2013 were:

- Distillation of essential oils

Green Valley Aromatherapy

August 2013

Greetings!

Hello everybody!

I hope you are enjoying your summer as well as enjoying being with your children, the beach, camping and all the other things that go along with this great time of year. Store up with all the free Vitamin D and exercise your lungs, treating them to an abundance of fresh air and the essential oils that are still in the plants all around you. Remember, a stitch in time saves nine, so always carry with you sun block, bug repellent, band aids, Lavender essential oil (or lavender hydrosol, and Aloe Vera, which all work well for soothing burned skin), plenty of water and a cell phone.




I have a question. I am just curious, really. I wondered if you may know the answer or may want to offer your opinion. A couple of years ago our neutered Siamese cat brought home a female Siamese cat. They just came in together through the cat door one night. Recently, I awoke to one of our cats meowing by the side of my bed. It was Pippa, all white with a pink nose. I got out of bed and stroked her, wondering what her problem was. Imagine my surprise when I turned and saw the real Pippa sitting on the bed. She had brought a male white cat in with her! My question is, do you think cats prefer other cats that look like them, or is this just a coincidence?

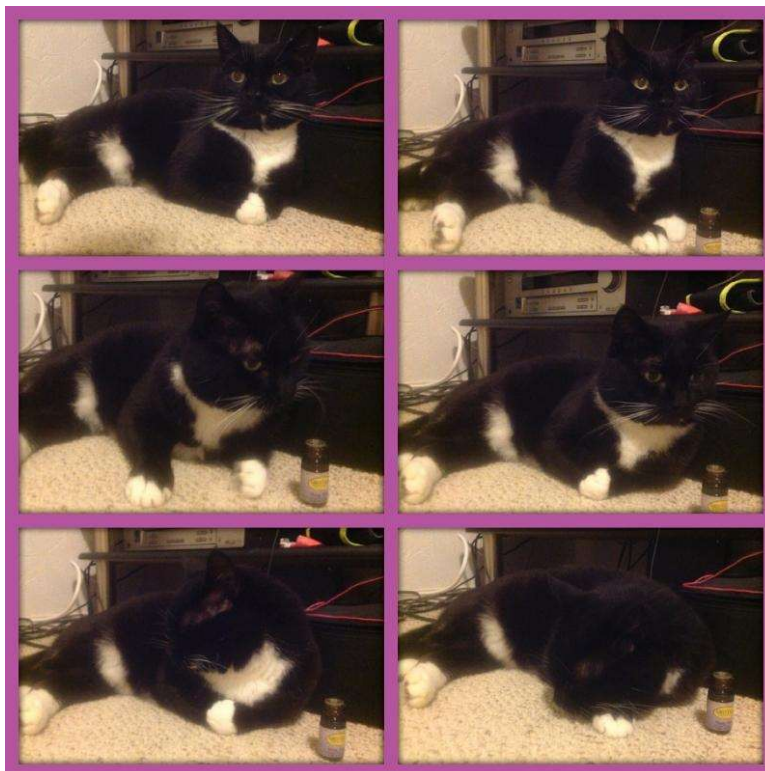
Talking of cats, my traumatized foster cat is making some headway with the help of essential oil. Chrystal is terrified of people and lives in hiding. She was introduced very slowly and quietly to a few oils and showed a preference to Ylang Ylang. The following pictures show a very wild eyed cat gradually getting calmer and going to sleep, even when someone was in the room with her!

Remember, do not use essential oils directly on cats. To find out more about essential oils and animals you can visit Caroline Ingraham's blog:

<http://www.carolineingraham.blogspot.ca/>

- Oils for Stress Relief
- Phototoxicity and essential oils

 Like us on Facebook



All the best,

Barb

Product Profiles

Rose Geranium Essential Oil (*Pelargonium graveolens*)

There is a lot of controversy about Rose Geranium. Some folks say it is a hybrid plant, which I have not come across. Some say it is Geranium essential oil stored in an oak cask that has previously held Rose essential oil. In actual fact it is a co-distill; the leaves of *pelargonium graveolens* with rose petals.

Rose Geranium has a sweet floral odour and it affects the first Chakra. It is a mild anti-microbial, antifungal and a very good tonic for the skin. It helps with many skin conditions such as acne, burns,

eczema, dermatitis etc. It is very uplifting and emotionally balancing. This makes it helpful with PMS and menopausal problems. For this reason, we chose Rose Geranium for our new [Auntie Blue Kit](#).

