



# Aromatherapy News

## Aniseed

As you may remember we discontinued Aniseed essential oil from our essential oil supplies list a few months ago. The only reason we did so was because it wasn't a popular oil. Since then we've heard from several of you who love the product and want us to continue carrying it (and other essential oils too) so we have changed our minds and have restocked Aniseed!

We took a look at Aniseed essential oil (sometimes called Anise essential oil) and its many aromatherapy benefits and here are just some of them:

- It is often used to aid upper respiratory conditions
- It is good for indigestion and may help to relieve flatulence
- It is:
  - antiseptic
  - antispasmodic
  - carminative
  - diuretic
  - insecticide
  - expectorant
  - sedative
  - a stimulant

We've reconsidered Aniseed and we think you might want to too!

**Green Valley  
Aromatherapy Ltd.**  
4988 North Island Hwy  
Courtenay, BC V9N 9H9  
(250) 334-4836  
1-877-572-7662

[www.57aromas.com](http://www.57aromas.com)  
[greenvalley@57aromas.com](mailto:greenvalley@57aromas.com)

## Green Valley Aromatherapy

July 2009

### LETTER FROM THE PRESIDENT

Greetings to all my "cool" aroma friends,

I am using the word cool in its original meaning. The temperature has hit 34 degrees here so I am thinking cool thoughts. I have spent the last eight months looking forward to summer, and now it's here and I can't handle it!

Although we are in an economic crisis, not the first and probably not the last, we always find ways to survive, to cut our cloth accordingly. If you look at your expenditures there are many things you can't change - your mortgage and your insurance for example - but you could cut back on such things as candy, cigarettes, alcohol, fizzy drinks and fast food restaurants, and you'd feel a lot healthier as a result.

I can just see some of you cringing and saying "no! no! no!" because it is hard to break a habit, but you could start out with one and measure the results financially and health wise. Instead of rewarding yourself with one of the above, reward yourself with a relaxing spa treatment or an aromatherapy bath surrounded by candles.

Another way to save money is to make your own products. It is such fun and in many cases healthier. Think about making your Christmas presents this year. Believe me, friends and family really appreciate a cream, lotion, soap, candle, perfume, spray or other personal gift that has been made especially for them.

As many of you know, I am writing some interesting articles for Suite 101 and I encourage you to check them out. My latest one is about the history of aromatherapy. You can read it at [www.suite101.com](http://www.suite101.com).

*Barbara Greenwood, President*

**P.S. Green it Clean** is Green Valley Aromatherapy's newest product. It is an all natural, all purpose, non-toxic cleaning spray.

Watch for more details about the launch of this product in the next few weeks!

### Monthly Newsletter

To receive this newsletter month in your email inbox, simply go to [www.57aromas.com](http://www.57aromas.com) and click on the link for "Newsletters" at the top of the screen.

## Product Highlight - Personal Start Up Kit

[Bugz Off Natural Bug Repellent](#) is Green Valley Aromatherapy's healthy alternative to the DEET-based insect repellents on the market today.

Research indicates that products containing DEET can cause skin irritations, memory loss, and in extreme cases, seizures.

## New Label, New Bottle

Green Valley's all-natural formula contains: essential oils of Lemon Eucalyptus (*Eucalyptus Citriodora*), Lemon Grass (*Cymbopogon citrates*), Lavender (*Lavendula angustifolium*), and Thyme (*Thymus vulgaris*) combined in a witch hazel base.

Green Valley Aromatherapy's "Bugz Off":

- Is 100% natural
- Is uplifting and calming with a pleasant, natural smell
- Has a multitude of uses for outdoor enthusiasts and travellers alike as a disinfectant surface cleaner, air freshener, or wound cleaner on top of being a great bug repellent!
- Child friendly

## Survey Results

Thank you to everyone who took the time to complete our online survey. We learned a lot from your responses and we are looking forward to implementing some of your wonderful suggestions such as:

1. Bringing in a wider selection of essential oils and carrier oils
2. Considering new shipping options
3. Adding more recipes to the online [recipe database](#)

We want to reassure you that we are working hard to be your favourite, if not your only, aromatherapy supplier. We encourage your feedback, positive or not, and are open to your ideas about how we can improve.

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"There is no season such delight can bring, as summer, autumn, winter and the spring."

*William Browne*

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"Whether the weather be fine, Whether the weather be not,  
Whether the weather be cold, Whether the weather be hot,  
We'll weather the weather, Whatever the weather, Whether  
we like it or not."

*Unknown*

## Aloe Vera Liquid

[Aloe Vera \(liquid\)](#) contains, amongst other elements, B complex vitamins, folic acid, vitamin C, zinc and magnesium. It is safe to apply directly to the skin.

Aloe Vera has many uses, especially in the skin care area:

- is well known as a skin moisturizer
- it is wonderful as a facial toner either by itself or mixed with a [hydrosol](#)
- it can be combined with a clay powder to make a hydrating mask
- putting it on your skin before bed can help with psoriasis, acne and teenage trouble skin

Because Green Valley's Aloe Vera Liquid is a natural juice extracted from that Aloe plant, it is best kept in the fridge.

Wholesale  
Customers

# Save \$16.20

**Bugz Off Retail Pack (12 units)**

Offer valid July 1 - 31, 2009  
regular: \$87.60 **sale: \$71.40**

## Customer Feedback

"Just a quick note to let you know how much I enjoy the new format of your newsletter. You are always one step ahead of your competition. The newsletter is bright and cheery and easy to read. Thanks for sending it to me."

*TC, June 2009*