

February 2011

Greetings!

The dreaded month of February is on the way. Family doctors are run off their feet, there are more suicides this month, more people suffering from depression and you just start to believe that spring will never come again, and then quite suddenly the spring bulbs start peeping through.



I don't know where the phrase "spring cleaning" comes from. I never feel like cleaning house in spring, I'd rather get out in the garden and leave the cleaning until fall. Whenever you do your "spring clean", we have a great book with fabulous recipes in it for making your own cleaning products. It is called "[Naturally Clean Home](#)" by *Karen Siegel-Maier*. Her recipes are so simple to make and save you money!

This is also a good time of year to do a "spring clean" on your body. There are many ways to detox your body: you can sweat it out in a sauna; go to Bikram Yoga or the gym; you can buy a juice cleanse or a liver cleanse; or try various teas and diets. I find I am not good at following through with these, and as I love hot baths and massages I make sure to use diuretic essential oils in the bath and as part of the blend used for massage. All citrus essential oils as well as Cyprus and Juniper are diuretic. I get best results from [Grapefruit essential oil](#), [Juniper essential oil](#) and [Cypress essential oil](#).

We have another really good book in stock called: "[Making Aromatherapy Creams and Lotions](#)" by *Donna Maria*. It may sound overwhelming starting from scratch, but the ingredients are easy to find - in fact you may have some of them in your garden, and they make wonderful gifts for family and friends.

Have a good February and a romantic Valentine!

Aromatically yours,

Green Valley Aromatherapy

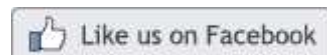
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Quotes

"The hunger for love is so much more difficult to remove than the hunger for bread."

Mother Teresa

"Our own physical body posses a wisdom that we who inhabit the body lack. We give it orders that make no sense."

Henry Miller

"Thirty days hath September,
April, June, and November,
February has twenty-eight alone,
All the rest have thirty-one;
Excepting leap year,

that 's the time
When February's days are
twenty-nine."

Hours

Our office is open:

Barb

Barb Greenwood, RMT, RA

Taking Care - Taking Charge

"The body never lies," says a quote by Martha Graham. It got us thinking about how we should take the time and learn to listen to our bodies. Barb gets many emails from people who have had negative reactions from using certain human-made products. There are many ingredients in cosmetics and hair care products that people react to. Some people are very sensitive to such ingredients as parabens and sodium laurel sulphate. It is a good idea to read up on cosmetic ingredients and possible problems with them, and then read the ingredient labels on your cosmetics and hair care products.

Don't assume that if you have had a negative reaction with brand A you should now buy brand B, simply because lots of these companies are buying product from the same manufacturer and putting their own brand name on it (private labelling). If your best friend encourages you to use brand C because it worked so well for her, you should still read the label to make sure there are no ingredients in it that you are sensitive to.

We recently had an email from a woman in the UK who had bad chemical burns on her face from a very well-known, high-end shampoo. It had splashed on to her face while she was washing her hair. Her doctor had to neutralize the chemicals to stop them from burning and it has left nasty sores and scabs on her face as a result.

So, what can you do?

There are many things you can do to avoid harmful chemicals:

1. You can find healthier alternatives at your local health food store
2. You can purchase natural bases (creams, shampoos, conditioners, body washes, etc.) and add essential oils to them
3. You can make your own creams, lotions, shampoos, conditioners, etc from scratch. It is a little more work but well worth it if you have the time. One great resource for this is "Making Aromatherapy Creams and Lotions" by *Donna Maria*.

To find out more about chemicals in cosmetics, there are many websites but here is one we have found to be useful:

<http://www.cosmeticscop.com/cosmetic-ingredient-dictionary/A.aspx>

Skin Tags

Skin tags are quite a common skin growth. They are usually harmless and non-cancerous.

[Tea Tree](#) is one of the best essential oils used for skin tags. Put some [carrier oil](#) on the skin around the tag to protect it, then, using a cotton swab/Qtip, dab the Tea Tree on the skin tag 4-6 times daily.

Save 15% Hydrosols

For the month of February 2011, save 15% off all in-stock [hydrosols](#).

Hydrosols are also known as hydrolats or steam distillates. They are 100% non-alcoholic waters that are drawn straight from the aromatherapy still. They are a true product of distillation and cannot be manufactured synthetically.



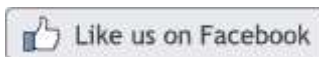
Offer Expires: Feb 28, 2011. Discounts can not be combined.

FaceBook

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 **January 2011** were:
 - o Aromatherapy and PTSD (Post-Traumatic Stress Disorder)
 - o Aromatherapy and Yoga
 - o How to Treat Mites in Bees with Essential Oils
 - o Aromatherapy to Reduce Constipation in Cancer Patients
 - o Make Your Own Lavender Heat Pack
 - o Essential Oils as Preservatives
 - o Essential Oils in Play Dough



Refer-a-Friend Program

Our **Refer-a-Friend Program** rewards you when you spread the word about Green Valley Aromatherapy. Each time a new customer mentions to us that you have

told them about us, we will put a **\$10 credit** on your account with us. The next time you order, ask us to apply all your Refer-a-Friend credits to your order.

Disclaimer

This is educational information and any opinions expressed here-in do not replace professional medical advice. If you are ill, see a suitably qualified medical practitioner.



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