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Quotes

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

-Burton Hillis

"One kind word can warm three winter months."

- Japanese Proverb

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 October 2012 were:

- Natural Car Air Fresheners

Green Valley Aromatherapy

December 2012

Greetings!

Merry Christmas to all you wonderful people and thank you for your business over the years. Apologies for being late again with the newsletter, (excuses coming), this is our busiest time of the year but to top it all off we had a flood. The dishwasher burst a pipe and it has been chaos ever since. Fortunately we had a place to move in to while it was getting sorted.



There seems to be more fraud, misleading marketing and not good business practices going on now than when we started Green Valley Aromatherapy almost 20 years ago. This week I have had a call from a lady who purchased \$2000 worth of essential oils from India which wasn't essential oil when it arrived. In order to start a legal proceeding she will need to go to a registered lab for testing which can be quite expensive. Another man I spoke with had been told that 1,3 dimethylamylamine is Geranium essential oil. It is actually a lab made product. Fraudulent emails are also on the rise. However, in 20 years of business we have only had 1 credit card fraud which is amazing in this day and age. This proves that aromatherapy people are good people.

Green Valley has found another way to help the environment. We are always so happy if we can save a tree or help in some way. Woody Harrelson, the well-known actor and environmentalist has been involved with creating paper from the left-over straw that farmers usually burn. A new paper plant is being set up in Manitoba. I am sure you will look at your invoices in a new light; all the trees that went into making the paper are now going to be saved.

September is usually the month when our new pricelist comes out. This year, essential oil prices have remained pretty steady. Some products, however, have gone up considerably. So far, Green Valley has been absorbing this cost. At the end of January we will be raising the prices on

- Massage helps with weight loss
- 15% off Sale Coupon



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a few items. Jojoba, Moisturizing Base Cream, Emu Cream and Hydrosols are a few of the ones that will be changing.

Talking about carrier oils reminds me about something I heard recently in a discussion about peanut allergies. Years ago people died with allergic reactions to peanuts. Due to modern medicine people rarely die these days. Those genes are being passed on, so more and more people are born with peanut allergies. I do not know if this is true or not but it does sound logical.

Our office will be closed over the holidays (Dec 21-Jan 1st), and we will be returning to work on January 2nd. The website will still be running over this time and phone messages will be checked.

We wish you all a very Merry Christmas and a Happy New Year!

All the best,

Barb

Essential Oil and Carrier Oil Profiles

Jolly Holiday

Jolly Holiday blend is made with Amyris, Mandarin, Cedarwood and Cinnamon. These oils were chosen for their smell value. It reminded me of Christmas, but in fact we sell it all year long. Some people diffuse it while they are selling their homes.

Amyris is a base oil coming from the west Indies. It is steam distilled and some of it's general properties are sedative, calming, and stress relief. This is a great oil to go in a room spray or diffuser.

Cedarwood, another steam distilled base note, is antifungal, antiseptic, an expectorant and insecticidal.

Cinnamon is a middle note steam distilled in Sri Lanka. The properties are carminative, digestive, antiseptic and stimulant. I was thinking of the over eating we do over the holidays as well as the smell when I chose this oil.

Mandarin is a top note cold pressed in Italy. The main reason I chose this one, apart from the aroma, was that it is an excellent digestive stimulant. Just think of all the food and goodies we manage to stuff into ourselves.

So, when you are spraying or diffusing Jolly Holiday over the Christmas, think of the properties that are in your home and enjoy the wonderful holiday aroma.

December Tips

December is the time when we do not look after ourselves properly. It is all dashing around from the school pantomime to the Christmas shopping. Older people need more help if the weather is bad and they cannot get out, and the children are off school for a few weeks.

In these busy times use [Terminator](#) blend in your [diffuser](#). It is a good immune stimulating blend of essential oils that will protect you against the winter germs. Terminator is made from a blend of [Camphor](#), [Cinnamon](#), [Lavender](#), [Nutmeg](#), [Rosemary](#) and [Sage](#), all chosen for their antiseptic, anti-inflammatory, balancing, anti-microbial, anti-anxiety and immune stimulant properties. Add this blend to a tissue, put in a school bag, pocket or under a cushion. You can also add it to your bath, sauna, shampoo or massage oil.

I just love the aroma of [Spearmint](#) essential oil. I add it to several blends, but my favorite blend is [Essential Smile](#). I use this blend twice a day to clean my teeth. There are other oils in the blend but Spearmint is the one that seems to stay in my mouth and on my breath. It has a lot of good properties. I chose it for it's digestive properties as well as stimulant and decongestive.

Did You Know?

Did you know the male emperor moth can smell a female emperor moth from up to 7 miles away? I wonder who figured that out?

Tip of the day: To loosen a rusty bolt, apply a cloth soaked in Coca Cola for several minutes, then wonder what it does to your stomach!!

Improtant Dates for Christmas Holidays:

Green Valley will be closing for the Christmas holidays from December 21st and reopening on January 2nd. Our phone messages will still be checked during this time and the website will still be running. However, any orders will not be sent until we return in January.

Happy Holidays Everyone!!

