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Quotes

"The thankful receiver bears a plentiful harvest."
William Blake

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse." ."
Unknown

"It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it."
John Steinbeck

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,

Green Valley Aromatherapy

November 2013

Greetings!

Dear Aroma Friends,

I went out for lunch with an old friend who I have not seen for yours. For lunch, our soup was carrot, ginger and lemongrass. Oooooh Yummy! I am not saying they used actual essential oils, but if they did these 3 oils are very beneficial. Between them, they cover; pain, arthritis, releasing toxins, muscle relaxants, nausea, digestive, sinusitis, chills, fever, poor circulation, skin care and the immune system. I felt so good that day. Was it a placebo effect? Was it essential oils that they used? Was it meeting an old friend? Or a mixture of all of the above? I am going to try to figure out how to make the soup and blend the essential oils for topical use.



I am pleased to say that all of our kittens were adopted into wonderful families and are very settled and happy. I see them now on facebook from time to time. I now have 3 more kittens looking for a forever home. They are 14 weeks old, litter box trained and ready to go. This little family were feral and brought in riddled with lice, worms, sore eyes and under nourished. Mum has been spayed and has gone back to the barn where she lives. Her 2 boys and a girl are now full of energy like healthy kittens should be.



news and articles of interest

3. We share discussions on aromatherapy.

Some of the topics in September 2013 were:

- Aromatherapy and Nausea
- Free Shipping Coupon
- An Interview with an Aromatherapist



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Don't forget to read to the end of the newsletter. There are more interesting facts regarding the Jeanne Rose seminar we went to from Mary-Anne who is one of our Green Valley Team. We were both there at the same time but it is interesting how we perceive things differently.

We are doing another seminar this week: "The Internal use of Essential Oils" by Jade Shutes. This is a controversial subject that we need to understand, and of course we will pass on to you.

All the best,

Barb

P.S. A few more details about our customer appreciation month coming up in February: We will be looking for stories about any interesting, positive or unusual results you have had when using essential oils. We will be adding some of these stories to our newsletter and everyone who is published will receive a prize, with one grand prize winner. More information to follow. Start thinking about those stories!

Product Profiles

Tummies blend

Tummies is a blend of Fennel, Ginger, Mandarin and Peppermint essential oil. Add a few drops of this blend to a base oil or cream (unscented) and massage it around your stomach to help relieve discomfort.

Fennel essential oil was chosen for this blend as it is a hormone balancer and is good for nausea, flatulence, water retention and digestive problems. All of these things can cause tummy aches. Ginger essential oil was chosen as it is thought of as a warming oil; good for digestive tummy upsets, motion sickness and hangovers.

Mandarin essential oil was chosen as it is a calming and uplifting oil. Mandarin is also a digestive stimulant and works well for water retention and flatulence.

Peppermint essential oil was chosen as it is a mental stimulant and helps to override the feelings of nausea, colic, vomiting, indigestion and diarrhea.

All of these essential oils have a lot of other healing properties; I was picking out the ones related to tummy aches and sickness.

Essential Smile blend

Our Essential Smile blend is one of our success stories. I have been troubled all my life with canker sores, cold sores and all sorts of mouth issues, which I don't have now due to cleaning my teeth and mouth with essential smile.

Using the Smile recipe I am in the process of creating a mouth spray that is great for freshening the mouth and breath, dry mouth and mouth sores. I will keep you posted on its development.



Valerian essential oil

Valerian is one of the stinkiest oils we have ever had (in my opinion, as we do have customers that like it). As we all know, in aromatherapy, these essential oils have a complex amount of natural healing chemicals which create an aroma. The healing will happen whether we like the aroma or not, BUT it is a bonus when we do like the aroma.

Valerian is considered a sedative, used to treat insomnia, hysteria, nervous tension and stress. Valerian is well known as a muscle relaxant, good for intestinal colic or cramps and as a pain reliever (it seems to help with migranes). I use 5 drops of Valerian, 5 drops of Orange in 10ml of Evening Primrose oil to help with my insomnia and aches and pains.



Tummies Blend, Essential Smile Blend and Valerian Essential Oil are 15% off in November.
PMRs are 25% off in November!

Would you like to receive a FREE 60ml Premium Base 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.

Forward I am heavy, but backward I am not.
 What am I?

