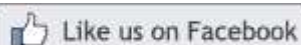




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Quotes

"Our own physical body possesses a wisdom, which we who inhabit the body lack. We give it orders that make no sense."

Henry Miller

"I'm living so far beyond my income that we may almost be said to be living apart."

E.E. Cummings

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 May 2013 were:

Green Valley Aromatherapy

July 2013

Greetings!

Hello to all our aroma friends!

It is hard to believe the dark nights are coming sooner and we are on our way back to winter again. I enjoy the summer, but the winter months are great for catching up after camping, gardening and the entire outdoor stuff.



Our [Shea Butter](#) supplier was born and raised in the village of Tapko in northern Ghana. She now lives on Vancouver Island with her husband and family. They work with the communities of Tapko and Kperisi, the chiefs of the villages, the Tapko widows group and other individuals and groups in the communities to support a number of development projects. They have been able to do this through the support of people like you who buy their Shea Butter. Over the years they have been able to donate sports equipment and school supplies to these villages. As people are getting to know the situations of the villagers, various people and development organizations are coming on board to help.

Two young Canadian volunteers have started planting acacia trees. Acacia is a fast growing tree and is an excellent substitute to hard wood for firewood which is used for all their cooking, bathing, cleaning etc.

Their company donates 2% of gross sales back to the communities as Micro-credit support. The majority of this goes into existing local micro-credit programs that are run by local organizations.

One of the most recent projects is the Waca Girl Child Education Program. Funds are raised in order to give girls from Northern Ghana secondary and post secondary education. The website for Waca is www.wacadevelopment.com if you would like more information.

- Essential oils to party with
- Rosemary and Memory
- Aromatherapy massage



Like us on Facebook

The most common complaints we hear from our customers are stress related. Things like sleeplessness, skin issues, loss of energy, and depression can be traced back to stress a lot of the time. You do not have to be a high flying company executive to experience stress. Being at home with young children can be just as stressful.

We put our heads together to come up with a remedy, the result being that we have created a new kit to help with the various symptoms that pull you down, make you feel tired, tearful, frustrated and which can lead to binge eating, alcohol use and other self-medications.

The new kit, called [Auntie Blue](#), comprises of Rose Geranium essential oil, Equilibrium blend, Sunshine blend, Black Spruce hydrosol, and Grapeseed carrier oil. Over the next few newsletters I will do profiles on these products so you will see how they can work together to support you mentally and physically.

The Auntie Blue kit is designed to support you over the 24 hour day. Starting at bed-time, mix 4 drops of Rose Geranium to one teaspoon of Grapeseed oil. Put a small amount on your hands and rub into arms, neck and shoulders. This is an excellent dry skin treatment to nourish you while you are sleeping.

In the morning, add Sunshine to your diffuser at home and in the car. Add a few drops of Equilibrium to a tissue and have it with you all the time, whether you are walking, working, cleaning house... ALL The Time!

Black Spruce hydrosol is a quick pick me up to help with energy. I always spritz the hydrosol on the back of my neck, but I know people who spritz it on their chest and one man who sprays his feet. He says when he is at work sitting at a computer all day, the aroma makes him think of walking in a forest and gives him a boost of energy.

All the best,

Barb

Product Profiles

Palmarosa Essential Oil (*Cymbopogon martinii*)

Palmarosa contains a number of elements that are found in the precious oils. Unfortunately, they are often used in the commercial world to adulterate the more expensive oils. There is a high proportion of geranial in Palmarosa which mimics the aroma of Rose and Geranium.

Palmarosa has a long history in traditional Indian medicine. We know it best as a valuable skincare oil; hydrating, stimulating and helping to balance sebum production. Palmarosa's use in skin treatments is enhanced by its antiseptic properties, which makes it useful for acne, minor skin infections as well as some forms of dermatitis.

Added to your night cream, Palmarosa may help to smooth out wrinkles and tone up skin on the neck. Palmarosa also has the side effect of helping with stress and stress related conditions.

