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Quotes

" The gleaming Ruby should adorn, All those who in July are born, For thus they'll be exempt and free, From a lover's doubts and anxiety."

- *Gregorian birthstone poems*

"No bought potpourri is so pleasant as that made from ones own garden, for the petals of the flowers one has gathered at home hold the sunshine and memories of summer, and of past summers only the sunny days should be remembered."

- *Eleanor Sinclair-Rhode*

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:

Green Valley Aromatherapy

July 2012

Greetings!

Happy July everyone!

'Tis the holiday season as the children are off school for July and August. This is a good time to rediscover your childhood as you go off camping, biking the trails, plodding through the woods, picnicking by the river or relaxing by the ocean. I can hear you all saying, "Nice if I had the time!" But you can make some time if you really want to. Don't forget what you do now are your memories for the future.



If you have to work, try to bunch some days together so you can have a day off, or be ready to go straight from work to get together with friends. Take turns in helping each other out. It is a top priority to spend time with the family outside in the summer. Everyone benefits! My husband regrets not finding the time to spend with our kids when they were young. Work was more important; his logic said, "That was my job!" This is why we like to tag along with the family when they are camping and we enjoy time with the grandchildren whenever we can.

Our main vacation this summer is in England and Spain, visiting with all our old buddies and reminiscing about the old days. When you get this letter that is where I will be. Where ever you vacation you still need to prepare your first aid kit or check it over if you already have one. You can use a cosmetic bag. They are quite inexpensive and usually washable. Do not forget to take plenty of water with you if you are camping.

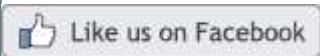
Suggested contents of kit:

A package of mixed size band-aids
 60 mls of [Tea Tree Hydrosol](#) (spray); to clean wound
 Small bag of makeup remover pads; to dab up blood
[D-Bug](#); for the pesky bugs
[Lavender Essential oil](#); as an after bite or on grazes that haven't bled
 Tweezers; for splinters or stings

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 May 2012 were:

- Guide to Less Toxic Products
- The Role of Aromatherapy in Medicine
- Aromatherapy for Rosacea



Sunscreen factor 40
Tylenol

July is the harvest time for Lavender. If you get anywhere near Lavender fields you should plan a visit. It is a wonderful experience! You will be amazed at the euphoric feeling. We tend to get used to living with stress. It is only when it is not there that you become aware. That is what happened to me the first time I went to a Lavender festival. It is difficult to explain but my body felt light and energized, like a bad pain had suddenly gone away.

We have a really interesting book in stock right now called "[Daily Aromatherapy](#)." It approaches every day with a spiritual exercise, suggesting an essential oil to work with.

For example, on July 1st the book suggests using Pine for aromatic affirmations:

"Sit quietly, close your eyes, take 3 slow relaxed deep breaths. Open your eyes. Put a drop of pine on a tissue and inhale deeply. Pause and inhale again. Say out loud or internally the following affirmations.

'My will is strong, I am able to manifest my dreams and goals'.

Pine helps you to strengthen and energize your willpower in order to achieve your goals."

All the best,

Barb

Essential Oil Profiles

These 10 essential oil blends were our best selling blends for 2011.

Essential Smile

Coconut Oil, Clove bud, Marjoram, Myrrh, Origanum, Peppermint, Spearmint

Essential Smile is a blend of essential oils for cleaning your teeth. This blend helps to prevent canker sores and leaves your mouth and breath feeling fresh and clean. Place 2 drops on your dry toothbrush, clean teeth in the usual way then rinse with water.

Terminator

Camphor, Cinnamon, Lavender, Nutmeg, Rosemary, Sage

This recipe was taken from the well known Thieves blend minus the garlic. Created to protect the grave robbers against disease, it has the same effect for us in cold/flu season or when the kids are going back to school, bringing home with them all sorts of childhood ailments. Keep Terminator diffusing at home and put some on a tissue to keep in their school bags and in the car.

Tranquility

Bergamot, Geranium, Lavender, Ylang ylang

Tranquility is a relaxing and uplifting blend. This sweet aroma is enjoyed by young, old, male and female.

Headeaze

Geranium, Lavender, Pine, Peppermint

The essential oils in this blend were chosen specially to work with headaches, whether resulting from an upset tummy or from stress.

3 Wise Men

Benzoin, Frankincense, Myrrh, Orange, Ylang ylang

This blend of oils was created to calm and uplift, shake off anger and negative feelings, then move on. The 3 wise men (for which this blend was named) kept going on their quest, bringing 3 precious gifts for the baby Jesus; Gold, Frankincense and Myrrh. Sorry, we do not have the gold in the blend, but we do have the Frankincense and Myrrh.

Sniff-B-Gone

Eucalyptus, Lemon, Ginger, Rosemary, Tea tree

Sniff-B-Gone is a must if you have a bad cold. This sinus clearing blend can be used in several ways; applied in a carrier oil to the chest and back like you used to use Vicks, in your bath, in a diffuser or added to hot water (with a towel over your head, inhale deeply.)

No Fleas Please

Cedarwood, Citronella, Lavender, Thyme

No Fleas Please is a blend that you can use to help keep the fleas away from your dog. Add a few drops to your dog's bedding. Add to the soap/shampoo if your pet has a bath. Add to water and spray the room. Fasten a small piece of cloth to the dog's collar and add a few drops of No Fleas Please to it.

Energize

Bergamot, Orange, Palmarosa, Rosemary

This blend will help to get rid of that morning after the night before feeling. When you manage to crawl into the shower, just add 5 drops into your shower gel in the palm of your hand, rub your hands together and soap your body in the usual way. You will feel like a new person.

Jolly Holiday

Amyris, Cedarwood, Cinnamon, Mandarin

Jolly Holiday was blended to create that warm festive feeling of Christmas. Diffuse this wonderful blend in your home for a festive winter holiday atmosphere.

Peace

Amyris, Grapefruit, Rose geranium, Ylang ylang

Everyone needs some Peace in their life at sometime. Try this blend to reach that inner harmony that is longed for.

It is time to stock up on your old favorites. For the month of July we are offering 15% off Essential Smile, Terminaor, and Tranquility.

Did you know?

In the 18th century, women would have their gums pierced so they could use hooks to secure their false teeth.

Cancer is the zodiac sign for July. Cancerians are usually very emotional. They have a very good heart and act as a support for many people. The ruling planet is Mercury, the element is water and the gemstone is Ruby.

Green Valley Aromatherapy

www.57aromas.com

1-877-572-7662



Try it FREE today.