Best of luck!!

**Last weeks answer was a centipede on its back.
Congratulations to all those who answered correctly.**

Recipes

Recipe for getting rid of toxins:

Add to your bath 2 handfuls of Epsom salts and 1 handful of rock salt.

Make the following blend:

10 drops **Grapefruit essential oil**

10 drops **Lemon essential oil**

8 drops **Juniper essential oil**

6 drops **Rosemary essential oil**

6 drops **Basil essential oil**

Add 8 drops of this blend to your bath.

While you are in the bath, use a loofah sponge and massage the cellulite areas.

Using your **TLC Kit**:

Tender Loving Care kit, or TLC kit as we refer to it, is all you need to cleanse, nourish and care for your skin. This kit was designed for normal skin and contains: Yarrow hydrosol, Geranium essential oil, Lemon essential oil, Moisturizing base cream and Evening Primrose vegetable carrier oil.

Yarrow hydrosol was chosen for its anti-inflammatory properties. Its gentle action is wonderful to sooth irritated skin. Yarrow hydrosol can be sprayed directly on to the skin. Take care around the eyes. If your eyes are red or itchy, soak a compress and place over your eyes. The calming properties will work wonders.

Geranium was chosen for its antiseptic, astringent and balancing properties - all the skin needs. The properties of Geranium help with dermatitis and eczema.

Lemon was chosen for its antiseptic, astringent, germicide properties, which are all good for the skin. It was also chosen for its ability to stimulate the lymph system, which in turn stimulates the immune system, vital for healthy skin.

Moisturizing Base Cream was chosen to nourish the skin. This natural cream has a fine enough texture for the face and is good for moisturizing the whole body. When adding the essential oil to this cream you will see amazing results.

Evening Primrose is high in gamma linoleic acid, vitamins and minerals. It is excellent for dry, scaly skin, psoriasis, and eczema. It is said to rejuvenate skin cells and therefore prevents the skin from premature aging. Use this oil at bedtime. Add 5 drops of Lemon essential oil and 5 drops of Geranium essential oil to 10mls of Evening Primrose oil.

Did You Know?

A Day with Jeanne Rose

Jeanne Rose is an herbalist, aromatherapist and author who lives in San Francisco, California. She says she doesn't travel as much anymore for teaching as she used to. However, when asked to do the workshop on Vancouver Island she was delighted at the idea. Upon her arrival to Sidney, B.C. (approximately 20 minutes north of Victoria), she was comforted by the coolness and fog that sometimes settles on the little town known as "Sunny Sidney by the Sea". Jeanne is a woman with an abundance of information, a quick wit and an eloquent, self-assured way of speaking which is especially enchanting. She wears her bifocals strung around her neck, and her hair tied up in a bun with a pencil stuck in for handy retrieval. The information she shared with us about essential oils and natural perfume was vast.

Being among a conference room full of aromatherapists and others, who simply love the benefits and natural wonders of essential oils, was pleasing. The camaraderie was amplified throughout the day. It would be valuable for anyone who would like to study the topic of essential oils and aromatherapy further to attend a workshop for the updating, sharing and hands-on (or nose-on!) experience.

One of the scents we sampled was the original perfume ingredient, ambergris. It has been used for centuries as a fixative in perfumes. The sample had been in Jeanne's storage for over thirty years, so it had a beautifully warm, sweet scent reminiscent of vanilla or especially the resin amber. If we had smelled the ambergris thirty years ago we would have gasped as it would have had an odour like manure. Time works well for the substance and so it does in perfumes. The longer it is kept, the better the scent.

Ambergris is produced in the digestive system of a Sperm Whale. Squid is a common part of their diet. However, the whale cannot digest the parrot-like beak of the squid so this substance is created in the stomach in response to being irritated by the beak. The substance is released by being vomited, then out it floats into the ocean and to beaches all over the world where it is collected. Watch for a big lump on the beach next time you are out walking. Perhaps you will have found this important ingredient!

For timeless information on natural wellness and essential oils, Jeanne highly recommends reading books by Hilda Leyel, circa 1926. Though Hilda wrote her books nearly one hundred years ago, her knowledge of essential oils is always useful. Hilda started the Society of Herbalists, which eventually became The Herb Society.

Mary-Anne



Barb with Jeanne Rose

