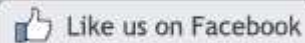




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Quotes

"Indoors or out, no one
relaxes,

In March, that month
of wind and taxes,

Tho wind will presently
disappear,

The taxes last us all
year".

*Ogden Nash "Thar She
Blows".*

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 2013 were:

Green Valley Aromatherapy

March 2013

Greetings!

Beware the hides in March! In our part of the world, Vancouver Island, you never know quite what to expect of the weather in March. It could snow, rain or be glorious sunshine, so we just have to work along with it.

I see March as preparation time. If it's a nice day I start to tidy up the garden, making plans to reorganize bed's and move things around etc. When it's not a good day then that spare hour can be spent on me; a nice cleansing facial, a pedicure, or even just soaking my feet in a bowl of hot water with 8 drops of **peppermint** added. It's also time to start thinking of booking campsites and airing out camping equipment. I remember my mum putting the rugs over the line in March and beating the heck out of them!



Scams....we have to deal with these every week. There is always someone trying to extort money out of us; but fortunately the Internet is a powerful tool that allows us to check out our suspicions. Unhappily, there are people in our industry who pray on the vulnerable, making them believe that essential oils can cure cancers, deafness, sight problems etc. We were recently contacted by a lovely lady who had been led to believe that **Helichrysum** could cure deafness; it will not! Short of a miracle, surgery, chemotherapy and intense medical treatments are often the only succesful treatment options available to us. Essential oils are there for help and support.

Coming to terms with hearing loss is something I am most familiar with as my husband is now profoundly deaf. He has opted to have a cochlear implant fitted soon, but over the years I have relieving some of the stresses by adopting stimulating essential oils in our eveyday activities.

- Patchouli Essential Oil.
- Aromas to kick start your sex life!
- Products that can aid dry skin conditions.



Like us on Facebook

Your brain is connected to every part of your body. Whichever part is sick or not working well, a positive attitude in your mind is really important. This is where essential oils do their best work. People who are deaf often have a habit of cutting themselves off from the social world, as they cannot hear. Some become frustrated and depressed and using stimulant essential oils can often help lessen these symptoms. My husband, for example, loves a head massage, especially one where I use a recipe of 10 drops of [Rosemary](#) with 10 mls of [Emu oil](#). Not only does the massage itself help to stimulate the body, Rosemary is also considered a brain stimulant and aids hair regrowth. Triple benefits for him and brownie points for me!

All the best,

Barb

Emu Oil Profile.

The emu has been on earth about 80 million years. One of nature's miracles has provided us with it's healing properties, passed on through the generations and now backed with scientific evidence.

If there are any old wrinkles out there, you have to try this wonderful oil. As a natural skin softener it has been scientifically proven to reduce lines and wrinkles quickly. Young mum's, it's great for stretch marks and diaper rash. It also has a protective barrier if you are exposed to outdoor conditions.

A lot of universities have been conducting scientific studies. The two that I looked at were Indiana University school of medicine and Texas Tech University Health and Science Centre. They have been looking into skin complaints such as eczema, psoriasis and shingles etc, and the blind tests they have completed had amazing results due to the properties of emu oil.

Emus these days are raised on farms. They are free range and eat as near to nature's diet as possible. The oil is non greasy and creamy yellow in colour, has natural anti-inflammatory properties, relieves pain and regenerates skin cells. Despite being highly penetrating, emu oil does not clog pores or promote the growth of bacteria either.

A great substance to aid the treatment of acne, as it will eliminate both the inflammation of the skin and also unclog the pores. Emu Oil would also benefit those affected by shingles, skin burns or rashes. The rapid penetration of the oil into the skin and the soothing relief from the pain will help to alleviate some of those nasty symptoms.

Emu Cream is a product that is made from the **Emu Oil**, and it is one that makes the skin appear smoother, healthier and more radiant. The cream can be used to provide a protective barrier for skin exposed to the outdoor environment, ensuring it stays moist if the weather is dry and cold or to treat skin that has been overexposed to the sun.

The great thing about Emu Oil and Emu Cream is that you can add drops of your favourite essential oils to them and create your own custom blend. A blend that is specific not only to suit any skin type, but also a regenerating cream that is uniquely your own!

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 name the 'teacher'. Email us at Green Valley Aromatherapy with the correct answer and we will add a 60ml sample of this amazing product to your next order! The correct answer will be given in our next months newsletter.

Around the corner there is a tree,
Under the tree there is a school.
In the school there is a desk.
Behind the desk there is a bell.
Behind the desk there is a teacher.

What is her name?

Best of luck!!

Recipe

Recipe for Emotional Stress

There are several kinds of stress and it is not always easy identifying what is making you feel so low of spirits. Emotional stress is usually caused by relationship problems, parental guilt and grief due to the loss of a loved one.

Blend Equal parts of the following oils together:

Sandalwood, Australian - *Santalum spicatum*

Lavender - *Lavendula angustifolium*

Geranium - *Pelargonium graveolens*

As Sandalwood induces tears, and it is good for you to release your tears, this blend is good to use in Grieving circumstances. For relationship problems, use [Bergamot](#) (*Citrus bergamia*) instead of Sandalwood.

-Add 20 drops of the blend to 20 mls of carrier oil (such as [Avocado oil](#)) for a massage, put 8 drops into your diffuser, add it to your bubble bath and add 2 drops in your shampoo. Just surround yourself with this wonderful supportive blend of pure essential oils.

Did You Know?

Eucalyptus Citriodora....15% Off in March!

[Eucalyptus Citriodora](#) is milder in its chemical composition and has a more gentle action than most of its siblings. Like the Globulus and the Radiata, it is an excellent anti-inflammatory, antibacterial, antifungal, antiseptic and insecticidal oil, and if you are having a sinus issue you cannot beat using a Eucalyptus as a remedy. Where Globulus is found to be too overpowering to inhale, try using the Citriodora instead.

WitchHazel...15% Off in March!

[Witchhazel](#) is an anti-inflammatory and an astringent. Great to take on holiday for any skin conditions such as sun-burn, insect bites, rashes etc..

Bubble Bath.....15% Off in March!

Everyone enjoys a [bubble bath](#) for that relaxing pampered feeling. Our base has been specifically formulated so that you can add your own favourite essential oils!

10ml Lavender....FREE!!

We are offering a free 10ml bottle of Lavender from France with every order over \$150! We cannot stock this Lavender on a regular basis, as it is from a small farm and while it is an excellent product, it is not produced in large enough amounts. So, enjoy this free gift, while supplies last.



Try it FREE today.