

January 2010

Greetings!

HAPPY NEW YEAR to one and all ! And a big aromatic welcome to 2011. It's going to be a great year - I can feel the positive changes coming in.



I am another year older and another year wiser (my birthday is January 1st). I am maturing like a fine wine, how's that for being positive?

In my last newsletter I was telling you about coming back from Mexico to snow and the freezing cold, which is unusual for Vancouver Island in November. The world-wide weather is topsy turvy these days and that is having an effect on the essential oil industry. According to the word on the street, China has been badly affected by the unexpected weather conditions and as one of the main exporters of Geranium oil, they have suffered bad losses of plants due to severe flooding. To make matters worse, they had a drought at harvest time which reduced the yield of essential oil in the remaining plants. It has been suggested that growers from other countries have been holding back their essential oil, expecting a huge price jump. This is not ethical but unfortunately it is the way of the world. Weather conditions have a direct influence on all crops and that is one thing we can not control, but you can see how it effects the prices. Interestingly when we have good weather conditions I never hear of the prices coming down!

This is the time for New Years Resolutions, so I will finish with a couple of quotes of Bill Cosby's that caught my attention"

"I don't know the key to success, but the key to failure is trying to please everyone!" I think there was a reason I saw this, I am going to make it my mantra.

The other quote that jumped out was, "In order to succeed, your desire for success should be greater than you fear of failure".

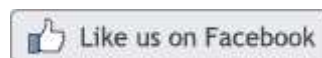
Happy New Year everyone!

Green Valley Aromatherapy

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Quotes

"Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time. ... Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. ... Vow not to make a promise you don't think you can keep. ... Walk tall, and smile more. You'll look 10 years younger. Don't be afraid to say, "I love you". Say it again. They are the sweetest words in the world."

Ann Landers

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas."

Aromatically yours,

Unknown

Barb

Barb Greenwood, RMT, RA

Hours

Our office is open:
Mon - Thurs, 9-4 PST**Manuka (*Leptospermum scoparium*)**

[Manuka essential oil](#) has a long history of medicinal use with the Maori people of New Zealand. Manuka is anti-septic, anti-viral, anti-histaminic and anti-fungal, and highly bactericidal across a wide spectrum.

Manuka is one of the oils, which can be used neat on the skin, so it is good for cuts, boils and ulcers. It is also recommended for **upper respiratory problems** - as a decongestant you can add 2 drops to a bowl of hot water, put a towel over your head and breath deeply.

For a child with a **cough** put 2 drops of Manuka into a small amount of cream and massage into the chest and the back. If you have a **sore throat** you can use this method, or add a few drops to a piece of paper towel, place it on your neck and wrap a scarf around your neck.

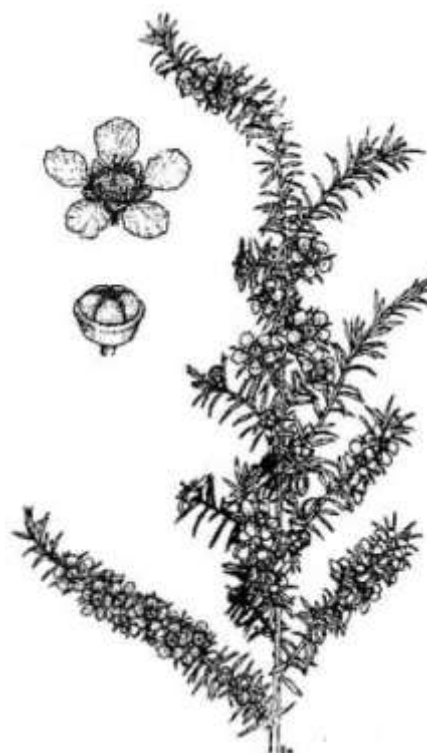
For **cold sores**, dip a Q-tip into the Manuka and dab it directly onto the cold sore (try not to touch the healthy skin).

Aroma wise, Manuka essential oil tends to smell more medicinal than perfume but if you have **sore muscles or rheumatic pains** add 10 drops of Manuka to 10mls of Carrier oil and massage those muscles. It really has an amazing effect, as it is a natural analgesic.

Origin: New Zealand. Steam distilled from the leaves and branches. Middle note.

Aromatherapy Training

For those of you interested in learning more about aromatherapy, perhaps to incorporate it into an existing health-care practice or you are considering



Manuka Essential Oil

starting an aromatherapy practice, here are some aromatherapy schools you may be interested in:

[Healing Scents Holistic Clinic and Training Centre](#)

Offers: Registered Aromatherapy Diploma Courses

This recognized professional training centre in Victoria, BC specializes in Distance Learning (correspondence) courses with a classroom component. In addition, workshops in use of essential oils, aromatherapy massage, relaxation massage and Indian Head massage can be provided through the Clinic. For more information, please click [here](#).

[West Coast Institute of Aromatherapy](#)

Offers: Registered Aromatherapy Diploma Courses

The West Coast Institute of Aromatherapy offers you the chance to take quality aromatherapy courses at home, just like going to an aromatherapy school!

Learn all you need to know about essential oils and their uses in the comfort of your own home at your own pace, via distance learning (self directed home study classes). We are committed to offering Aromatherapy education of the highest standard at affordable prices. We specialize in aromatherapy education that allows one to naturally progress to the level of expertise desired. For more information, please click [here](#).

There are other aromatherapy schools, some [listed here on our website](#). These two schools in particular we have done business with, have had many connections with their students and we know they have an excellent reputation.

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 **December 2010** were:

- o Benefits of Clove Essential Oil
- o Aromatherapy and Memory
- o How to Use Essential Oils for Christmas
- o Aromatherapy to Reduce Stress for University Students
- o Aromatherapy and Pain
- o Aromatherapy and Office Stress



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.



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