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## Quotes

"A happy New Year!  
 Grant that I May bring  
 no tear to any eye  
 When this New Year in  
 time shall end  
 Let it be said I've  
 played the friend,  
 Have lived and loved  
 and labored here,  
 And made of it a happy  
 year."

~Edgar Guest

"The proper behavior  
 all through the holiday  
 season is to be drunk.  
 This drunkenness  
 culminates on New  
 Year's Eve, when you  
 get so drunk you kiss  
 the person you're  
 married to."

~P.J. O'Rourke

## 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

# Green Valley Aromatherapy

January 2012

## Greetings!

Happy New Year to all of Green Valley's Aroma friends (including all of your families)!



All the hustle and bustle of Christmas is over and what is left for January is a pile of bills, broken toys, lots of garbage and wondering how you are going to find the money to pay for Christmas!

No wonder there is more recorded suicides in January and February than any other time of the year.

Now is the time for New Years Resolutions or making plans. The weather is not the best unless you live somewhere sunny or are on holiday during the winter months. Planning can be quite exciting. So plan a games night with the children, take goodies and/or photos and visit your senior friends, plan the garden, or get out the maps and plan where you would like to camp in the summer.

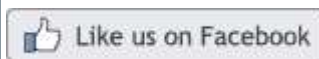
Even if the weather is not at it's best, get outside as often as you can, even if it is only for 10 minutes. There are usually some leaves that need sweeping up or snow that needs shoveling. There is no substitute for fresh air! It cleans our lungs and as we breathe the fresh air in, it increases the oxygen to our cells. The increased oxygen increases our energy and gives greater clarity to the brain. *DID YOU KNOW* the brain needs 20% of our body's oxygen to function? Getting outside into the fresh air also improves our Mood which is so important at this time of year.

*DID YOU KNOW*, we all need tactile stimulation in healthy, respectful and non-threatening forms? I am suggesting for this New Year we get used to giving and receiving hugs, even the teens who may roll their eyes and fuss. There has been a great deal of study dedicated to what is called

- sales and specials
2. We share aromatherapy ideas, news and articles of interest
  3. We share discussions on aromatherapy.

Some of the topics in **November 2011** were:

- Aromatherapy for kids
- Essential oils in the bath
- Manuka Essential Oil and...more!



"cutaneous deprivation" (lack of touch) and how it can lead to emotional disturbances, reduced intellectual abilities, reduced physical growth and degradation of the immune system. Who would believe a simple thing like a hug could be so important? I was not raised with hugs and sweet words, it was the stiff upper lip, keep your emotions under control and smile. It took many years to start feeling comfortable hugging people, but the main change was when we came to Canada 20 yrs ago. People here are so much more receptive and open to hugs that it makes it easier to give and receive hugs when needed.

All the best in the New Year,

*Barb*

## Essential Oil and Carrier Oil Profiles

### Chakra Blends:

#### Base/Root

The first Chakra is located at the base of the spine. It governs the adrenal glands. It is associated with material security, grounding, satisfaction, stability, courage and power to achieve goals.

#### Sacral

The second Chakra is located in the pelvic area. It governs the sexual organs, kidneys and bladder. It is associated with primal feelings, sexuality, family life, all relationships, openness to others and personal creativity.

#### Solar Plexus

The third Chakra is located between the naval and base of the sternum. It governs the pancreas, liver, digestive system, spleen, gall bladder, muscles and lower back. It is associated with personal power, self-control, willpower, inner harmony, acceptance of self and strength.

#### Throat

The fifth Chakra is located at the base of the throat. It governs the thyroid, jaw, neck, voice, upper lungs and arms. It is associated with communication, creative self-expression, integrity, wisdom, and truth.

#### Third Eye

The sixth Chakra is located above and between the eyes. It governs the pituitary gland, endocrine system, sinuses and nose. It is associated with inner vision, intuition, imagination, idealism, concentration and peace of mind.

#### Crown

The seventh Chakra is located at the top of the skull. It governs the pineal gland, central nervous system, depression and migraines. It is associated with perfection, integration/unity, divine wisdom and purpose, bliss, understanding and enlightenment.

#### Thymus

The eighth Chakra is located in the thymus area between the heart and the throat. It governs the thymus gland and various hormonal functions. It is associated with compassion and caring for one-self on emotional, mental, spiritual and physical levels.

Start the New Year with clearing your charkas, balancing your mind and body.

#### **Suggested Meditation to clear Chakras:**

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With shoes off, in a quiet and secure place, sit comfortably on the floor, on a rug or in a chair. Close your eyes and begin slow, deep breathing. Focus your mind and body on total relaxation.

Mentally focus on your Base or Root Chakra. Visualize a ball of warm, white, cleansing light rising from the earth's center, filling your Root Chakra with clear, warm energy. Pull the energy into your Root, filling it. Repeat 8 times.



Now visualize the cleansing light moving into your second Chakra, the Sacral Chakra. Allow the light to fill, warm and clear. Draw the energy from the earth, up through your Root Chakra into your Sacral Chakra. Pull the energy into the Sacral Chakra, filling it with warmth. Repeat 8 times.

Continue drawing up energy, through the Chakra series with each Chakra, ending with the Crown. Relax, breathe deeply and return to your private surroundings when ready.

**To celebrate the New Year, and to help you start with the tools to promote a balanced mind and body, Green Valley is offering 15% off the Chakra blends for the month of January.**



**This came to us from Liz regarding her treatment of shingles.**

"Shingles were diagnosed within the critical 48 hour timeframe for medication to be started. The affected area was the right front quadrant of the head, including the eye. Conjunctivitis and an inflamed optic nerve also necessitated prescription drugs.

However, at the same time, I made a blend of Bergamot, German Chamomile, Ravintsara and Helichrysum using rose hip as a carrier to help negate scarring. Also Chamomile Hydrosol was used on a regular basis throughout the day. This was found to be very soothing (and cooling), particularly when sprayed on the eyelid. Emu oil, which is beneficial for nerve inflammation, with Ravintsara was also used alternately with the essential oil blend. Within a week all outward signs of the shingles had disappeared and there is no scarring.

There is still some pain from the trigeminal nerve and so the Emu oil and an essential oil blend are still being applied. What is most interesting is the benefit received from the Chamomile Hydrosol. This gave almost instant relief, helping with sleep and negating the need for medication for headaches and general pain.

In this particular case, I don't know what would have been done without the Chamomile Hydrosol - as mentioned, its soothing/cooling effects and general pain reduction were incredible."

***Thank you for sharing!***  
***If you have something you would like to share in the newsletter please email Barb: [barb@57aromas.com](mailto:barb@57aromas.com)***

## Upcoming Aromatherapy Workshops

### *Basic Aromatherapy:*

January 13th (Friday) 2pm till 4pm  
cost \$50

### *Pregnancy and Aromatherapy:*

February 10th (Friday) 2pm till 4pm  
cost \$ 50

All workshops will be held at Green Valley Aromatherapy.  
4988 North Island Hwy., Courtenay  
To register or for more information please call  
250-334-4836  
or email [barb@57aromas.com](mailto:barb@57aromas.com)

**Happy New Year to One and All!**

