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Quote

"Grocery carts are actually proven to have higher levels of germs and bacteria than public restrooms. That's caused by the meat and poultry juices, dirty diapers or the previous shopper having a cold or flu and they touch the carts."

Jim Kratowicz

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 2011 were:

- Saudi Perspective on the Benefits of Pine Essential Oil

Green Valley Aromatherapy

May 2011

Greetings!

I had a wonderful time at the Robert Tisserand workshop that was held last month at the B.C. Association of Practicing Aromatherapists Continuing Education Day.



One would think two days of slide presentations would be dry and perhaps boring, but I found it amazingly informative and the way he presented it was very engaging: he certainly knows his stuff!

One of the most interesting parts of his presentation was about bacteria and disease - how bacteria cause considerable disease, misery and death. Antibiotics save lives by killing bacteria, but now the bacteria have mutated to be resistant to the antibiotics.

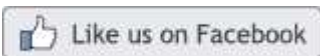
During a dysentery outbreak in Japan in 1953, a strain of the disease was isolated which was resistant to almost all the antibiotics that were known at that time. The widespread use of antibiotics resulted in resistant strains of bacteria evolving. The result is now these antibiotic-resistant bacteria cause approximately 20,000 deaths every year in Japan.

Learning to stay healthy while co-existing with bacteria requires new strategies and essential oils have much to offer this scenario. Many researchers believe that essential oils penetrate bacterial membranes and enter the cell, helping to slow or stop disease. To learn more about this research we often post links to current research on our Facebook page or you can Google "research bacteria essential oils".

Essential Smile Story

Over the years I have been using our [Essential Smile blend](#) to brush my teeth with. Recently I have found other benefits. A few weeks ago I realized that I was not getting the canker sores I used to get in my mouth, so when I felt the beginning of a cold sore on my lip I dabbed some Essential Smile on while I was cleaning my teeth and it

- Aromatherapy for Fibromyalgia Related Symptoms
- Aromatherapy to Reduce Anxiety
- Aromatherapy and Sciatica
- DIY Cleaning Products
- Natural Perfuming
- and...coupons!



went away. I have been doing that quite a while now and I haven't had a cold sore since. Recently I had a sore tongue - it was so sensitive I could not eat or drink very much. It finally dawned on me one morning, while cleaning my teeth, that I should give Essential Smile a try. I put one drop on my finger and rubbed it over my tongue. It felt better the following day so I used another drop and the soreness was gone.

If you haven't tried Essential Smile yet, when you place your next order in May 2011, ask for a free sample in the comments section and we will send it with your order.

Have a wonderful May everyone!

Aromatically yours,

Barb

Save ScentBalls & Car Scenter Diffusers 15%



Whether at home or in your car, have your essential oils with you where ever you go! And for the month of May 2011, save 15% off our [Scent Balls & Car Scenter Diffusers.](#)

Offer Expires: May 31, 2011. This offer can not be combined with any other offers.

Six Every-Day Must-Have Essential Oils

Below you will find six must-have essential oils to help you look after the every-day emotional and physical health of you and your family.

1. Eucalyptus Radiata Essential Oil

Eucalyptus Radiata, or Peppermint Eucalyptus, is a favorite essential oil of many people. It has the aroma of Peppermint essential oil and all the benefits of Eucalyptus essential oil.

Benefits:

- Anti-inflammatory
- Antibacterial
- Antiseptic
- Decongestant
- Expectorant
- Immuno-stimulant

Eucalyptus Radiata is excellent for sinus problems, asthma, coughs, bronchitis, sore throats, cystitis and acne. It is a powerful expectorant, it is also a good oil for children. It helps to keep the air germ free when used in a vaporizer. This genus of eucalyptus is great for treating sinus conditions as it can be inhaled most deeply without triggering the cough reflex. It is the essential oil of choice when dealing with infections high in the chest. It is a good immuno-stimulant, great for use by individuals who are run down, and prone to colds, etc. It is a very powerful bactericide and anti viral. This makes it excellent as an inhalation for colds as it eases nasal congestion while inhibiting the growth of the cold virus. A room spray containing 2% eucalyptus essential oil will kill 70% of airborne staphylococci. Eucalyptus essential oil is also a great natural insect repellent (mosquitoes hate it!) and it is useful when combined with Bergamot essential oil when treating both herpes simplex and complex.

