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Quotes

I rather liked this quote by Sir Winston Churchill, "Success is not final, failure is not fatal: it is the courage to continue that counts."

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."
- Thornton Wilder

"Most of us don't need a psychiatric therapist as much as a friend to be silly with."
- Robert Brault

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

October 2012

Greetings!

Hello Aroma Friends,

Let me take this opportunity to wish everyone in Canada a very Happy Thanksgiving. I am very lucky to have my family all around me. I am aware that distance keeps families apart, so I am sending positive thoughts that you will get together for thanksgiving even if you can only make it a skype get together.



The children are back at school (my youngest granddaughter has just started kindergarten and is enjoying it apart from the boys; she says they are all naughty) and what do they bring home? All the bugs that the kids are sharing around! Ours have colds, coughs, and chest infections. I usually suggest [Eucalyptus](#) because I use it, but for a change I am going to suggest [Rhododendron](#) as it is on sale for 15% off in October. Our *Rhododendron Anthopogon* comes from Nepal. It is not certified organic as they do not have that certification, but you will not come across any oil more organic than oils grown high up in the Pyrenees by cooperative farmers who do not use any harmful products. They just farm in the way of their ancestors. Rhododendron is indigenous to Nepal and is used for a multitude of ailments. It's general properties are immuno-stimulant, anti-inflammatory, decongestant, anti-bacterial, anti-depressant, anti-fungal and analgesic. Be aware, *Rhododendron Anthopogon* is species specific; do not try distilling the Rhodies in your garden.

I have become quite set in my ways (for example using Eucalyptus instead of trying Rhododendron), but you, our friends and customers are looking around and asking for special orders. This week someone has ordered Palo Santo (*bursera graveolens*) essential oil. Indigenous to South America, this tree is protected by the National governments of Ecuador and Peru. This ancient tree was used by the Incas and according to folklore is shrouded in mystery and magic. For this oil to gain it's medicinal and

3. We share discussions on aromatherapy.

Some of the topics in September 2012 were:

- Essential Oils and Horses
- Essential oil Nomenclature
- The Art of Aromatherapy Massage



magical properties, the limb or tree has to die naturally. After it's death it has to remain in it's natural habitat for 4 to 10 years to complete it's metamorphosis. Only then do it's sacred, medicinal and magical properties come alive. Please let us know if this is an essential oil you would like us to carry!

All the best,

Barb

PS Have you liked us on Facebook yet? Once our [Green Valley Aromatherapy](#) page hits 5000 likes we will have a 15% off everything sale! Help us to spread the word about Green Valley Aromatherapy!

Essential Oil and Carrier Oil Profiles

Benchmark Thyme

Benchmark Thyme is a unique blend of ethically grown (chemical and pesticide free) thyme cultivars. There are 350 species of thyme and 4 of them make up Benchmark Thyme. They have been chosen to provide the most effective composition of anti-bacterial aroma chemicals, while being gentle on the skin. If you would like more information about Benchmark Thyme you can view the book ['Aromatherapy vs MRSA'](#) by Maggie Tisserand.

Coconut Oil (fractionated)

Coconut oil is a light non-greasy product that soaks easily into the skin, does not clog pores and does not stain the linen. Ideal for the massage therapist and the aromatherapist as it carries the essential oil through the skin to do it's healing work. Coconut oil is composed predominantly of saturated fatty acids, which is why it does not go rancid very easily. This oil is soothing and cooling and is suitable for all skin types.

Benchmark Thyme, Coconut oil and Rhododendron are all 15% off in October 2012

Recipes

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Shower recipe for aching muscles

If you have been working out, working in the garden, or just using muscles you haven't used in awhile, here are some suggested essential oils for aching muscles:

Eucalyptus Globulus, Eucalyptus Citradora, Eucalyptus Radiata, Bergamot, Juniper, Lavender, Marjoram, Roman Chamomile and Rosemary.

Before going into the shower put 5 drops of your chosen essential oil onto a slightly damp face cloth and wipe all over the body. After showering, massage your muscles with this muscle relaxant oil:

30ml of [Fractionated Coconut oil](#)

10 drops of [Bergamot](#) essential oil

10 drops of [Eucalyptus Citriadora](#) essential oil

5 drops of [Lavender](#) essential oil

Shake before use.

Recipe for a protective lip gloss base

25 grams of Beeswax

30mls Fractionated Coconut oil

10 drops of [Jojoba](#) oil

5 drops of [Vitamin E](#) oil

Melt the beeswax, add coconut oil, stir in, then add vitamin E, jojoba and chosen essential oil. For sore lips use 5 drops of Lavender essential oil and 5 drops of Roman Chamomile essential oil. For dry or cracked lips use 5 drops of Lavender and 5 drops of Geranium. For when you are skiing or out in the sun use 5 drops of Carrotseed and 5 drops of Geranium.

Did You Know?

Humans have 5 million olfactory cells, where sheep dogs have 220 million.

Laughing lowers the levels of stress hormones and strengthens the immune system. I am thinking of creating a laughter blend; everytime you sniff the aroma you can't help giggling.

