



Quick Links

[Green Valley Aromatherapy Wholesale Login](#)
[Aromatherapy Articles](#)
[Newsletter Archive](#)



Quotes

"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day."
W. Earl Hall

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."
Anne Bradstreet

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 **March 2013** were:

Green Valley Aromatherapy

May 2013

Greetings!

Happy May to one and all! I hope you are energized and ready to spring (pardon the pun) into action.

It is a new year for the gardens, countryside, forests and some of the animals. Where we are on Vancouver Island, we see the spring lambs frolicking in the fields, bambies trotting alongside their Mums, lots of birds and occasionally bear cubs. The mother ducks seem to hatch their babies on one side of the road, then march the whole brood to the other side of the road to the water, and me trying to stop traffic while they get across.

Last year there were ducklings born on the golf course where my husband plays. They were forever falling in the holes! Mum would be flapping and quacking until someone rescued them, then the game could continue.

If you are going to start spring-cleaning, remember to put some essential oil onto an absorbent card and tuck it underneath your items. I use my older oils that have lost their therapeutic value, yet still smell wonderful.

In the fridge I use a couple drops of [Eucalyptus](#) on a card stood up at the back. In the linen closet I use [Cedarwood](#) and under the towels I put [Lavender](#). For the garbage bin I tape a card inside the lid with [Geranium](#) on it. Under the shoe racks I put [Peppermint](#) and in the pantry I use [Rosemary](#). It is a great way to use up old oils and very uplifting when you open a door/lid and smell the various aromas.

I recently had a sore toe due to the skin being rubbed off on a walk. Being as I had been trying out the [Cocoa Butter](#), I put some on my toe. Soon after, our cat appeared sniffing around my foot. She then settled down and gave my toe a good licking. Guess what! The toe was so much better. I'm not sure if it was the Cocoa Butter or the cats licking.



- Recipes for Gentlemen
- Vetivert essential oil
- Homemade Shampoo



Like us on Facebook

All the best,

Barb

Product Profiles

[Orange Essential Oil](#) (*Citrus sinensis*)

Orange essential oil is the third best selling oil we stock as it is loved for its familiar aroma by Men, Women, Children and Seniors. The orange has an impressive list of nutrients, vitamins and minerals for your overall well being, is low in calories, has no saturated fats and is rich in dietary fibres. Orange is the best source of vitamin C and has good levels of vitamin A, which is essential for maintaining healthy skin.

The essential oil is extracted by cold pressing the outer layers of the skin. The properties are similar to Neroli, which is produced from the orange blossom.

[Sunshine](#) is a blend we created for people suffering with S.A.D syndrome (seasonal affective disorder). It comprises of [Bitter Orange](#), [Neroli](#) and [Petitgrain](#) essential oils; the fruit, the twigs, and the orange blossom all from the same tree.

Orange as a single oil has a wonderful uplifting, warming effect to the spirit. For a restful sleep add only 3 or 4 drops to your bath, as it can be a skin sensitizer. For skin care use Orange essential oil or Neroli Hydrosol.

[Acheaway Blend](#)

Our Acheaway blend comprises of Roman Chamomile, Ginger and Lavender. I put this blend together twenty-five years ago for a girlfriend who has rheumatoid arthritis. She added 10 drops to a hot bath which she had every evening when she came home from work. She worked as a secretary so her hands and fingers were often very sore. Later, after supper, she would sit and massage her hands with a couple drops of the blend in a vegetable carrier oil.

Each of the oils in the blend is well known for its anti-inflammatory properties. [Roman Chamomile](#) (*Anthemis nobilis*) has many other healing properties, for example; diuretic, sedative, digestive, analgesic, hepatic, and immuno-stimulant. This makes it a valuable oil to have on hand. Most ailments call for one of the properties that is in Chamomile. 1 drop on a warm compress will help to sooth an irritable baby who is teething, or a senior whose joints are aching.

[Ginger](#) (*Zingiber officinalis*) is in all the old herb books listed for its help in healing broken bones. I know it best for soothing upset tummies and like the other oils in the blend it is analgesic and anti-inflammatory.

[Lavender](#) (*Lavendula augustifolium*), although it has analgesic and anti-inflammatory properties, I chose this oil for its soothing, anti-anxiety and balancing properties.

Cocoa Butter

Cocoa Butter is extracted from the cacao bean and has a wonderful chocolate aroma. It is rich in antioxidants and therefore has a good shelf life. We have been aware of the benefits of Cocoa Butter for a while and wanted to stock it. However, we had a concern about the convenience of this solid product. After trying a sample we were sold on it.

Here are some of the ways you can use it:

- Melt it using the double boiler method and pour it into chocolate molds for single use.
- Put a few of these into a pretty bag as a gift for a friend, or put your contact details on it for a gift to clients. Everyone loves a free gift!
- Drop one of the molds into the bath for that end of the day de-stressing soak. It has a wonderful chocolate aroma and your skin feels like velvet.
- Melt some in our [Basket Candle Diffuser](#) for a luxurious hot oil. (Be careful with this as it can get quite hot!)
- Cocoa Butter remains solid at room temperature and melts around body temperature. You can break off a small piece and hold it in your hands for a few seconds. When it melts, massage it gently into your face, neck and arms.
- Cocoa Butter is recommended as a belly butter if you are pregnant as it helps to prevent stretch marks.
- Cocoa Butter is often used in Soap Making. We have posted a link to a soap recipe on our facebook page.



Orange, Sunshine, Acheaway, and Cocoa Butter are all 15% off in May!

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 figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 60ml jar of this amazing product to your next order! The correct answer will be given in our next months newsletter.

I am always hungry,
I must always be fed,
The finger I touch,
Will soon turn red.

Best of luck!!

Last weeks answer was MARY. Congratulations to all those who answered correctly.

Recipe

Recipe for a clean kitchen

- 10 drops [Orange essential oil](#)
- 6 drops [Lavender essential oil](#)
- 6 drops [Palmarosa essential oil](#)
- 6 drops [Eucalyptus Citriadora essential oil](#)

Suggested uses for this blend:

Add to your washing up liquid

Add 2 drops of the blend to the powder compartment of the dishwasher

Add 5 drops to a piece of paper towel in the tumble dryer

Add some of the blend to water to make a cleaning spray

Add a few drops to a cloth for cleaning work surfaces

I love the aroma of this blend so I tend to add it to most cleaning materials, but it is also a highly effective anti-bacterial and a disinfectant. There is also the emotional effect you get from the essential oils.

Did You Know?

A one minute kiss burns 26 calories!

You burn more calories eating celery than it contains.

Order a Deluxe Personnel Inhaler and receive a 10ml Lavender....FREE!!

We have lowered the price of our [Deluxe personnel inhalers](#). Deluxe personnel inhalers are a "must have"; great for gifts and for introducing people to the benefits of aromatherapy. At this affordable price you can give one to your clients with some of your blend in it along with your contact information, keep one for yourself for when you feel the need to be stimulated, and keep one on hand to calm yourself down.

As we still have some of our beautiful French Lavender left, you will receive a free Lavender from France with every purchase of a Deluxe personnel inhaler (Limit of one bottle of Lavender per order - while supplies last).



Canada and USA only

