



Aromatherapy News

Quotes

"Than these November skies Is no sky lovelier. The clouds are deep; Into their grey the subtle spies Of colour creep, Changing their high austerity to delight, Till ev'n the leaden interfolds are bright."

John Freeman

"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence."

Erma Bombeck

Hours

We are open:

Mon - Thurs, 9-4 PST

Please note we will be closed on Thursday November 11, 2010 to observe Remembrance Day.

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Green Valley Aromatherapy

Nov 2010

LETTER FROM THE PRESIDENT

Hello Aroma Friends,

November is my least favourite month, followed by February. According to the internet, February is the most depressing month of the year - there are more disasters, more suicides, etc. and, depending on where you live, cold, wet, miserable weather. November can be pretty much the same.

For me I am in mourning for the end of the summer, missing the flowers in the garden, the birds in the trees and the visits from the wild life. I think I have mild SAD (Seasonal Affective Disorder), so this

year I am going to try and welcome November with gratitude. I see it in my mind as Mother Nature's time out to rest, relax and rejuvenate, getting ready for the spring cycle. Being a child of Nature I am taking a leaf out of her book and am going to try resting, relaxing and hopefully rejuvenating. I have booked myself four aromatherapy massages for the month of November, one per week (I got a deal booking 4 at once). These are my reward for the exercise routine I have started.

You have probably heard that we have some new essential oils that we imported from Nepal. I was very excited the day they arrived and could not wait to open them, to smell the aroma, As I was wrestling with the stopper on the Valerian bottle, I managed to spill about 5mls of it down my shirt. Now, this oil does not have the best of aromas, in fact to me it smells like sweaty socks and wow, did it permeate the office for days! What I did appreciate about this unfortunate accident though, is that I slept like a baby that night, rare for me, a chronic insomniac!

Because the Valerian worked so well as a sleep aid, I have developed a recipe designed to disguise the aroma.

30 drops of Valerian essential oil
60 drops of Bitter Orange essential oil
20 drops of Geranium essential oil
20 drops of Spearmint essential oil
10 drops of Chamomile (Roman) essential oil
10 drops of Lemongrass essential oil

It smells wonderful!

From all of us at Green Valley, we wish our American friends a Happy Thanksgiving on November 25th!

Aromatically yours,

Barbara Greenwood, RMT, RA



Did You Know?

from the *Journal of Food Science*

A recent study finds that chicken breast meat treated with thyme and balm essential oils can protect the chicken meat from decomposition during storage. Here is the abstract from that research.

Abstract: The present study evaluated the effects of thyme and balm essential oils on the 3-wk storage of fresh chicken breast meat at 4 °C. Thyme and, to a lesser extent, balm essential oils reduced DPPH (2,2-diphenyl-1-picrylhydrazyl) radical formation in the meat (25% to 30% and 20%, respectively). Treatment with the 2 essential oils also limited lipid peroxidation and the deterioration of sarcoplasmic proteins, helping to preserve the meat even after 2 wk of storage. Thyme and balm essential oils decreased the natural microflora present in the meat; total microbial content decreased down to 50% in comparison to the control samples. In addition, a clear effect on lactic acid bacterial growth was recorded. Balm essential oil significantly limited the growth of *Salmonella* sp., whereas thyme essential oil effectively inhibited the growth of *Escherichia coli*. Our data demonstrate that these 2 essential oils effectively reduced deteriorative processes in chicken meat and extended the shelf life of this fresh product.

Find out what you're missing!

For those of you who haven't yet checked us out on Facebook, here are some of the topics we discussed in October 2010:

- Suggestions for using essential oils and urinary tract infections
- Aromatherapy and addiction
- Research on how Lavender can approve academic performance
- Reusing essential oil bottles
- Treating ringworm with essential oils
- Essential oils and treating MRSA
- Aromatherapy and anosmia
- Aromatherapy and bedbugs
- Aromatherapy and cancer
- Essential oils and skincare

Patchouli

An old favourite is getting popular again! Patchouli, a huge favourite in the 1960's and 70's as both a perfume and incense, went out of fashion in the 80's, 90's and early 2000's but is now appears to be making a comeback.



Patchouli essential oil, *pogostemum cablin*, with its earthy, musky, penetrating aroma is not everyone's favourite aroma - most people either love it or hate it - but despite that people are now considering the benefits of patchouli essential oil.

Patchouli is a wonderful fixative which is why it is used extensively in the perfume industry and has been for centuries. It has been used in Asian countries for hundreds of years as a food flavouring and an insect repellent. In its native habitat it has a long history of use in Chinese medicine, as a stimulant, tonic, anti-fungal, anti-inflammatory, antidepressant etc, as well as treating snake bites and the stings of poisonous insects.

One of the active principals in patchouli is patchoulene which is similar in properties to azulene (found in Chamomile essential oil) and has the same anti-inflammatory properties. This makes it valuable in the treatment of skin disorders.

Barb uses patchouli essential oil in a foot soak and cream for her husband's athletes foot. Add 10 drops to a bowl of hot water (as hot as you can stand it). Soak for 10-15 minutes.

Patchouli's properties make it good for treating acne, cracked skin and most types of eczema. It is also fungicidal and a cell re-generator. Can you imagine what a wonderful hand cream you could make?

Caution: Because of it's long-lasting smell, if patchouli gets on clothing it will be weeks before it goes away, whether you have washed the clothing or not.

Affordable Stocking Stuffers

Aroma USB

The beautifully designed Aroma USB connects to any USB port on your desk top computer or laptop and diffuses your favorite essential oils all day long.



Retail price: \$29.95

Deluxe Personal Inhaler

The Deluxe Personal Inhaler is a fantastic little unit to take your favorite essential oil or blend with you wherever you go!



Retail price: \$14.95

On The Run Rollons

Take these wonderful scents with you wherever you go. Available in 10ml glass vial, with a convenient, no-spill roller top. Energize Blend based in coconut oil.



Retail price: \$8.25 each or \$39.95 set

November Special

For the month of November 2010, save:

10% off any Chakra blends or
20% off the 5ml or 10ml [Chakra blend set](#)