Sweet Almond Oil

Sweet Almond oil is a general all round oil that gives you good value for money. This oil contains vitamins A, B1, B2, B6 and E. It is also rich in protein. Sweet Almond oil is good for all skin types and is wonderful for helping to relieve itching, dryness, inflammation and burns.

Sweet Almond oil is a great oil for massage. It has good slip and is very popular. Just remember that it is a nut based oil for people with allergies.

Sweet Almond oil is a good oil to use for infusing (macerating). Comfrey grows wild in my garden. I put comfrey in a jar, cover it with Sweet Almond oil and let it sit in the sun.

Equilibrium Blend

Equilibrium is a unique blend of Benzoin, Bergamot essential oil, Fennel essential oil, Geranium essential oil, Jasmin essential oil, Lavender essential oil and Nutmeg essential oil. Equilibrium was designed with the more mature woman in mind. All these oils work together to lift your spirits, balance your hormones and generally help with anxiety, depression and low energy levels.

Palmarosa, Equilibrium, and Sweet Almond oil are all 15% off in July!

Would you like to receive a FREE 60ml jar of Emu Cream with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 60ml jar of this amazing product to your next order! The correct answer will be given in our next month's newsletter.

There was a green house.
Inside the green house there was a white house.
Inside the white house there was a red house.
Inside the red house there were lots of babies.
What is it?

Best of luck!!

Last week's answer was RIVER. Congratulations to all those who answered correctly.

Recipes

Recipes for Hair Loss

Essential oils contain many complex, naturally occurring chemicals; as many as 500 different chemicals in any essential oil. People have been using essential oils for thousands of years to treat health concerns, including hair loss.

Hair loss shampoo recipe:

Look for an unscented, natural shampoo. Baby shampoo is a pretty safe one.

To 100 mls of shampoo add:

12 drops [Rosemary](#) essential oil

13 drops [Basil](#) essential oil.

Shake well.

Hair loss conditioner recipe:

Condition the hair 3 times a week with one of the following carrier oils:

[Jojoba oil](#)

[Evening Primrose oil](#)

[Rosehip oil](#)

You can use one of the butters, but they will take a little longer. I like Jojoba as it is known as the skin's twin. It has a similar structure to skin's natural sebum. It is easily absorbed, contains vitamins and minerals and is hypoallergenic.

To 100 mls of the carrier oil add:

15 drops [Lavender](#) essential oil

15 drops [Carrot seed](#) essential oil

10 drops [Orange](#) essential oil

Carrot seed essential oil is a great stimulator for the scalp as well as a detoxifier, tonic and muscle relaxant. Orange essential oil is uplifting, a tonic, sedative and lymph stimulator. Lavender as we know is anti-inflammatory, analgesic, anti-anxiety and a cell regenerator.

Shake the bottle well to mix the carrier oil with the essential oil. Stand the bottle in hot water to warm the conditioner. Pour some into your hands and massage onto your dry scalp to stimulate your hair follicles. After the massage, gently pull your fingers through the hair, then put a plastic bag over your hair and leave on for one hour.

Alternatively, for better results put a warm towel around your head and leave on all night. Due to the cycle of hair growth, results can take 3 to 6 months so be patient and consistent.

Did You Know?

Lemons contain more sugar than strawberries!

Order a Deluxe Personnel Inhaler and receive a 10ml Lavender....FREE!!

We have lowered the price of our [Deluxe personnel inhalers](#). Deluxe personnel inhalers are a "must have"; great for gifts and for introducing people to the benefits of aromatherapy. At this affordable price you can give one to your clients with some of your blend in it along with your contact information, keep one for yourself for when you feel the need to be stimulated, and keep one on hand to calm yourself down.

As we still have some of our beautiful French Lavender left, you will receive a free Lavender from France with every purchase of a Deluxe personnel inhaler (Limit of one bottle of Lavender per order - while supplies last).

