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Quotes

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."
 - Chinese 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 December 2012 were:

- The Science behind Aromatherapy

Green Valley Aromatherapy

February 2013

Greetings!

Happy New Year to all Green Valley's Aroma friends, including your families and friends!



Sorry the January newsletter did not get out, due to a mixture of sickness, renovations, orders, and the Christmas celebrations. So, I now have to fit 2 months into one. There is very little difference to me between January and February, they are both cold and wet.


2012 certainly had it's peaks and troughs, which means things were wonderfully exciting or down in the dumps. 2013 will show on my graph as a beautiful landscape of hills and valleys; this is my new positive attitude.

One of the peaks was when Presto, one of my foster cats, was adopted during the Christmas holidays. He has gone to live with a lovely family who love him to bits. He thinks it is just purrfect. As quickly as the cats/kittens get adopted, there are more coming in. I find this uncaring, uninterested attitude of pet owners very sad. If you are planning to adopt a kitten as a pet, then it should be spayed/neutered to prevent future litters.

On a more positive note, it will be Valentine's Day on the 14th of February (the busiest day of the year for all the flower shops). To all you men out there, instead of buying your sweetie a bunch of roses, why not buy her a bottle of [Rose Essential Oil](#)? It will last a lot longer and every time she uses it, she will think of you. Watch our Facebook page for Green Valley's Valentine's Day Specials.

Exciting news! We have finally received our [Cocoa Butter](#) along with [Virgin Coconut](#) and Palo Santo Essential oil. The Cocoa Butter and Palo Santo are new to us, so we look forward to any feedback you may offer. We have had the Virgin Coconut before, but stopped as we had to buy in such large quantities that there was a concern that it was not being used quickly enough to ensure quality. We

- Tea Tree, Goodness in a leaf
- Sales

 Like us on Facebook

have found a new supplier and are very excited to be able to stock this product once again.

All the best,

Barb

This article was written by a customer of ours in India, we really appreciate that he is sharing his findings with all of us who are seeking healthier and happy lives.



Aroyama concept and practice

Normally a person breathes (inhale and exhale) 18 to 20 times per minute. By reducing the cycle time (deeper inhalation and exhalation with sufficient holding time), we can allow our lungs to absorb maximum oxygen. Normal breathing is an involuntary process controlled by our autonomic nervous system, the speed of breathing changes according to the body's requirement of oxygenated air. When you are exerting or running, the body needs extra oxygen, hence the respiration becomes faster and deeper allowing more air in and out of our lungs.

Majority of us do not know to breathe correctly. Conscious correct breathing of air can enhance the intake of oxygen required by our body functions. Since we do not hold the air sufficiently in our lungs, the circulating blood is not properly oxygenated. By filling our lungs to the brim and holding our breath for sufficient time, we are able to permit the exchange of oxygen and carbon dioxide. Though breathing is an involuntary action, by practice we can change the way of our breathing. By controlling the way we are breathing, we are able to control our mind and body as required resulting in ultimate wellness.

The air is drawn slowly by expanding the abdomen, pushing down the diaphragm to the maximum, while continuing the breathing with slow expansion of our chest to the maximum. In the final stage of inhalation clavicles are lifted as much as possible allowing the upper part of lungs to expand and fill up to the brim. The oxygenated air is retained in our lungs allowing our blood circulation to exchange the oxygen and carbon dioxide. This retention of breath in our lungs is the most important stage of yogic breathing. The air is slowly exhaled, first by compressing the clavicles, then by compressing the thorax and finally the diaphragm is lifted up and contracted as much as possible towards the spinal cord. Though there are 3 stages of breathing, it should be considered as part of single breathing without interruption. This complete cycle of breathing, (inhalation, retention and exhalation) form basis of Aroyama. The timing of the one full cycle can be gradually improved without any discomfort to have maximum benefit.

Inhaling the essential oils before and during the breathing increases the oxygen intake considerably. Essential oil carries several hundred times more oxygen compared to the oxygen released by the trees and plants. Inhaling aromatized air increases the oxygen level in the air and consequently

oxygen intake by our lungs. Nasal blockade and defective olfactory system prevents the oxygen entering into our body system. Inhaling a blend of essential oil such as Peppermint clears the nasal passage for free and comfortable breathing.

