



Aromatherapy News

Green Valley Aromatherapy

February 2010



Flat Rate Shipping

Wow, what a great start to the year. Many of you have told us how much you appreciate having the new \$10 flat rate option for shipping parcels within Canada and to the continental United States. We are happy when you are happy!

Benchmark Thyme

We are pleased to announce that we now have Benchmark Thyme essential oil in stock and ready to ship. For more information about this amazing healing essential oil and the research behind it, click [here](#).

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LETTER FROM THE PRESIDENT

Happy Valentines Day to everyone!

Even if you don't have a partner to treat you at Valentines, treat yourself.

After a cold wet January your body is crying out for a relaxing, uplifting treat. Depending on your bank balance you could go somewhere warm or visit the spa for a weekend, a day spa for an Aromatherapy Massage or just set some time aside for a relaxing bath and give yourself the treatment. We have decided to go to Mexico for Valentines.

Where we live in the Comox Valley, we've had a particularly wet January, and when it met with a high tide it caused disastrous flooding. During one of these floods, 20 feral cats and kittens invaded a local home in a panic to get out of the water. They were eventually taken in by a local cat charity and this is how we come to adopt "Montmorency", Monty to his friends. My husband refers to him as the "mutant ginger tom cat" because he has two extra toes on each of his back feet and an extra on each of his front feet. Due to his life experience to date, he is very fearful of people. With the help of some Neroli essential oil, which is recommended for fear, he is slowly improving.

I hope you all have a wonderful month and if you have any aromatherapy questions, please don't hesitate to [contact me](#).

Barbara Greenwood, President

Quotes

"The key to success is to focus our conscious mind on the things we desire, not fear."

Brian Tracy

"Love life and life will love you back, love people and they will love you back."

Arthur Rubinstein

Love Potion #57

Into a clean 5 ml bottle add:
20 drops of Jasmine essential oil
40 drops of Ylang Ylang essential oil
15 drops of Patchouli essential oil
15 drops of Juniper essential oil
15 drops of Ginger essential oil

Instructions

Add 5 drops to a diffuser to set the scene.

Add 10 drops to a warm relaxing, sensual bath, alone or shared.

Add 20 drops to 25 mls of Avocado vegetable oil for a massage.

Add a drop to your wrist as a perfume.

Romantic Properties of these Essential Oils:

Jasmine essential oil has long been known as a powerful aphrodisiac.

Ylang Ylang essential oil often referred to as the poor mans Jasmine, has more of a euphoric effect.

Patchouli essential oil has a reputation that was established in the 70s in the free love era.

Juniper essential oil is in this blend because of its cleansing and purifying action. Subtle changes are made, physically, mentally and emotionally, allowing the spirit to speak to the heart and mind.

Ginger essential oil, the spice of the orient, is said to awaken the inner fire by encouraging courage, optimism and liberation.



Suite 101 Articles

Articles written in January 2010 for Suite 101 (www.suite101.com)

Aromatherapy and Love

Romance is in the air! Literally it is in the air when you diffuse essential oils, more specifically romantic, aphrodisiac essential oils.

Preventing H1N1 with Essential Oils

Several essential oils can be used to naturally reduce the symptoms of ADD and ADHD including: vetivert , lavender and cedarwood essential oils.

Aromatherapy and ADD/ADHD

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Aromatherapy and Asthma

Essential oils such as frankincense, lavender, marjoram, geranium and eucalyptus can be helpful in boosting the immune system and reducing the symptoms of asthma.

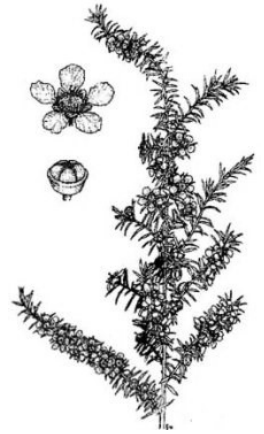


Did You Know?

Plagiarism is alive and well, even in the aromatherapy industry. Wendy Robbins, owner of AromaWeb, writes about her experiences. We at Green Valley have also had experiences with people plagiarizing our work.

Essential Oil Profile - Manuka

As well as being the month for romance, February is also the time for colds, flu and upper respiratory tract infections. Romance does not bloom while you are coughing or sniffing!



Manuka essential oil is a must as it is highly bactericidal, antiviral, anti-fungal, decongestant, expectorant and antihistaminic, which makes it very effective for all respiratory infections.

Use 1 or 2 drops in a bowl of hot water and a towel over your head for sinus and throat problems - the hot steam along with the Manuka essential oil soothes almost immediately.

If you are feeling achy, add 10 drops of Manuka essential oil to your bath.

If you are prone to cold sores put some neat Manuka essential oil on a cotton bud and it apply straight to the cold sore, it has the added bonus of being analgesic.

Manuka essential oil is a good alternative to Tea Tree essential oil and most people think its aroma is much nicer. It can be used neat on the skin as an antiseptic for abrasions or spots. Because of its drying effect it is good for treating acne and oil skin conditions. In the summer, due to its antihistamine properties, it is great for bug bites. Use neat on the bite and it seems to take the irritation and sting away.