Try using two drops in hot water for steaming sinuses. Or try five drops in 5mls of Emu oil and then massage into the neck, chest and back for chest infections, sore throats and coughs. When treating children, use half the amount. From a spiritual point of view this oil will help you deal with fear and anger, and to move on with no regrets.

Click [here](#) to learn more about Eucalyptus Radiata essential oil.

2. Lavender Essential Oil

Lavender essential oil is often described as a miracle in a bottle. The aroma is enjoyed by men, women and children alike. One of our first customers (more than 16 years ago) was a 6 year old boy who was troubled with nightmares. Barb suggested warm Lavender baths and a Lavender tissue in his PJ pocket. He would not go to bed without his Lavender essential oil for many years and now he's grown up with a baby of his own!

Benefits:

- Analgesic
- Anti-anxiety
- Antibacterial
- Anti-fungal
- Anti-inflammatory
- Antiseptic
- Balancing
- Decongestant

Here's what Barb has to say about Lavender essential oil:

"I use it for a grandchild who is hyperactive. I put 1 drop on her heel and it calms her quickly. My husband was a baker so he always had it handy for burns he'd get when taking pies out of the oven. He just applied it neat, straight out of the bottle. For sunburn I add 10 drops to a tepid bath and for applying it to the skin I mix it with Aloe Vera and cream. Last year on holiday I got sand flea bites on my ankles walking on the beach. I put 2 damp cloths into the freezer, doused my ankles in undiluted Lavender, wrapped the cold cloths around my ankles and raised them up. Within 30 mins the swelling had gone down and there was no itching."

The analgesic, antiseptic and antibiotic properties of lavender essential oil make it great for treating colds, flu and coughs and the best way to use it for these conditions is inhalation through steam. Steam is a great anti-viral treatment on its own, but when combined with lavender essential oil you get soothing and decongesting elements, along with the destruction of bacteria, which may be responsible for further infections.

Lavender essential oil is a wonderful sedative which helps aid in sleep. When massaged into the temples, lavender essential oil may help to relieve headaches. For muscular pain, this oil is excellent, especially blended with Rosemary essential oil or Marjoram essential oil, as the properties of Lavender essential oil improve when mixed with another essential oil (it also improves the properties of the essential oil its mixed with!).

During labour, lavender essential oil will both reduce pain and strengthen contractions (best massaged into the lower back), helping to speed labour. For skin conditions and general

care, lavender is an excellent essential oil. For treating acne, it is one of the most useful essential oils, as it inhibits the growth of bacteria which cause the infection, while working to heal the damage that has already been done. Some essential oils work well to help stimulate the growth of healthy cells (Lavender, Neroli and Tea tree), so using any of these essential oils in a regular skincare regime is conducive to great skin!

As an insect repellent, lavender essential oil will help protect clothes, sheets and towels (soak a cotton ball and place in your linen cupboard), as well as your skin when applied in a spray or body lotion. If you should forget to use an insect repellent before you go outside and happen to get bitten, Lavender essential oil will help take the sting out of the bite, help to stop it from becoming infected, and work to help it heal faster. Lavender essential oil is one of the few essential oils that may be used on the skin neat and no home should be without a bottle!

Spiritually speaking, people who are drawn to Lavender generally need to have their own space with access to friends who will help them feel nurtured.

Click [here](#) to learn more about Lavender essential oil.

3. Lemongrass Essential Oil

Lemongrass is a great all around essential oil for diffusing, or mixing with cream for a good moisturizer. Try it in your shampoo for an invigorating aroma.

Benefits

- Antibacterial
- Antimicrobial
- Antioxident
- Antiseptic
- Astringent
- Deodorant
- Digestive tonic
- Insecticidal

Lemongrass essential oil is a very powerful bactericide and antiseptic. This makes it a very effective essential oil to use when cleaning and sanitizing. As with other lemon-scented oils, Lemongrass essential oil is very useful as an insect repellent (either alone or mixed with other "repellent" oils). Lemongrass essential oil may help to boost the parasympathetic nervous system, and help to stimulate circulation. It is helpful for soothing headaches, although it must be blended with a carrier before being massaged onto the temples, as it can be irritating to the skin. This should also be kept in mind if lemongrass essential oil is being used in the bath, as too much can irritate the skin (maximum 3 drops per tubful of water).

