




Quick Links

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

 Like us on Facebook

Quote

"Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough happiness provided for it."

~Fyodor Dostoevsky

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 **October 2011** were:

- DIY Pampering for less
- A Study about Aromatherapy and Pain Relief

Green Valley Aromatherapy

November 2011

Greetings!


Just typing the word November makes me shiver. There are lots of birds going south for the winter and the Trumpeter Swans will be arriving from Alaska to the milder weather of the Comox Valley. We have lots of birds visiting us in the summer as there is so much competition in their native habitat, and there is an abundance of food here in our valley. Not that many years ago, before clocks and calendars dominated us, people told the time and the seasons by watching the birds, nature and the position of the sun.



Have you seen all the stuff on the Internet, basically saying that aromatherapy can hurt you? It originated from a study in Taiwan and has spread around the world getting the aromatherapy people up in arms. Many years ago when I got involved with aromatherapy, people were not really sure of the effects as all the information came from centuries of use of herbs and books from people like Nicholas Culpepper. These days there is a lot of information on safety backed up by good scientific evidence, readily available in books or on the Internet. Workshops are a good idea, presented by reputable experts. You get a chance to ask questions if you do not fully understand or to offer a point of view, which you do not get with books. I am lucky living in BC as I belong to the British Columbia Association of practicing Aromatherapists. The Association requires a number of credits per year for you to keep your status as a registered aromatherapist. This ensures that aromatherapists keep up to date on all the latest findings.

A few weeks ago I had an Aromatherapy massage with a friend who uses Jennifer Jefferies spiritual aromatherapy cards. I chose my cards which turned out to be Eucalyptus, Cyprus, Pine, Bay and Frankincense, all upper respiratory. "You must have a cold", my therapist said. "No, I haven't got a cold", I said, "I just need oils for a little inflammation and dry skin." I had a lovely massage, had a really good sleep that night and woke up with a bad cold. When will I listen!

- Homemade Compresses
- Lemongrass and...more!

 Like us on Facebook

I looked at the quotations for November and they all seem dreary and miserable. I have to admit that I do not look forward to November, but there are some good points. On those chilly sunny days, walking through the crispy crunchy leaves, when the sun hits the wonderful shades of gold and orange still in the leaves it is absolutely amazing. Then, all the hustle and bustle has gone out of the days so you sit by the fire and plan next years garden, camping, and holidays, before the Christmas lights start appearing around the streets and the children are getting excited at the thought of Santa. Then you are back on the merry go round.

Aromatically yours,

Barb

Essential Oil Profiles

[Manuka Essential Oil](#)

Manuka (*leptospermum scoparium*) is a November essential Oil. It is analgesic, antibacterial, antifungal, antihistaminic, decongestant, expectorant, and insecticidal. Manuka is a great oil to have around in the cold and flu season. It is said to help with symptoms of Strep and Staph infections. I have used it for bronchitis and sinusitis, rubbing it on topically and I know someone who is prone to fungal infections and swore by it. It's aroma is not the best, but it is worth putting up with it to get the relief from the symptoms. You can always add a few drops of something sweeter.

His and Hers Blends



[Sense and Sensuality](#) is an erotic blend of Rose, Jasmine, Patchouli, Mandarin, Clary Sage and Ylang Ylang.

[Masculine Moments](#) is made of the aphrodisiac, sedative, warming, stimulating oils of Black Pepper, Cedarwood, Orange, Sandalwood and Ylang Ylang.

These two essential oil blends were selected especially for those magic moments. Add 20 drops of the blend to 25 ml of a vegetable oil of your choice to make a romantic massage blend. Add 10 drops to your bath for total relaxation. Place a few drops in a diffuser to create a romantic atmosphere.

**Until November 30, 2011, Manuka Essential Oil
Masculine Moments, Sense and Sensuality are on sale
for 15% off!**

Did you know?

Precious Oils... Everybody loves them but the cost can be a little prohibitive for some people. That is why we created the light oils (Rose light, Neroli light, and Jasmin light). They still have that wonderful Aroma and are great to use as perfumes. I love Neroli! It gives me such a lift and a happy feeling, though Rose is certainly the favourite. Our customers tell us that they add it to their moisturizers and to their bath. By adding it to a carrier oil it will also make a nice massage oil.

Just a note to let you know that our prices have now been updated on the website and the new pricelists will be ready for download soon.

Happy November Everyone!

