



Aromatherapy News

Did you know?

Did you know that Lavandin essential oil does not have the same chemical constituents as Lavender essential oil? The high level of camphor in it makes Lavandin a skin irritant so be careful not to use it on burned skin.

Lavender Harvest

You may remember that earlier this year we were unable to get Bulgarian Lavender and had to substitute Lavender High Alp. According to one of our European suppliers there is significant turbulence in the lavender essential oil market. There was a 30-40% shortfall from the recently harvested crop and subsequent oil production suffered. Consequently producers are reluctant to quote prices because they may be able to get a higher price due to the shortfall. They are waiting to see what other companies are pricing at so, as a result, there is a stagnancy in the market which has translated into a shortage of the oil. This will ultimately lead to a significant jump in prices over the next number of months. We will keep you posted as we learn more.

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Green Valley Aromatherapy

September 2009

LETTER FROM THE PRESIDENT

I hope you have had a wonderful summer enjoying the big outdoors, visiting with friends and relations, and basking in the long hot days.

I find that summer is a busy time, even more so than Christmas which is about three weeks long. For many people it starts two weeks before, running around shopping and planning, then the actual Christmas week comes. After everything goes back to normal it's almost anti-climactic. Summer can be almost four months of good weather and you can't wait to get busy in the garden, then the children are off to school and the merry-go-round starts again.

Back to School Challenges

It's almost September and nearly time to go back to school. While it's great to get back into a routine after a long, care-free, summer, it can be hard settling into a new school or class. Back to School anxiety, picking up childhood bugs such as chicken pox and the flu, and the dreaded head lice are all challenges parents and older students are faced with at this time of year.

Aromatherapy Remedies for Stress & Anxiety

To reduce stress, add a couple of drops each of [Bergamot essential oil](#) and Lavender essential oil to your aromatherapy diffuser. It is a relaxing welcome for everyone who comes into your home and will help to conquer any viruses brought in.

In your children's bath add 6 drops of Lavender essential oil. It helps reduce anxiety and helps them to sleep better.

Aromatherapy for Lice Control

To your family's shampoo add [Tea Tree essential oil](#) to combat head lice. Use at a 10% dilution.

Essential Oils to Control Odours

Adding essential oils such as [Tea Tree essential oil](#) to children's runners, hockey kits, back packs and clothes not only create a nice aroma but surrounds them with an anti-viral, anti-anxiety and anti-bacterial substance, to help protect them from infections and build up their immune systems.

Enjoy your back to school 2009!

Barbara Greenwood, President

New Price List, New Products

As we announced last month, our new pricelist will be published next week on September 1st. While some prices have gone up, others will come down slightly. People often ask us why prices change so often and we thought it only fair to tell you.

Essential oils are a commodity. According to Wikipedia, "A commodity is some good for which there is demand, but which is supplied without qualitative differentiation across a market. It is a product that is the same no matter who produces it, such as petroleum, notebook paper, or milk. In other words, copper is copper. The price of copper is universal, and fluctuates daily based on global supply and demand." Market conditions such as currency exchange, crop success or failure, and demand, cause the prices of products to move up or down (see example in previous section).

When we buy our supplies, we try and anticipate demand as much as possible in order to ensure consistency in pricing. Unless otherwise published, we put out two price lists per year - January and September. Not only does this allow us to make price adjustments, it allows us to introduce new products!

"If the school sends out children with a desire for knowledge and some idea of how to acquire it, it will have done its work"

Richard Livingstone

Essential Oil Profile: Niaouli

Niaouli oil, *Melaleuca viridiflora*, is related to Cajeput essential oil, and while they do have some similar properties, they should not be confused with one another. Cajeput can cause skin irritation, whereas Niaouli is well tolerated by the skin when used in a suitable dilution. Niaouli is obtained from the leaves and young twigs of the evergreen Niaouli tree, usually located in New Caledonia or Australia. The tree material is steam distilled to produce an oil that is naturally analgesic, anti-inflammatory, anti-rheumatic, antiseptic, decongestant, expectorant, insecticidal and a stimulant. It can be used in compresses, diffused, in massage, via inhalation or in a bath.

Niaouli has been used in hospitals in France as an antiseptic in both obstetrics and gynecology because of its antiseptic properties. It is a good oil to use in a wash for cleaning minor wounds, cuts or grazes. It is also good when applied on sterile gauze to burns as it is reported to be a powerful tissue stimulant and as such helps to speed healing.

Niaouli may help with respiratory tract infections. A good way to use this oil here is to add 1 or 2 drops of

it to a metal (not glass or plastic) bowl full of freshly boiled water and tent your head over the bowl with a large towel for 10-15 minutes, breathing deeply. This is very cleansing and healing to the respiratory tract. Please note this is not for small children! As this oil is a powerful stimulant, it is best not to do this before going to bed. Niaouli can be blended into a chest rub for use during the day to help with these same respiratory conditions.

Suite 101 Articles

This month at Suite 101, Barb wrote articles on:

Aromatherapy in Palliative Care

Aromatherapy in Preventative Pet Care

Aromatherapy and Travel

To read these articles, go to www.suite101.com/profile.cfm/greenvalley

Free Gift!

For the month of September, all retail orders over \$75 and all wholesale orders over \$150 (pre-tax and shipping) will receive a FREE 59ml bottle of Green Valley's newest product, Green it Clean!