One way to use Lemongrass is in a bath and body oil. Mix 30 mls of Evening Primrose oil, 20 mls of Lemongrass essential oil and 10 mls of Tea Tree essential oil together. Add one teaspoon of the mixture to the bath.

Spiritually, Lemongrass essential oil speaks to the mind, encouraging it to expand and believe there are no limitations.

Click [here](#) to learn more about Lemongrass essential oil.

4. Nutmeg Essential Oil

Nutmeg is well known for helping with tummy upsets and travel sickness. It leaves a warm comforting feeling in your tummy and also to aching joints.

Benefits

- Analgesic

Anti-inflammatory
 Antiseptic
 Antispasmodic
 Digestive Stimulant

Nutmeg being analgesic and anti-inflammatory is a must for adding to blends, especially for people with arthritis or general aches and pains. It may assist with digestion, as it is a stimulant and it is good as an analgesic, helping with muscular and rheumatic pain. It may help with flatulence, nausea, indigestion, impotence, scanty periods, poor circulation, aches and pains.

The Spiritual component picks up on the warmth of Nutmeg essential oil, suggesting when you are feeling down, Nutmeg is like a warm fuzzy blanket, comforting and supporting you.

Click [here](#) to learn more about Nutmeg essential oil.

5. Orange Essential Oil

Orange is a wonderful essential oil to use in winter for its sunny cheerful attitude. It is really good for SAD syndrome. Barb uses it all year for its normalizing effect on the peristaltic action of the intestines. She has Barrett's disease, a chronic acid reflux, so she can't eat spicy or acidic foods which includes oranges. She adds Orange essential oil to her bath and to a blend of body oil.

Benefits

Antidepressant
 Antiseptic
 Antispasmodic
 Lymph Stimulator
 Mild Sedative
 Tonic
 Uplifting

Orange is an antidepressant, antispasmodic, stomachic (has a normalizing effect on the peristaltic action of the intestines) and is mildly sedative in its nature. It is also a lymphatic stimulant, helping to rid the body of toxins and fluids (water retention).

Orange is known as a "happy" oil that makes the atmosphere in which it is released feel warmer and friendlier. Some people say it carries with it the sunshine that ripens it! It is an excellent oil to use in the winter months as it helps to lift the winter "blahs" so well.

Orange oil can be used as an addition to your bath, but no more than 3 drops as it may cause skin irritation. It may also be combined with Lavender or Neroli to help with insomnia.

If you have a serious demanding job and feel the need for some fun and laughter in your life, embrace Orange essential oil, guaranteed to bring a smile to your face.

Click [here](#) to learn more about Orange essential oil.

6. Tea Tree Essential Oil

Tea Tree essential oil is one of the best value-for-money essential oils. It has so many uses from athlete's foot to head lice, bronchial congestion to ringworm, and it is a great immune system booster.

Benefits

Antibacterial
 Antifungal
 Anti-inflammatory
 Antiseptic
 Immuno-stimulant
 Insecticide

Tea tree is a powerful antibacterial, antifungal and antiviral essential oil with the added capability of also being a powerful immuno-stimulant. For those individuals who are immune compromised or are slow to recover from illnesses, this oil is a valuable addition to any regular regime. It is invaluable for colds, flu and infectious illnesses and, when used at the first sign of these illnesses will stimulate profuse sweating, which is a valuable response to infection. On many occasions this will be enough to stop the illness from developing and if not, may greatly reduce the severity and help to prevent secondary infections. It does this not by suppressing the infection but by actively battling it.

Neat tea tree has been used directly on cold sores and pimples with great results. Keeping moderation in mind, there should be no ill effects from applying directly to the skin. Warts can be removed by placing a drop directly on the wart and covering with a bandage daily until it has disappeared. This may take several weeks, but here, patience is a virtue!

When used in a face wash, Tea Tree is great for treating acne (alternate with lavender and bergamot). As an antifungal, Tea tree is great for ringworm and athlete's foot as well as helping to control candida albicans (yeast). Studies now have revealed that Tea Tree used as a preventative measure on patients before surgery causes the patient to build up strength and therefore recover faster post operatively.

If you are feeling a little sorry for yourself, wondering why things happen the way they do, tea Tree has the strength to help you to look forward and get on with life.

Click [here](#) to learn more about Tea Tree essential oil.

