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Quotes

"We can't help everyone, but everyone can help someone."
Ronald Reagan

"Autumn...the year's last, loveliest smile."
William Cullen Bryant

"Be careful about reading health books. You may die of a misprint."
Mark Twain

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 **August 2013** were:

Green Valley Aromatherapy

October 2013

Greetings!

Hello Everyone,

It is September and I am writing the October newsletter thinking of the glorious Autumn show we will be getting soon. I find nature's choice of colours for the trees that are getting ready for their winter sleep to be absolutely inspiring and I love the crispy sound when you are walking through the leaves.



Well, September has been a wonderful month with visitors, lots of family and friends getting together, but the creme de la creme was attending an aromatherapy workshop by the one and only Jeanne Rose. I have attended many seminars presented by many famous people, but this one was truly amazing. There was so much energy coming from the speaker and it was great to be surrounded by other enthusiastic Aromatherapists! It was wonderful to have some of the situations we had worked out for ourselves over the years verified. I also learned so much new stuff that I realized I don't know as much as I thought. Over the next few months I will be adding some interesting snippets that I have learned from Jeanne Rose.

For example, did you know, if you take a plant and grow it at sea level it will tend to have more camphor in it than the same plant grown at a high altitude where it will likely produce more esters. This is one of the ways that plants differ based on where they grow. They are also affected by rainfall, soil composition and growing conditions from year to year. Unlike a manmade product, batches of essential oils are never exactly the same.

We have been in business for 20 years and were wondering how we could celebrate this momentous occasion. So, after lots of thought and various suggestions we have come up with a Customer Appreciation Month!!! February's newsletter is going to be full of interesting tidbits, competitions, and prizes to be won as well as give

- Aromatherapy and Dementia
- Kansas Lavender Farm
- Healing with Aromatherapy



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always and lots of surprises. More information to follow in the months to come.

All the best,

Barb

P.S. Do you know how many steps are in the Eiffel Tower? Have a guess. The answer is at the bottom of the page.

Product Profiles

Gift Sachet

We are now offering these beautiful embroidered sachets on our website. You can fill them with Lavender buds, bath salts, a bar of soap or a bottle of essential oil. They make unusual, inexpensive gifts. These gift sachets are available with a 50ml bottle of Lavender, 10g of Lavender buds or on its own.



Transitions Blend

Changes can be difficult so you need to give yourself time. The Transitions blend was created to help support you through these difficult periods in your life. Transitions is a blend of Geranium, Lemon, Black Pepper and Rosemary essential oils.

Geranium essential oil is an adrenal cortex stimulant from which arises a good balancing action. It was chosen for its anti-depressant properties. Lemon essential oil is also anti-depressant, but I chose it for its Immuno-stimulant and lymph stimulant

properties. When you are going through emotional changes, often the body suffers. [Black Pepper](#) essential oil was chosen primarily for its warm, comforting feeling and to help with lethargy and fatigue. [Rosemary](#) essential oil has long been considered a brain stimulant. I felt it was needed for that extra boost when working with change.

Transitions is available on its own or as part of the [Spiritual Support Team](#).



[Tea Tree Essential Oil](#) (*Melaleuca alternifolia*)

Tea Tree essential oil is probably the best-known essential oil along with Lavender. As this oil has been in use for such a long time, there is a lot of information around along with many recipes. Commercially there are whole lines of body and hair care products available containing Tea Tree.

Tea Tree belongs to the Myrtaceae family along with Clovebud, Eucalyptus and Myrtle. All of the essential oils belonging to this group are well known for their anti-infectious action. Tea Tree is particularly powerful in this regard. A very powerful immunostimulant, Tea Tree increases the body's ability to respond when threatened with infectious organisms, bacteria, fungi and viruses.

Transitions Blend, Tea Tree Essential Oil and Tea Tree Hydrosol are 15% off in October.
PMRs are 25% off in October.

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.

A hundred feet in the air, but it's back is on the ground.
What is it?

Best of luck!!

**Last weeks answer was three mice.
Congratulations to all those who answered correctly.**

Recipes with Tea Tree:

At the first sign of a cold or flu, a warm bath with 10 drops of Tea Tree will stimulate sweating. This is a natural way to eliminate "the bugs". If it does not stop it from developing, this method should reduce its severity.

Another of my favorite uses for Tea Tree oil is for verrucae (plantar warts). Put one drop of neat Tea Tree oil on the centre of the wart. Cover with a plaster or band air, depending on where you come from. Repeat every 3 days. Cover the wart as soon as you have applied the Tea Tree so the air does not get to it.

Tea Tree hydrosol is a must for teenagers with acne, especially the boys who prefer the medicinal aroma of Tea Tree to some of the sweeter oils. Use the hydrosol as a cleanser. Do not use soap. If the breakout is bad, you can put 1 drop of Tea Tree essential oil on the spot.

Did You Know?

Lavandin vs Lavender

Lavandin is a hybrid which can occur naturally when true Lavender (*Lavendula angustifolium*) grows near Spike Lavender (*Lavendula latifolia*). The bees can cross-pollinate the plants while foraging for nectar (the pollen sticks to their legs and gets transported to the other Lavender.) Whether cultivated by man or bees, Lavandin (*Lavendula hybrida*) is extremely fragrant with larger and darker blue flowers.

Lavandin is more camphorous than true Lavender, which is why it does not have the anti-inflammatory properties. Putting Lavandin on a burn would make it sting more, while true Lavender soothes. The extra camphor in Lavandin makes this a good oil for sinus problems, colds, catarrh and other respiratory issues. Lavandin seems to be good for muscle aches and pains and for clearing headaches.

The Eiffel Tower has 1665 steps, although visitors can walk up the stairs to the second floor only.

