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Quotes

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

- *Galileo*

"If there were no schools to take the children away from home part of the time, the insane asylums would be full of mothers."

- *Edgar W. Howe*

"Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of simply choosing what colour to slide down on the rainbow."

- *Douglas Pagels, These are the gifts I'd like to give you.*

Green Valley Aromatherapy

September 2012

Greetings!

Hello Aroma People,

It is September again, another of those crazy months juggling children going back to school, newbies first day at school and trying to grab the last days of summer while keeping an eye on the sales as Christmas is just around the corner.



The first week of September is usually back to school time. It can be stressful for the little kids who have gotten into the routine of summer days with no particular schedule. Even the older ones will start to stress about what to expect, whether it is exams, new teachers, or peer pressure. So be prepared. As they say on the airlines, look after yourself first. By taking care of yourself you will be better prepared to help and support your children.

While the children are at school, treat yourself to a soak in a relaxing aromatic bath. The laundry will wait. When they have finished school they will be met with a confident, happy and smiling Mum. If they are really upset or worried, send them off with a tissue or any absorbent material with the relevant essential oil on it. Do not use too much to start with. Let them get used to the aroma. You can put them in pockets, books, sports bags and backpacks. It does help. If you mention this on your next order I will send you a few absorbent cards to help you out. I will make a list of relevant essential oils later on in this newsletter.

During stressful times it may be helpful to diffuse essential oils around your home. We carry many different kinds of [diffusers](#) to suit different needs. We have 4 different styles of aromatherapy necklaces. You carry the vials around your neck and the cork allows a slow diffusion throughout the day. We also have inhalers, plain and deluxe, that are handy for your purse or pocket.

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 2012** were:

- Essential Oils in the Garden
- Bedbugs
- The Art of Aromatherapy Blending



Our scentball diffuser is a plug in diffuser that is great for a small room such as the bathroom. The Spa Centre is a cold evaporation method, which is the better type for delivering essential oil without altering the health beneficial molecules. The one that I have is the Ultrasonic Colour changing Diffuser. I have to admit that I enjoy watching the colours change. It is quite hypnotic and has the same benefits as the Spa Centres. Our Lotus candle diffuser is quite effective, both in delivering the oil and looking pretty. Then we have the carscenter diffuser, which is a must if you are in a city or driving distances every day.

All the best,

Barb

List of Essential oils for school

These 10 oils are great for kids. They can be used singly or you can blend a few of them together. For example, Bergamot and Cinnamon would smell great and would provide the bonus of keeping the kids protected, calm and happy. If you make this blend, you can use it in the home as well. Add 7 drops to their bath. Add 3 drops to an absorbent card in the pillow case to aid with sleep. Add it to a diffuser in your livingroom. Soon this aroma will become your personnel back up. You will become less aware of the aroma but more aware of the benefits.

Bergamot calms the nervous system, reducing anxiety.

[Cinnamon](#) is a glandular system stimulant and helps to keep respiratory infections away.

[Eucalyptus Citriadora](#) is an immune system booster. It is also helpful with migraines, coughs and sinusitis.

[Grapefruit](#) is helpful with stress, mental fatigue, depression and nervous exhaustion.

[Lavender](#) is well known as an anti-anxiety and calming oil.

[Mandarin](#) is a very uplifting oil and is used in classrooms in Europe.

[Peppermint](#) is considered to be a mental stimulant and is good for sinus congestion.

[Pine](#) is good for nervous exhaustion and mixed with carrier oil it is great for muscular pain.

[Rosemary](#) is a brain stimulant and it helps with respiratory problems.

[Tea Tree](#) is a great immune system booster and it helps with infectious illnesses.

We are delighted to introduce one of our customers from India who has written the following article. It is a very interesting concept and well worth reading. Enjoy!



AROYAMA

The science of healing naturally

Integrating our ancient art of Yoga, aromatherapy and Ayurveda with modern science makes a perfect blend for a holistic way of life

Aroyama is a concept developed by combining Aromatherapy and Pranayama. One of the 5 principles of yoga is Pranayama which utilizes breathing to influence the flow of life force into the energy channels of our body. Good respiration begins with a slow and complete exhalation. Unless we breathe out completely, we cannot breathe in more fresh air to oxygenate our cells and tissues. The absolute relaxation is achieved only when the lungs are completely empty as the diaphragm muscles are at rest during those few seconds when we hold our breath. Total volume of air which the

lungs are able to contain is known as "the vital capacity". