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Important Dates:

In order to receive your orders in time for Christmas, please place your order before December 9th! Also, to celebrate the holiday season our office will be closed from Dec 22nd until January 3rd, 2012.

Quotes

"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other."

Burton Hillis

"Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting yet conjure up a childhood summer beside a lake in the mountains."

Diane Ackerman

Find out what you're missing!

Green Valley Aromatherapy

December 2011

Greetings!

Merry Christmas to all our friends!

This is the season of good will, not just to others but to ourselves. If we take care of ourselves there is more chance of us sharing good will with others. This Christmas I am having an aromatherapy Christmas. I have been making up gift baskets with bath salts, massage oil, hydrosols, soap, creams etc etc. I've had lots of fun making them and have even made one for the dog.



If you take the time to enjoy the Christmas season, rather than rushing around, you are more likely to keep well and not pick up one of the winter cold bugs that go around. Be aware of getting into debt. Do not leave gifts to the last minute and try to make them if you can. People always appreciate home made gifts, whether it is baking, sewing or aromatherapy. My sister-in-law makes us a Christmas cake every year, which is thoroughly enjoyed by all, rather than giving us something we do not need. The young teens give babysitting or dog walking coupons.

I have a hot tub on my wish list, so to get a good argument to put to my husband I did some research. Hot tubs are recommended by the arthritis foundation. Daily use of the hot tub eases pain, increases flexibility and a range of motions. The buoyancy helps relieve joint pain and friction and the hot water helps increase circulation. The jets can promote healing of damaged muscle tissue. A study done at the Mayo Clinic found that soaking in a hot bath gave many of the health benefits of exercise with less strain on the heart! Before you start heading off to the bathroom this study was based on people with arthritis.

January 2012 should be an interesting year with all the publicity it has been getting. There are lots of discussions on all these supposed happenings, so I have decided to make this the best Christmas ever and have booked a holiday in January just in case (that's my excuse).

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 **October 2011** were:

- DIY Pampering for less
- A Study about Aromatherapy and Pain Relief
- Homemade Compresses
- Lemongrass and...more!



All the best in the New Year,

Barb



Essential Oil and Carrier Oil Profiles

[Spiritual Support Team:](#)

Contains 6 of our spiritual blends for your emotional well being.



Empowered: This blend was created to help you on your journey of personal growth by reducing anxiety and clearing your mind from clutter. It is also valuable around female hormone problems.

Contains: Cypress, Frankincense, Rose and Vetiver.

Higher Being: The journey to connect to our higher being begins with a single step. There will be challenges along the way but this blend will give you the confidence to persevere.

Contains: Black Pepper, Cedarwood, Grapefruit, Petitgrain and Sage.

Nurturance: This blend was created to nurture you by enveloping your inner child in a fragrant embrace. This supportive blend will encourage you to be who you really are.

Contains: Bitter Orange, Geranium, Patchouli, Petitgrain and Rose.

Peace: Use this blend anywhere you need some peace and harmony; diffuse in the car, around the home or office, use in your bath or have a relaxing massage.

Contains: Grapefruit, Rose Geranium, Sandalwood, and Ylang.

Solace: This blend was created to help you work through your grief and guide you back to happiness and sunshine.

Contains: Bergamot, Benzoin, Marjoram, & Sandalwood.

Transitions: Most of us know what we should do to bring some positive changes to our life, but implementing these changes is really hard. Transitions was created to support you while you get started.

Contains: Black Pepper, Geranium, Lemon, and Rosemary.

Avocado Oil:

Persea gratissima.

I have always been a supporter of Evening Primrose oil because of its properties for mature skin. Recently I was looking into Avocado Oil as it was almost half the price of the Evening Primrose. I have been making up aromatherapy gift baskets, and among other things making up massage oil for the baskets, which is why I was researching for good quality oil at a good price. I knew Avocado was a good oil but I did not realise how well it worked!

DID YOU KNOW?:

Avocado Oil is rich in vitamins, A, C,D, and E, proteins, beta-carotene, potassium, lecithin and fatty acids. Avocado is highly penetrating and deeply nourishing and it rejuvenates the skin by helping the upper layers to retain moisture. Being high in sterolins makes Avocado beneficial in reducing age spots and healing scars. This pale yellow carrier oil is expressed from the dried fruit flesh; it has a one-year shelf life but does not like to be kept in the fridge, and does not like sunlight.

Avocado has great slip so is good for all massages but if you want to give your hair a real treat try this.

One hour before you have a shower, massage Avocado into your scalp, pull through your hair and repeat once more. Place a plastic bag over your head, then wrap a towel around. This will make your head warm and relaxed and it will soak in the goodness from the oil. After you have shampooed, your hair will be shiny and feel wonderful and healthy.

You can add essential oil to this to get more benefits. Add 30 drops of your chosen oils to a 60 ml bottle of avocado.

Manuka Essential Oil:

Manuka was on special in November. However, we have been hearing from many of you that there are many colds/flu strains going around this season so we have decided to keep it on special until the end of the year. Coconut oil will stay on special until the end of the year as well. Coconut oil and Manuka oil are a great combination to massage on to the chest and back, giving relief from cold symptoms.

Prevention is better than Cure! Keeping essential oils around you is a good prevention idea. Manuka is one of the best oils for the cold season, but does not smell very good. Try adding Lemon, Pine, Rosemary or one of the flowery oils to it and diffuse throughout the home, office, or school. You will be amazed how well it works. I realise that some people are not always open to aromatherapy but that does not mean you cannot look after yourself and your family. Use your blend on Paper towel rolls, put in the bottom of your child's schoolbag, sports bag or in their pocket, use it in your car or your work place. Surrounding yourself with your blend will help to protect you through the winter cold season.

From Dec 1 -Dec 31, 2011, Manuka Essential Oil, Coconut oil, and the Spiritual Support Team are on sale for 15% off!

Did you know?

Wearing headphones for just one hour will increase the bacteria in your ear 700 times.

Sounds gross doesn't it! You know your ears need moisturizing the same as the rest of your skin as well as washing with soap and water. Dip a Q tip in some Avocado oil and gently wipe around the inside of your ear.

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Merry Christmas Everyone!

