



Aromatherapy News

Customer Profiles

Would you like an opportunity to showcase your business to Green Valley's newsletter readership? If you are a current Green Valley customer (purchased in the last 3 months), we would love to put a profile of you and your business in our newsletter.

What we are looking for is about 150 words - a description about your business and how Green Valley's essential oils and aromatherapy products play a part in it. The audience is varied and geographically all over the world. We would also appreciate it if you could send your business's logo or a photo of you to go along with the article.

For more information, please contact Emma at admin@57aromas.com.

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Green Valley Aromatherapy

May 2009

LETTER FROM THE PRESIDENT

Dear Aroma Friends,

Happy May to one and All! The theme for May's newsletter is Song and Dance - sing like no one is listening and dance like no one is watching! Recently someone sent me a funny email that got me singing and I am going to enclose the words and hope it gets you singing too. The song is a parody of the classic "My Favourite Things" from the Sound of Music. The words were changed and they are hilarious (see bottom of this newsletter)!

Who decided that we should make new resolutions in January? I never feel in the mood then, but spring is the time that always inspires me to make changes. I have started exercising and eating healthier so this month I am going to concentrate on sleeping better.

I was amazed recently to learn about how harmful to your health sleep deprivation is. Since 1960 the average amount of sleep a person gets has gone down from 8.5 hours per night to 7 hours per night. Evidence shows that this not only weakens immune response and cognitive ability, but is also a risk factor for adult diabetes. The latest information from scientists is that not getting enough sleep can make you fat. Studies indicate that not getting a full 8 hours sleep throws the body's appetite hormones out of whack, in other words, lack of sleep makes us hungrier than we would be if we slept in.

After thinking about this I have decided that I'm going to have an aromatherapy diffuser in my bedroom and use a mixture of [frankincense](#), sandalwood and lavender in it. I will let you know how it goes.

I recently overheard a conversation between some older people. They were talking about how bad the world has become - people are so much more greedy than when they were young, etc, etc. I remember reading many years ago about Avicenna who is widely regarded as a pioneer of aromatherapy for his invention of steam distillation and extraction of essential oils. Avicenna is credited for having distilled the first [rose essential oil](#) but it was quite by accident. He was actually experimenting with base metals trying to change them into gold, and that was in the 10th century. One can only imagine that greed was behind the need to create gold - so maybe we are as greedy as we've ever been!

Barbara Greenwood, President

Online Presence

You can now find Green Valley Aromatherapy on facebook and LinkedIn. Please be sure to add your link to ours. Barb has also been accepted as an aromatherapy writer for Suite101. We'll let you know when her articles have been published.

Recipes

Nourish & Replenish Dry to Mature Skin

7 drops Juniper essential oil
10 drops Geranium essential oil
10 drops Lemon essential oil
2 drops Rosemary essential oil

Add essential oils to 20mls of evening primrose oil and 10mls of jojoba oil. Massage into your skin before you go to bed. Add the same blend of essential oils to a base cream for daytime use.

Broken Capillaries

15 drops Geranium essential oil
10 drops Cypress essential oil
5 drops Chamomile (g) essential oil
20mls Avocado oil
10mls Rosehip Oil

Blend ingredients into a bottle and massage into the face and neck before bed.

Product Highlight - Diffusers

We all use essential oils to help keep us healthy and the means to get the benefits of the oils usually include massage or inhalation. You can also add essential oils to cleaning agents, shampoo or creams. One of the best ways to prevent illness is through cold air diffusion of essential oils. When essential oils are diffused around a room, they release particles of the oil into the air. They destroy air-borne bacteria, freshen the air and create a healthier environment. Many people like to have an aromatherapy diffuser on while they are working or relaxing.

For illness prevention, try diffusing blends such as [Terminator](#) or [Auntie Vi](#). For stress reduction, try blends such as [StressBuster](#) or [Tranquility](#). Green Valley carries three different types of diffuser - the carscenter, [the scentball](#) and the [spacentre](#).

Grapefruit Essential Oil

Grapefruit essential oil is produced by expression of the peel of the fruit. It can contain up to 90% of limonene with citral, geraniol, cadinene and paradisol. The essential oil is primarily produced in Israel, Brazil Florida and California.



Grapefruit is valued for its ability to help with fluid retention and cellulite. It is a diuretic, detoxifier and lymphatic stimulant (good when used in a massage oil with geranium essential oil for these conditions!). It has been used in post-exercise massage oils because of its ability to help break up lactic acid from the muscles, thereby helping to relieve muscle pain and stiffness. Because of its ability to control bodily secretions, grapefruit is great for use on oily and acneic skin, as it has a tonic effect.

This essential oils most important use, however, seems to be its antidepressant capabilities. It is a "happy" oil that is non-sedating and has uplifting properties. Those with S.A.D. (Seasonal Affective Disorder) have noticed good results when grapefruit essential oil has been used.

"A bird doesn't sing because it has an answer, it sings because it has a song."

Maya Angelou.

New Words to "My Favorite Things"

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favourite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache,
When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Save 20%

Grapefruit Essential Oil
Personal Massage Rollers
Bugzoff Spray

Offer valid May 1 - 31, 2009