



Aromatherapy

January Specials

20% OFF

Rose Hydrosol
Orange Essential Oil
Nutmeg Essential Oil
Premium Base Cream

Offer expires January 31, 2009.
Order online at
www.57aromas.com

New Price List

On January 6th, 2009 we will be issuing a new price list to reflect changes in the prices of several essential oils and carrier oils. The products affected are primarily those we import from the United States. The deterioration of the Canadian dollar and ever increasing shipping rates are to blame.

Quote

"God gave us memory so we might have roses in December."
- James M. Barrie

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Green Valley Aromatherapy

Jan 2009

LETTER FROM THE PRESIDENT

Welcome to 2009!

I hope you all had a very happy Christmas and are looking forward to a wonderful New Year! Thank you all so much for your cards and emails - I appreciate all the positive feedback - work related or simply comments of a more personal nature.

My vision of Christmas is families and friends spending quality time together. I try not to think of such things as the Walmart episode in New York where a staff person was trampled to death by greedy shoppers chasing bargains.

I wonder what 2009 has in store for us? My New Year's resolution consists of positive thought, increasing my energy and sleeping well. All of these together lead to an enhanced immune system which in turn should generate wellness all around.

In this newsletter we will be introducing one of our customers, Galter LifeCentre, highlighting some useful recipes, and discussing the benefits of nutmeg and orange essential oils. We are also looking forward to Valentine's Day (only six weeks away!) by discussing the strong heart connection to roses and specifically rose hydrosol.

Best wishes for 2009,

Barbara Greenwood, President

Galter LifeCenter
Chicago's Leading Medical Fitness Center

Hours
Monday-Friday: 5 am-10:30 pm
Saturday-Sunday: 6:30 am-7 pm

5157 North Francisco Avenue
Chicago, Illinois 60625

Customer Profile: Galter LifeCentre

Galter LifeCenter has been a customer of Green Valley's for several years. Galter LifeCenter is a medical fitness center affiliated with Swedish Covenant Hospital and the Evangelical Covenant Church, located in Chicago, IL. The LifeCenter offers a full range of programs and services that will suit the needs of just about anyone. You will find mind-body programs such as yoga, Balletone®, pilates and tai chi, as well as sports performance training programs such as Precision Cycling, the Triathlon Training Program and Boot Camp Fitness.

There are a wide variety of health and wellness programs and services such as massage, reflexology, watsu and acupuncture. They have dietitians and personal trainers to help you with weight and fitness goals. Their service varieties are endless and there is plenty to choose from. Swedish Covenant Hospital's cardiac rehabilitation, physical therapy and pain management programs are located at the LifeCenter. The integration of wellness-based and medical services provides an unmatched continuum of care that can only be found at a medical-based fitness center.

The overall objective of the Galter LifeCenter is clear: to build relationships and change lives by helping individuals find the best fitness program for their lifestyle. Galter LifeCenter seeks to create a sense of camaraderie among staff and members that will last a lifetime.

Essential Oil Profiles: Nutmeg and Orange



Nutmeg essential oil is distilled from the seed of a tree. Its active principles include camphene, dipentene, sabinene and borneol. Some of its countries of origin are Java, Sumatra, West Indies and Indonesia.

Nutmeg is said to assist with digestion as it is a stimulant, and it is good as an analgesic to help with muscular and rheumatic pain. May help with flatulence, nausea, indigestion, impotence, frigidity, scanty periods, poor circulation, aches and pains.

Orange essential oil is derived from cold pressed expression of the peel of the fruit to produce an oil that is golden yellow in colour. Some of its active constituents are limonene, bergaptene, citral, citronellal and myrcene. Some of its countries of origin are USA, Brazil, Italy, France and Spain.

Orange is an antidepressant, antispasmodic, stomachic (has a normalizing effect on the peristaltic action of the intestines) and is mildly sedative in its nature. It is a "happy" oil that makes the atmosphere in which it is released feel warmer and friendlier. Some people say it carries with it the sunshine that ripens it! It is an excellent oil to use in the winter months as it helps to lift the winter "blahs" so well.

This oil can be used as an addition to your bath, but no more than 3 drops as it may cause skin irritation. Orange essential oil may also be combined with Lavender or Neroli to help with insomnia. It is also a

lymphatic stimulant, helping to rid the body of toxins and fluids (water retention). The bitter orange variety may also help with water retention as it works with the body's lymphatic drainage system.

Try blending Nutmeg and Orange together to ward off infections and create an agreeable aroma for your diffuser or add it to a bowl of hot water for finger dips!

Rose Hydrosol

Rose hydrosol is a natural humectant, helping to add moisture to the skin. This hydrosol is wonderful in skincare for normal to dry, mature, sensitive, and devitalized skin. It can be used in the bath for relaxation and rejuvenation or in a sitz bath post partum for helping to heal. It may help with menopausal symptoms as well as PMS, cramping and moodiness.



It is claimed that rose exhibits the highest vibration of any essential oil and has an affinity with the heart and the emotional spheres of the body, mind and spirit. It promotes balance, aids emotional processing and supports you in decision making. Rose lets you love yourself, and be aware of opening your heart to emotional healing. It makes you more vulnerable in the short term.

For those who suffer from environmental or chemical sensitivities, try using rose hydrosol as a room or body spray.

Rose hydrosol has a shelf life of up to two years if kept in cool conditions.

Recipes

Post Natal Lift

In 30mls of vegetable oil add:
9 drops of Orange Essential Oil
2 drops of Frankincense Essential Oil
7 drops of Nutmeg Essential Oil
6 drops of Rose Absolute Essential Oil

Use as a massage oil or body rub, or add to your diffuser.

Aches & Pains

To 25mls of Grapeseed carrier oil add:
10 drops of Chamomile Essential Oil
5 drops of Lavender Essential Oil
2 drops of Nutmeg Essential Oil
2 drops of Clove Essential Oil

Frozen Shoulder

20 drops of Ginger Essential Oil
17 drops of Nutmeg Essential Oil
3 drops of Clove Essential Oil

Massage three times a day. Stretch arm/shoulder to the limit and then use an ice pack for 10 minutes.

Children's Insomnia (1-5 years old)

10 drops of Palma Rosa Essential Oil
7 drops of Roman Chamomile E. Oil
5 drops of Orange Essential Oil

Add 10 drops of mixture to 30mls of veg. oil. Massage feet after a warm bath.

Children's Insomnia (5-12 years old)

10 drops of Roman Chamomile E. Oil
8 drops of Geranium Essential Oil
4 drops of Nutmeg Essential Oil

Add 10 drops of mixture to 30mls of veg. oil. Massage feet after a warm bath.

Premium Base Cream

Last month we told you that Green Valley had sourced a wonderful, premium base cream. It is a silky, all over body moisturizer with a smooth-as-satin texture that glides over your skin, leaving it feeling velvety-soft to touch. This month we are letting you know that it will be on sale for the month of January - 20% off!