



Aromatherapy News



Green Valley Aromatherapy

May 2010

LETTER FROM THE PRESIDENT

There are lots of poetic, romantic things written about spring; the one below caught my attention as it seems to have some truth to it depending on how you are feeling. If you are under the weather you tend to notice the negative, if you are feeling well, everything is beautiful!

"Spring is not the best of seasons.
Cold and flu are two good reasons;
wind and rain and other sorrow,
warm today and cold tomorrow."

~Author Unknown

I have been experimenting on myself with our new [Benchmark Thyme](#) essential oil, as everyone around me seems to have a chest infection and a hacking cough, including me. I have been using essential oils for a long time and have got into a habit of using particular oils for particular reasons. I find that Benchmark Thyme smells similar to Tea Tree but not quite as pungent - to me it has a light, clean, earthy aroma. It's great in the bath and I have it on a tissue in the pillow case. The best part is that we get all the benefits of Thyme essential oil without the contraindications.

My second cataract surgery is now over. As I left the hospital I almost wished for a dull winter day because the brightness was overwhelming. At night I have to wear an eye shield in case I rub it or poke it in my sleep, which is a good thing when Monty, our poly-dactyl kitten who sleeps all day and plays all night, decided to pounce on my face. The shock of being woken suddenly with this furry thing in my face, blood running down where his nail had caught me, sent me running for the [Neroli essential oil](#) to calm my rapidly beating heart. Meanwhile Monty looked pretty pleased with himself because he thought he now had someone to play with! Does anyone have any ideas how to keep him awake during the day? About 20 minutes after we get up in the morning, he finds a hiding place and goes to sleep for at least 10 hours and we have no idea where he is. He always appears again at supper time.

I must tell you all how much I am enjoying the interaction on FaceBook. The wonderful dialogue is inspiring!

Barbara Greenwood, President

"With the increasing demand for holistic health care and the 'green revolution', the demand for aromatherapy will increase, and hopefully we will reach the point where medical doctors incorporate it into their repertoire. It will become routine for doctors to send culture samples to the pharmacist for testing, and identify the relevant aromatherapy for the patient. The stress-relieving properties associated with aromatherapy make it an indispensable part of health care."

**Robert Tisserand, of
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Refer A Friend

Our new Refer-a-Friend Program rewards you when you spread the word about Green Valley Aromatherapy. Each time a new customer mentions to us that you have told them about us, we will put a \$10 credit on your account with us. The next time you order, ask us to apply all your Refer-a-Friend credits to your order.

FaceBook Feedback

We recently asked our FaceBook fans the following question: "What's your favorite essential oil and how does it play a part in your life?". Thank you all for your input - we love to hear it. Those of you who haven't joined us on FaceBook and would like to, please click [here](#).

Here is what you said:

"Lavender, extremely calming, and tea tree of course the cure all!"

"Sandalwood-makes me feel naturally high without the toxic , hangover feel! I love the smell in my hair!"

"Basil is one, I've used it for headaches and I love the smell. And Immortelle (Helichrysum). I have kids and it was always in use when they were younger for bruises and cuts."

"Patchouli makes me feel relaxed, romantic, it is a positive all around"

"I am always stocked on Tea Tree Oil!!! I totally agree that it is most definitely the cure all!!!"

"Orange! Then probably Frankincense, Lavender, Sage, and any Mint."

"Jasmine. It make me believe that I can do everything!"

"Oh, the Orange is a mood lifter and cleaner, and the rest are cleansing and/or mood lifting. I add them to my cleaning water. I also mix my own perfume, put about 3 drops on a cotton ball, and put them in a pocket, purse, or inconspicuous spot, any time I would normally wear perfume."

"Patchouli, Patchouli, Patchouli!!! Love it and I also make my own perfume with it. I get nothing but compliments!!!"

"Lavender..... my homemade antibiotic and relaxation therapy..also make dream pillows for my friends and families babies....soooooo soothing!!! ♥ "

"Patchouli and lavender, not together, but separate. I love them BOTH and cannot live without them (and lemongrass)."

"Peppermint...I use everyday for sore muscles or headaches or just cus...LOL I call it my "crack".

"Lavender for just about everything, and Geranium because it's fresh."

"I love, love, love Thieves...it keeps us healthy great for everything and it's amazing how fast it cures an ear infection. Lemon and Clove are also my favorites."



BugzOff Name

We continue to receive some wonderfully creative submissions to our "renaming" contest so far and we encourage you to keep sending them in! This "contest" open until May 31st, 2010, giving you lots of time to get your creative juices flowing!

If your suggestion is used then we will give you a \$25 credit on your account with us. (If more than one person suggests the same name then we will give credit to the first person who suggests it).

Please email your suggestions to Emma at admin@57aromas.com.

GIFT WITH PURCHASE

Aromatherapy USB Diffuser

From May 1-20, 2010, receive a FREE [Aromatherapy USB Diffuser](#) with every retail purchase over \$100 and every wholesale purchase over \$200.

Quote

"In actuality, the oils exert much of their therapeutic effect through their pharmacological properties and their small molecular size, making them one of the few therapeutic agents to easily penetrate the bodily tissues."

Dr. Kurt Schnaubelt, Director of the Pacific Institute of Aromatherapy