




## Quick Links

Green Valley  
Aromatherapy  
Wholesale Login  
Aromatherapy Articles  
Newsletter Archive

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## Robert Tisserand Seminar



Barb is very excited to be going to a 2 day **Robert Tisserand Seminar**, April 2nd and 3rd, 2011 put on by the [BC Association of Practicing Aromatherapists](#).

The topics are going to be:

- New research regarding essential oils and anti-biotic resistant infection
- Research on inhalation treatment of neurological diseases such as MS, Parkinson's and Alzheimer's
- Development of intranasal delivery for treating brain cancer

# Green Valley Aromatherapy

March 2011

## Greetings!

Are you ready to welcome in spring? I am seeing the signs now so by the time you get this newsletter things will really be blooming. As I raked up our abundance of fallen leaves, I found snowdrops that had been hiding, spring bulbs about to burst open, as well as a toy one of my grandchildren lost last year.



While I was looking for quotes for this newsletter I came across one from Socrates. He said he learned to dance when he was 70 because he felt that an essential part of him had been neglected. In that vein I have joined a NIA class which is a fitness practice that uses yoga, martial arts and dancing set to music, to enliven body mind and spirit. I have great plans to shake up this old body of mine.

Green Valley Aromatherapy gets regular mail from people about their skin conditions so I have heard a lot of stories. This one totally surprised me. I took Monty, our polydactyl gentleman cat (he really is so gentle), to the vet for his booster shot and asked the vet what the little sores and marks were on his chin. She told me he has "stress-related acne". I didn't know cats got acne, so I have to figure out what to do. Any suggestions?

Speaking of cats, we have added a new member to our family, a black kitten. He has tiny little feet and big ears and his name is Nookie Bear! Montmorency, or Monty as he is affectionally known, has taken over the role of "mum". When he comes home from his day outside, his first job is to wash Nookie Bear from head to foot, then he teaches him some wrestling moves, teaches him how to pounce on the bathroom mat and kill it, plays a couple of games of hide and seek and then it's time to cuddle up on our bed and have a sleep.

While talking to my sister-in-law on the phone last week, her biggest concern was if she had swine flu as it appears to be running rampant in England. Swine Flu or the H1N1 virus is very similar to the usual flu virus in that it is contagious, has similar symptoms and spreads the same way with infected people coughing and sneezing. Like most flu viruses, it is a respiratory infection, and seems to find folks with a lower immune systems. If your immune system is down you have nothing to fight with so stay in bed to conserve your energy and use your anti-viral essential oils. We suggest [Auntie Vi](#) or [Terminator](#) essential oil blends.

I wish you all a wonderful March.

For more information about the seminar, please [visit this website](#).

### Quote

Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity.

*Henry Van Dyke.*

### 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 **February 2011** were:

- Pakistani Museum Harbours the World's Oldest Distillery
- Essential Oils Assist in Reducing Sciatica
- Night Shift Workers' Health Improves with Aromatherapy
- DIY Solid Perfume
- and...coupons!

 Like us on Facebook

### Therapeutic Grade

Aromatically yours,

*Barb*

## Rosewood Update

Somebody once said "there are no mistakes in life, just learning experiences", well we at Green Valley Aromatherapy should be pretty wise by now if we have learned from all the mistakes we have made.

Have you seen the ad on TV "do not believe all you read" this is so true. A great deal of information on the internet is taken from other people's information so if the original one is wrong then everyone is wrong. There are also the marketing people who bend the truth to sell their products. This is where Green Valley has gone wrong. We understood we were buying **Rosewood essential oil** from a sustainable source, but have now discovered we were misled. We have not been able to locate any from a sustainable source so, after we have sold what we have in stock, we will not be buying anymore.

## Spiritual Blends

For the month of March we are offering 15% off all our spiritual blends to help you get started down your spiritual path.

**12 Steps Blend:** A carefully chosen blend of essential oils to support you on your journey of recovery.

**3 Wise Men Blend:** A calming and uplifting blend when we need to forgive and move on.

**Empowered Blend:** A powerful blend of essential oils, to help you on your journey of personal growth, this blend also helps to rebalance female hormones.

**Final Journey:** A blend of Neroli, Rose and Vanilla to lift the spirits for a peaceful passing. Family and friends will also benefit from this aroma to reduce the effects of trauma.

**Higher Being:** The journey through life is filled with challenges, this blend was created to help you get to the next level.

**Jolly Holiday:** This blend of Amyris, Cedarwood, Cinnamon and Mandarin was originally created as a welcoming Christmas blend. Over the years our customers have told us they use it whenever they feel the need for a warm cloak of comfort around them.

**Nurturance:** We will never feel a whole person unless we keep in touch with our inner child, this blend was created for that quiet time when you are contacting the child from long ago, helping you to honour the good memories and forgive the bad.



[Aromaweb](#), an online resource we are proud to be a member of, has recently set out a position paper on the use of the terms "therapeutic grade essential oils" and "aromatherapy grade essential oils".

We have been using the term "therapeutic grade" for as long as we've been in business but we recognize the issues in using it so we will be discontinuing the use of the term effective immediately. If you see the term on our website, please let us know what page it is on and we will remove it immediately. Thank you for your support!

**The Passion:** These biblical essential oils were considered as valuable as gold in the time of Christ, even though we have many choices now this blends roots are in the past and make it an excellent blend for grounding.

**Peace** was created to help you in your quest for inner peace and harmony. Essential oils of Amyris, Grapefruit, Rose Geranium and Ylang Ylang are very calming, balancing and gently uplifting.

**Solace:** A blend of essential oils to guide you through your grieving process, surround yourself with its positive support, in the bath, diffuser, in a massage, on tissues etc.

**Transitions:** Let this blend help you by being part of your support team, we all know how hard changes are. This blend of Lemon, Black Pepper, Rosemary and Geranium is very uplifting, balancing and refreshing.

**Spiritual Support Team:** This is a convenient, economical package of the 6 most popular spiritual blends. Peace, Solace, Empowered, Transition, Higher Being and Nurturance, will enable you to attend to all your spiritual needs.

**Save  
15%**

## Spiritual Blends

For the month of March 2011, save 15% off all our [Spiritual Blends](#). Offer can not be combined with any other offer.

**Offer Expires: March 31st, 2011**

