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Quotes

" They do not love that do not show their love."
 - William Shakespeare

"What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered along life's pathway, the good they do is inconceivable."
 - Joseph Addison

"Forget not that the earth delights to feel your bare feet and the winds long to play with your hair."
 - Kahlil Gibran

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,

Green Valley Aromatherapy

June 2012

Greetings!

Happy June to one and all,

"If a June night could talk, it would probably boast that it invented romance." Bern Williams

June is certainly the traditional month for weddings, even if it wasn't for romantic reasons. It was because the water in the rivers where folk washed was a little warmer for a pre wedding bath!

We are going to England in June to our niece's wedding. I think bathing will be the last thing on her mind. I have been wondering what I can take her, aromatherapy wise, that does not weigh too much and will pack in a suitcase. The only thing I can think of is making confetti out of dried rose petals and adding fragrance to them. I have done that before and our luggage smelled wonderful!

Another idea is a to create a wedding blend to present to the bride and groom. It will stimulate memories of the happiest day of their lives. This blend can be used on candles in the church, in diffusers at the reception, and in small bottles given out to guests as favours. If the theme of the wedding was for example a particular flower, you could add the oil to the flower for all of your guests to remember the special day.

Weddings have become big business; it seems to be every girls dream to have a spectacular event, whether in terms of money spent, unusual places or themes. I went to a spectacular wedding a few years ago that lasted almost a week. The pre wedding 'night' out (hen night/ bachelor night) was 4 days of celebrations with just the girls. The wedding was out of town in a mansion by a beautiful lake. 60 guests were in attendance and it lasted all day long. The following day was a reception for 300 in town. The last day was the opening of presents with some of the guests. The other wedding I went to was in a park by the ocean. The bride wore a plain white dress with a wreath of



news and articles of interest

3. We share discussions on aromatherapy.

Some of the topics in March 2012 were:

- Homemade soap
- Sitting Disease
- Aromatherapy tips



Like us on Facebook

wild flowers and ivy. This is the one that sticks in my mind as a perfect wedding.

All the best,

Barb

Essential Oil Profiles

These 12 essential oils were our best selling oils for 2011.

Lavender Essential Oil

Lavandula angustifolium

Lavender is always our most popular oil. It provides the best value for money, it is backed by scientific evidence and testimonials, and is loved by all ages, sex and origins. In my family it is used mostly for burns, my husband being a baker, but I make up a great after sun lotion for all the family and a soothing cream for the friction burns of soccer players. I have been to a Lavender Festival where everything I ate had Lavender in it; Wine, cheesecake, seafood fried in butter and Lavender, Salad dressing and others that I cannot remember.

Eucalyptus Globulus Essential Oil

Eucalyptus globulus

Eucalyptus Globulus is also popular. In fact, if you add the 3 different kinds of eucalyptus we carry together, it adds up to more than the 2 Lavenders added together. Oil of Eucalyptus has been well researched. It has a much greater effect than the eucalyptol, its main active pricipal, which is extracted and used pharmaceutically. This indicates that the whole plant in its natural state is more effective than a single chemical constituent.

Orange Essential Oil

Citrus sinensis

Orange reminds me of sunshine. I use it most in the winter time. I like to add it to my bath as it is a good combat for insomnia. It has been suggested that Orange has a

normalizing effect on the peristaltic action of the intestines and helps with constipation. I was brought up on the theory that if the bowels were working properly, everything else would too.

Grapefruit Essential Oil

Citrus paradisi

One of the things that people tend to forget about Grapefruit is that it is not a photosensitizer as it does not contain some of the Furocoumarins that cause that effect. It seems that some of the other constituents have a neutralizing effect. Grapefruit is a sunny oil. It is mentally enlivening and is one of the best anti-depressants that I know. It is a stimulant of the lymphatic system and also a diuretic and detoxifier.

Tea Tree Essential Oil

Melaleuca alternifolia

Tea Tree is a well known oil as it is active against all 3 types of infections; bacteria, fungi and viruses. It is not well known that it is also a very powerful immunostimulant. This property is especially important to people who have debilitating illnesses, who are always getting sick or who are slow to recover. As a preventative measure, Tea Tree is invaluable to have around before surgery to build up the immune system.

