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## Quotes

"Be yourself. Everyone else is already taken."  
*Oscar Wilde*

"If you tell the truth you don't have to remember anything."  
*Mark Twain*

"Sharing the holiday with other people, and feeling that you are giving of yourself, gets you past all of the commercialism."  
*Caroline Kennedy*

## 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.

# Green Valley Aromatherapy

**December 2013**

Greetings!

Hello Peoples,

Tis the month of madness that is upon us, so beware and take every precaution you can. Every time the Christmas season has come around I make all these plans to stay sane, calm and patient, and every year I get pulled into the frantic moods around me. This year I am trying something different. Everyday I am going to say out loud 3 things that I am grateful for. When I am in bed I am going to thank God for today and tomorrow as I know it is going to be calm and wonderful. I am still going to use some of the old methods like diffusing Lavender and Orange and watching the colour changing swirls of the diffuser.



We all know the world is changing. The older you get, the more you can look back and compare the changes. The question is, are the changes for the better? Have we, as the human race, learned from our past mistakes? If you view life as a circle, I believe we are on the upward path. We have made momentous discoveries since the beginning of time. Fire is no big deal now, but was huge at one time. Medicines have been discovered, the industrial revolution, the telephone, electricity and this is only the tip of the iceberg.

Penicillin was a wonderful discovery, but many man made medicines can have side effects. Humans are a unique creation and every one of us is different regardless of colour, size, and creed. A remedy created by man may work for one person and not for others. Plants and natural substances have the ability to change and work with each individual.

During my lifetime, I have noticed a change in the attitudes of people. They seem to be becoming aware of the suffering their actions may cause other people. They are becoming more educated and are viewing other people with eyes and hearts that are open. The old

Some of the topics in  
September 2013 were:

- Sandalwood research
- Migraines and  
Lavender
- Tea Tree essential oil



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healing techniques, which can heal in a gentle way without side effects, are becoming more fashionable and accessible. I read somewhere that Miami and Los Angeles are using therapy dogs in their airports, recognizing how they can help to calm frantic and frightened passengers before take off.

All the best,

Barb

P.S. Watch this space! Only 8 more weeks until our customer appreciation month. Free gifts, order discounts, prizes for stories about essential oils, a crossword and something for the kids! These are a few of the things to look forward to in February!

## Product Profiles

### Frankincense essential oil (*Boswellia thurifera*)

Most people have heard of Frankincense. whether it's through the nativity scene, where it is proclaimed to be a medicine as valuable as gold, throughout the bible, in herbal books and novels that are written about earlier years before we had the medicines we depend on now, or due to marketing.

The bush is native to North Africa and some middle eastern countries. Resin used to appear naturally through cracks in the damaged bark. When people realized its healing potential, they would cut the bark to encourage resin production.

Frankincense is one of the top 10 essential oils you should have in your collection of oils. As our predecessors knew, it has a wide range of healing properties.

Frankincense has the ability to slow down and deepen breathing, which leads to a calming effect. It is particularly effective for high blood pressure, especially in a relaxing massage. I have known people who have lowered their blood pressure to a healthy level through a weekly massage.

Skin, especially mature skin, will benefit from Frankincense. It is also known as a uterine tonic, helpful for heavy periods when massaged gently over the abdomen. I have always associated Frankincense with upper respiratory infections. It is a good pulmonary antiseptic where there is bronchial catarrh. Use it in a steam inhalation, massage or bath. People with asthma will benefit from Frankincense with its ability to calm breathing. Massage is the best method for this, or in the bath. Be careful of steam inhalation as the heat may trigger an attack.

### **StressBuster blend**

StressBuster is made up from a blend of Vetivert, Nutmeg, Petitgrain and Lemon. This blend has an interesting aroma and seems to work well with deep stress, meaning, grief, depression, confusion and any situation where you need a lift or some support to help you make that move.

**Vetivert** was chosen as it is considered to be mentally balancing and a deep relaxant. This will help if there are any sleep problems.

**Nutmeg** is a warming, comforting essential oil. It is good for the circulation and would help to pull you out of that depression.

