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Quotes

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."
George Bernard Shaw

"Life is really simple, but we insist on making it complicated."
Confucius

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 April 2013 were:

- Essential oil and travel
- Essential oil Extraction

Green Valley Aromatherapy

June 2013

Greetings!

Happy summer to everyone!

This is my favourite time of year. The gardens are blooming, the children are at school for another month so this is your time to relax and look after you.

We have just received our updated version of "[The Book of Chakra Healing](#)". It has been a very popular book throughout the years as it helps you to understand the Chakras and all of their balancing abilities. Understanding the Chakra system is a way we can maintain balance that is essential to health and healing. Along with exercise, meditation and the use of crystals, you will start on a journey of self-discovery and find greater balance and connection in your life.



We are fostering a very traumatized cat at the moment. We do not know her background as she just arrived at the shelter one day. We are trying to socialize her as she needs to get over her terror of people so that she can be adopted. At night, when everything has gone quiet, I sit in the room with her. She eventually comes out to be stroked and caressed but we haven't got to the cuddles yet. She freaks out if you try to get hold of her. I have been using essential oils on cards, leaving them around the room for her to smell. She seems to quite like the Valerian, but there are no major results as of yet. Our house must seem very noisy to her after living alone outside. We have posted a picture on the following page. Her name is Crystal. <https://www.facebook.com/PrestoKitty?ref=ts&fref=ts> Please forward to anyone in the area who may want to adopt her!

I have been involved with aromatherapy since early 1984. In those days people would be saying, "Aroma what? Never heard of it!" I told all the folks that I came into contact with that this therapy is here to stay and it is going to be big! I am very proud to say that I was right for once.

- Cocoa Butter Soap Recipe

[Like us on Facebook](#)

Green Valley has been in business for 20 years. During that time our customer base has changed from individuals to businesses and a good percentage of those are medical establishments. They now have Aromatherapists on staff in some places, diffusers are very popular and massage is popular in palliative care. There has been extensive research done into massage versus aromatherapy massage in palliative care. A questionnaire was conducted 2 weeks after the massage showing a significant reduction in their anxiety level. The group that had the essential oil added to the massage oil scored a 2% higher level of quality of life, as well as improved physical and psychological symptoms.

As you all know, results can sometimes depend on the quality of the oils used. Recently we have had some concerns with our [German Chamomile](#). The company assured us it was good and it was just the nature of the oil. After years of preaching listen to your heart/inner self, I did just that. So, we have found a new supplier and have ordered a batch from the next crop. We have now received the new batch and are quite happy with it. As an introductory offer, it will be 15% off in June!

All the best,

Barb

RIP Rae Dunphy who passed away on May the 6th after battling colon cancer. Rae Dunphy Aromatics has been in Calgary for 20 years. She has been a leading bright light to the world of aromatherapy and will be missed.

Product Profiles

[Birch Essential Oil](#) (*Betula lenta*)

Birch is a steam distilled essential oil known, among other things, for its analgesic properties. This is why it is found in most popular back/muscle ache rubs. It is anti-inflammatory and a good cleanser, which helps the body to eliminate toxins. The main constituent of Birch is Methyl salicylate 97%. This compound is similar to aspirin.

Essential oil of Birch is not in the top 20 oils used in aromatherapy, which is sad as it is useful to have on hand, if only for pain, inflammation and as a de-toxin. Did you know, not only is Birch used by most companies who make muscle rubs, it is also used for flavouring Root Beer and it is in Listerine mouthwash.

Black Spruce Essential Oil (*Picea mariana*)

Black Spruce essential oil is a middle note, steam distilled from the needles. The needles provide respiration for the tree, which is why it is suggested for asthmatics. Well known for its grounding, centering and calming properties, Black Spruce will help you keep in focus. If you are working with chakras, the 1st and 4th chakras are particularly in tune with Black Spruce.

Being analgesic and anti-inflammatory makes it valuable for sore aching muscles. According to Kurt Schnabelt, Black Spruce essential oil strengthens and supports the adrenals. It is anti-septic, anti-microbial, diuretic, expectorant and a tonic.

Scents of BC

Scents of BC is a unique blend of Cedarwood, Pine, Cypress, Sage, and Black Spruce Essential oil with a little Vanilla. This blend was created for the tourists who had their pictures, videos and souvenirs but lacked the memory of the wonderful aromas. It is a very uplifting, refreshing smell which reminds you of the forests of British Columbia.

German Chamomile, Palmarosa, Birch, Black Spruce and Scents of BC are all 15% off in June!

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 months newsletter.

What always runs but never walks
Often murmurs, never talks
Has a bed but never sleeps
Has a mouth but never eats?

Best of luck!!

Last weeks answer was FIRE. Congratulations to all those who answered correctly.

Recipes

Recipe for tired aching feet

8 drops **Rhododendron** essential oil
6 drops **Eucalyptus Citriodora** essential oil
6 drops **Orange** essential oil
8 drops **Black Spruce** essential oil

30 mls [Evening Primrose](#) oil

Soak your feet in warm water with a handful of salt and 10 drops of the blend (just the essential oils). If you would like to massage your feet, add the blend to the Evening Primrose oil.

Recipe to lower blood pressure

6 drops [Lavender](#) essential oil
4 drops [Nutmeg](#) essential oil
10 drops [Marjoram](#) essential oil
2 drops [Clary Sage](#) essential oil
4 drops [Lemon](#) essential oil
2 drops [Rosemary](#) essential oil

Add the blend to 30 mls of Evening Primrose oil for a massage once a week. Check your blood pressure before you start using this blend and you will notice the difference.

Did You Know?

Cats purr when they are happy but also when they are hurt or afraid as a self-soothing tactic.

Apples are more effective at waking you up in the morning than coffee!

News Flash:

We have just received a new batch of [German Chamomile](#), this time from Nepal. For the month of June it will be 15% off!

Our Rhododendron essential oil is currently out of stock. As you know, our Rhododendron is from Nepal, way up in the Himalayas. We will receive our next batch in October after the next harvest. This plant is indigenous to the Himalayas and the local people have used it extensively. It is a balancing oil, it helps when dealing with mental and emotional pain and is recommended as an aid to circulation.

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).

