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Quotes

"Adults are always asking kids what they want to be when they grow up because they are looking for ideas."
-Paula Poundstone

"I have the world's largest collection of seashells. I keep it on all the beaches of the world... perhaps you've seen it"
- Steven Wright

"Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad."
- Brian Gerald O'Driscoll

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

Green Valley Aromatherapy

November 2012

Greetings!

Hello Aroma Friends,

I can't believe that I am writing the November newsletter. I have not even sent my Christmas cards off to England yet! We had a long summer here on Vancouver Island. We spent a lot of this time in the garden. When we returned from England after 2 months, our garden was like a jungle. This extra catch up time was greatly appreciated.



This is Green Valley's busy season, running up to Christmas. I am juggling getting organized so I can fit in other things. I am planning to do a workshop with Robert Tisserand on Tea Tree Essential Oil. Tea Tree is our 2nd most popular oil after Lavender, but over the years the information available has not been very reliable. I am hoping to get some of my questions answered so that I will then be able to pass on more accurate information to you.

Talking about information, Health Canada has informed us that we have to take our 'No Fleas Please' and 'Bug Deter' blends off the shelves of our customers and off the website, as it is not registered (which is a very complicated and expensive procedure) with them. I am wondering why we have to remove this natural effective blend, and yet we can still sell cigarettes. As I phoned all the customers that sell it, they are quite irate, not understanding why something you spray on the carpet that works has to be removed while dangerous items like cigarettes and DEET remain on the shelves? If you sell these products and we have not yet contacted you please call our office (Canadian customers only).

I am off to San Francisco for the first week in December to stay with my cousin. She cannot get time off this year to stay with us at Christmas as she usually does. Christine is an esthetician so I will be gathering my products and looking forward to the facial treatments. I need this break; we are still dealing with the flood from a burst pipe

3. We share discussions on aromatherapy.

Some of the topics in October 2012 were:

- Natural Car Air Fresheners
- Massage helps with weight loss
- 15% off Sale Coupon



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in our bottling room that happened at the beginning of November. This is why the newsletter for November is so late. We have managed to keep up to date with our orders though, but our apologies if our service has not been as prompt as usual!

When I get back all refreshed I have to get on with my home made Christmas Gifts; Natural perfume made from beeswax, carrier oil and essential oil and of course containers to put it in.

All the best,

Barb

Essential Oil and Carrier Oil Profiles

Sunshine Blend

Sunshine is composed of [Orange](#) essential oil, [Petitgrain](#) essential oil, and [Neroli](#) essential oil. These 3 essential oils are all from the orange tree; Orange is made from the cold pressed skin of the orange, Petitgrain is the young leaves and twigs, and Neroli is the orange blossom. As they work together in nature just imagine what they can do for you. All three are sedative and help with anxiety. All are anti-depressant and all are uplifting. You can almost feel the sunshine on your body.

At this time of year with diminished daylight and very little sunlight, we start getting calls from people who suffer from SAD syndrome. Some doctors appear to be treating this syndrome with anti-depressants, which does not help. The need is to energize and lift the spirits as opposed to sedating. One of the best treatments is to get a full spectrum UV light. 20 minutes a day will keep you feeling uplifted. This lack of sunshine can also be helped with Green Valley's Sunshine blend used in a [Spa Centre diffuser](#).

Sunshine, Emu oil and Spa Centre Diffusers are all 15% off in November 2012

November Recipe

Pamper your feet and be prepared for all that Christmas shopping. Sit in a comfy chair in a quiet place. Place a towel on the floor and put a washing up sized bowl full of hot water on it. Add 10 drops of [Tea Tree](#) essential oil and 5 drops of [Orange](#) essential oil, place your feet in the bowl and relax. Once you have finished soaking, warm 10mls of [Carrier oil](#), add sea salt and massage your feet. If you have the time and energy, try and get your feet above your head for 5 minutes. If you are doing this for a client, place pillows under their legs. Wash off the salt and excess oil and spray the feet with [Peppermint Hydrosol](#).

Did You Know?

We have been researching natural sun screens for one of our customers and I came across this information: The Egyptians mixed Myrrh essential oil with animal fat to prevent sunburn. I wonder how well it worked?

It is a fact that females have more taste buds than males. I wonder if we have more olfactory receptors. If my family is anything to go off, we do.

Important Dates for Christmas:

December 12th is the last mailing day if you would like your products to arrive before Christmas.

Green Valley will be closing for the Christmas holidays from December 21st and reopening on January 2nd. Our phone messages will still be checked during this time and the website will still be running. However, any orders will not be sent until January. Happy Holidays Everyone!!