**Petitgrain** is an anti-depressant. It is also linked with loneliness and unhappiness. It is a great little pick-me-up. We sell more of this oil in the winter season as it is known to help with SAD syndrome.

Everyone should have **Lemon** essential oil in his or her kit. Lemon has so much going for it. In this instance, I chose Lemon for its ability to stimulate white corpuscles that defend the body against infection. Stress depletes the body of energy leaving it open to infection. At this time, you have enough to cope with.

### **Shea Butter**

We purchase our Shea Butter from the Tapko village in northern Ghana, directly from the Tapko widows group. Life can be difficult for village residents, especially the widows with young children, who must grow and harvest enough food during the rainy season.

The women work together to harvest the Shea nuts and process them in the traditional method. The villagers have used the fat of the Shea nuts for centuries, for healing, soothing and preventive ways. With modern scientific methods we understand more about the Shea tree and why it works so well. Shea nut butter is rich in Vitamins A and E as well as catechins, which are the same plant anti-oxidants found in green tea. One of the compounds tested from Shea, Lupeol Cinnamate, was found to prevent tumours from growing in a carcinogenic test.

We know the Shea Nut well for its rich, nutty smelling butter that melts on contact with the skin, leaving a non-greasy residue. It reduces fine facial lines and is listed as one of the top performing skin tightenings. It is also helpful with eczema, psoriasis, and for soothing inflamed skin. Shea is a good anti-inflammatory for all conditions but is gentle enough to use for stretch marks when pregnant.

Frankincense essential oil, Stressbuster and Shea Butter are 15% in December.

### **Would you like to receive a FREE 60ml Premium Base 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 jar of this amazing product to your next order! The correct answer will be given in our next month's newsletter.

If April showers bring May flowers, what do May flowers bring?

**Best of luck!!**

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

## Recipes

### Recipe for an after-shave spray

Perhaps a Christmas gift for the men in your family. I don't know about you, but I always find it difficult thinking of gifts for men.

<a href="#">Rosemary</a> essential oil	10 drops
<a href="#">Cinnamon</a> essential oil	6 drops
<a href="#">Lemon</a> essential oil	6 drops
<a href="#">Lavender</a> essential oil	4 drops
<a href="#">Lime</a> essential oil	3 drops

60mls [Rose Hydrosol](#)  
20mls [Witch Hazel](#)  
10mls Cider vinegar  
1/2 teaspoon Vodka

Put the vodka in a 100ml spray bottle. Add the essential oils and shake well. Add the Witch Haze and shake again. Add the cider vinegar and shake again. Add the Rose Hydrosol and shake again.

A moisturizer should be used by men around the beard area. Shea butter is one of the best if you can get them to use it. Melt a small amount in-between your hands. Add 1 drop of Lavender or your chosen essential oil. Rub hands together then on the face.

Another idea would be to make up 70mls of [Jojoba](#) with 30 drops of your chosen essential oil along with 5 drops of [Vitamin E](#) as a preservative. Men seem to like the citrus and mint oils.

## Did You Know?

Many years ago, I lived in North Wales, which kept up its old Celtic language. Everyone speaks Welsh; schools, stores, TV etc, although most can speak a little English. To keep their language fully usable, they had a department in the university that creates the Welsh words for the modern world. For example, all the new inventions such as Photograph, computer, electronics etc all need Welsh words. Otherwise, every Welsh sentence would be dotted with English words.

Following that, there are a bunch of words that are disappearing from the English language. I remember my grandmother using words that are no longer being used by my generation.

SNUDGE - according to my grandmother, a snudge was a person who could walk around looking busy doing nothing.

UHTCEARE - this means lying awake before dawn and worrying.

GONGOOZLE - staring into space, daydreaming

Did you know? Love is like playing the piano. First you must learn to play by the rules, and then you must forget the rules and play from your heart.

### **Chritmas Holiday Dates to remember!**

**The last day to order and receive your parcel in time for Christmas is  
December 10th.**

**Our office will be closed over the holidays from December 21st until January  
2nd. The website will still be working but orders will not be processed or  
shipped out until after we return on January 2nd.  
Happy Holidays everyone!!**