Chocolate Peppermint Essential Oil (*Mentha piperita v. chocolat*)

Chocolate Peppermint Essential Oil has all the benefits of [Peppermint](#) Essential Oil with the delicious aroma of chocolate. The entire herb is steam distilled and it is classed as a top note. Like Peppermint, it is analgesic but is more comforting for aches and pains due to the chocolate. This makes it a good massage oil for people who suffer from general aches and pains. Chocolate Peppermint Essential Oil has a shelf life of 2 years and is a good change if you need the benefits of Peppermint.

Essential Smile

Essential Smile is a blend of Clove Bud, Marjoram, Myrrh, Oregano, Peppermint, Spearmint Essential oils in a base of Fractionated Coconut Oil. It is used to keep your teeth clean and your breath fresh. It is also a great way to keep your mouth free from disease causing bacteria, which when left can cause you pain and a lot of money to put right.

I have been using Essential Smile from its conception. I love that clean feeling it leaves in my mouth. I go to the dentist once a year for a check up and cleaning. It only takes a half hour to clean all my teeth and they have only found 2 small cavities over the years.

Vegetable Glycerin

Vegetable Glycerin is an emulsifier. Its low toxicity and solubility in water makes it a prime component for making skin care products, room sprays or using in any product where you need to mix oil and water.

Vegetable Glycerin is a wonderful skin emollient, lubricant and humectant that helps the skin retain its moisture and restore its natural PH balance.

Rose Geranium, Chocolate Peppermint, Essential Smile and Vegetable Glycerin are all 15% off in August!

Would you like to receive a FREE 60ml Emu Cream with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 60ml bottle of this amazing product to your next order! The correct answer will be given in our next months newsletter.

I am the beginning of the end, and the end of time and space.
I am essential to creation, and I surround time and space.
What am I?

Best of luck!!

Last weeks answer was WATERMELON. Congratulations to all those who answered correctly.

Recipes

Emollient Bath Recipe

250 mls [Sweet Almond Oil](#)
120 mls [Vegetable Glycerin](#)
250 mls [Aloe Vera Gel](#)

Mix these carrier oils together and add the essential oils of your choice. Or, divide this blend into smaller bottles and add the essential oils for different needs. Use 1 ml of essential oil to 30 mls of carrier oil (1 ml is approximately 30 drops).

You can add a small amount of this blend to your bathtub (less than a capful is needed). Alternatively you can cover yourself with the blend before climbing into the bath. Caution is needed when adding any oil to the bath as oil will make the bathtub quite slippery.

Here are some essential oil suggestions:

Relaxation blend:

2 drops [Geranium](#) essential oil
2 drops [Lavender](#) essential oil
2 drops [Sandalwood](#) essential oil
1 drop [Ylang Ylang](#) essential oil

Sensual blend:

3 drops [Rose](#) essential oil
2 drops [Sandalwood](#) essential oil
1 drop [Vetivert](#) essential oil

Anxiety blend:

2 drops [Marjoram](#) essential oil
2 drops [Neroli](#) essential oil
3 drops [Bergamot](#) essential oil

Did You Know?

Spotlight on Green Valley:

We have been in business for 20 years, so I thought I would tell you a little bit about us. We are located on Vancouver Island, British Columbia, Canada. Our sole intent is to bring pure essential oils and aromatherapy products into the lives of people to help them benefit health-wise.

Our products are sourced ethically and responsibly, and where we can we select organic or wild crafted such as with our high alpine Lavender. We try to use local suppliers where possible; our Emu Cream and oil is from Vancouver Island and our Cedar boxes as well. We support small producers, such as the growers cooperative in Nepal and the women's shea butter cooperative in Ghana. We have had to make some tough decisions at times. For example, we cannot find ethically sourced Rosewood essential oil, so we have had to stop carrying it. We may have lost some customers through these decision, but it is important for us to be comfortable with the world we live in. We recycle in our office and reuse much of our packing material, and local stores save us their styrofoam peanuts. We try to do our little bit to save our planet.

This is a big **Thank You** to all of our customers; we could not have done it without you!!

Order a Deluxe Personnel Inhaler and receive a 10ml Lavender....FREE!!

We have lowered the price of our [Deluxe personnel inhalers](#). Deluxe personnel inhalers are a "must have"; great for gifts and for introducing people to the benefits of aromatherapy. At this affordable price you can give one to your clients with some of your blend in it along with your contact information, keep one for yourself for when you feel the need to be stimulated, and keep one on hand to calm yourself down.

As we still have some of our beautiful French Lavender left, you will receive a free Lavender from France with every purchase of a Deluxe personnel inhaler (Limit of one bottle of Lavender per order - while supplies last).



Try it FREE today.