Modern science and Aroyama

It was known to the scientific community for a long time that the olfactory and trigeminal nerves provide pathways from nose to brain for several harmful substances bypassing the blood brain barrier. Although all the essential oils with therapeutic effect cannot break the blood brain barrier, it was observed that the Aroma of several essential oils such as Rosemary, Lavender and peppermint have the ability to bypass the blood brain barrier. Hence some of the essential oils can be used as a carrier agent for delivery of therapeutic ingredients to the brain though the intranasal route, bypassing the blood brain barrier.

Although there are approximately 1000 different sensors in the nose, it is not enough considering humans can identify about 10,000 different odors. As per Linda Buck, a researcher at Harvard, compare these quite efficient systems to letters being used in different combinations to make millions of words. As per scientists, the genes control how the brain wires up and modifies or interchanges the connections. Our personalities are stored in the connections between individual brain cells, but experiences can modify the connections. Probably, many of the poorly understood illness may be due to abnormality of brain connections called "connectopathies".

While the modern medicine suggests measuring brain volumes and deficiency of B12 for early detection of Alzheimer's, Aromatherapy is suggesting the periodic order sensitivity test to detect, delay or prevent Alzheimer's where as the most modern research is suggesting to track faulty connections using diffusion-imaging scanner built by Siemens, Germany.

Courtesy www.aroyama.com

Aromatherapy Book

[Daily Aromatherapy](#), by Joni Keim & Ruah Bull, is about transforming the seasons of your life with essential oils.

During the winter months, many essential oils are profiled. Vetiver and Benzoin are highlighted in December as they promote deep peace, comfort and feeling safe. In January, Neroli, Myrrh and Helichrysum are highlighted as they promote trust and surrender, allowing the spirit to rejuvenate and restore. Cedarwood, Sandalwood and Frankincense are highlighted in February, for calming and soothing the mind and for spiritual wisdom.

Daily Aromatherapy guides you on a daily basis throughout the year, helping you to connect with the seasons and with your own soul. You will deepen your knowledge of essential oils while experiencing joy, clarity and a deeper understanding.

Recipes

Cocoa Butter

[Cocoa Butter](#) is made from the fats extracted from cacao seeds (cocoa beans). They are known for adding the flavour and aroma to chocolate. In recent years, cocoa butter has been hailed as the ultimate moisturizer. It is one of the most stable, highly concentrated natural fats known. When applied topically it creates a barrier between sensitive skin and the environment. It also helps you to retain

your own natural moisture. Cocoa Butter contains cocoa mass polyphenol, which is reported to inhibit the growth of cancerous cells by reducing active oxygen levels in the body.

If you have mature or dry skin and a weakness for chocolate, this butter is a must. As you know, Green Valley does not put any of the butters through a process. We sell them in their natural state to allow you to do as you wish.

You can melt the Cocoa Butter gently in a double boiler.

Next, pour it into chocolate molds. Ice cube trays work great for this purpose(flexible silicon style ones work the best).

Add 1 drop of [Vanilla](#) and 1 drop of [Orange](#) essential oil and let it set.

You can put 1 'Chocolate' into the bath. Relax and enjoy the aroma while the Cocoa Butter coats your skin.

If you are a shower person, rub it on to your body as you would with soap. I have not tried it in the shower yet, but as I get out of the bath my skin feels wonderfully moisturized for an old bird with none of the itching in places you cannot reach. Allow yourself a little bit of time to drip dry so the cocoa butter can soak in.

These cocoa butter cubes also make a wonderful gift. Put a bunch of them into a pretty gauze bag for someone special.

The next step after your moisturizing bath would be to tone your body with [Rose Hydrosol](#). Just spray all over your body and while it is toning your body, breath in the balancing healing properties.

Did You Know?

Until February 28th we are offering 15% off Rose Hydrosol, Cocoa Butter and Virgin Coconut.

Free----Free-----Free-----We are offering a free 10ml bottle of Lavender from France with every order over \$150. We cannot stock this Lavender on a regular basis, as it is from a small farm and while it is an excellent product, it is not produced in large enough amounts. So, enjoy this free gift, while supplies last.