Lemon Essential Oil

Citrus limonum

Lemon is a good oil to have around if you have children who are prone to accidents like mine, as it has the ability to stimulate the body's own defense while you are cleaning up the wound. Lemon is also a powerful bactericide. Dr. Valnet cites research that has shown that Lemon Essential Oil will kill tuberculosis bacilli in 20 minutes, even when diluted to 0.2%. Another important property of Lemon is that it is an haemostatic, so is great for those nose bleeds, or for a tooth extraction.

Eucalyptus Radiata Essential Oil

Eucalyptus radiata

Eucalyptus Radiata has about 70% less eucalyptol than the globulus. It seems to be more related to the melaleucas which is why it is a good immunostimulant. Like all the eucalyptus, it has a powerful bactericidal and anti-viral action. Eucalyptus Radiata makes a good protection against flu or childhood infections when used in sprays or diffusers.

Peppermint Essential Oil

Mentha piperita

Peppermint is described as cephalic, meaning it stimulates the brain to help clear thinking. Most people know it as a remedy for upset stomachs. I like to use it to cleanse and decongest the skin. I put 2 drops in a bowl of hot water and breathe deeply as this clears my sinuses and wakes me up whilst cleansing my skin.

Eucalyptus Citriodora Essential Oil

Eucalyptus citriodora

What can I say about Eucalyptus Citriodora? You have all the benefits of Eucalyptus with a wonderful lemony aroma.

Ginger Essential Oil

Zingiber officinalis

Ginger essential oil comes from the steam distilled root of the Ginger plant. This is one of the few oils that I cannot handle. It is best know for it's action with nausea, whether it is an upset tummy or motion sickness. In the "olden days", women supposedly wove belts out of the roots to improve their husbands sex drive.

Lavender High Alpine Essential Oil

Lavendula angustifolium

Lavender High Alpine has all the properties and benefits of Lavender, but has the added bonus of growing high up in the mountains so therefore is free from the toxic waste we breathe everyday from cars etc.

Rosemary Essential Oil

Rosemarinus officinalis

Rosemary has long had the reputation for improving the memory as quoted by Ophelia in Hamlet. This oil has a very penetrating aroma which creates a stimulating effect on the central nervous system. For this reason, Rosemary can be used where the sensory nerves have been affected. For example, with some kinds of speech impairment or for temporary paralysis where the motor nerves are affected.

It is time to stock up on your old favorites. For the month of June we are offering 15% off our top three selling oils: Lavender, Eucalyptus Globulus and Orange Essential Oils!!

Recipes

Father's Day is on the 17th of June. Perhaps you can make your father a blend, if not for razor burn, then as a skin moisturizer. Men are becoming very aware of their looks, their skin and how they feel. There are Male Spas popping up all over the place. When I go to the hairdressers there are always men there having their hair coloured or their hair styled in interesting ways.

Razor Burn

I was asked recently what I would suggest for razor burn. I thought I would share the recipe with you:

In a 250ml spray bottle filled with water add:
3 drops Roman Chamomile Essential Oil

5 drops Geranium Essential Oil
7 drops Lavender Essential Oil
5 drops Lemon Essential Oil
5 drops Marjoram Essential Oil
Shake the bottle well before each use and spray on directly after shaving.

Alternatively, for a more concentrated effect, in a 120ml bottle of Aloe Vera Gel add:

2 drops Roman Chamomile Essential Oil
3 drops Geranium Essential Oil
3 drops Lavender Essential Oil
2 drops Lemon Essential Oil
2 drops Marjoram Essential Oil
Massage a small amount into the area you shave.

These blends are made with anti-inflammatory, anagesic, antiseptic and carminative essential oils. They would work well for any burns including sunburn!

Did you know?

Anise is the essential oil on the artificial rabbit that is used in greyhound races.

Green Valley Aromatherapy

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Try it FREE today.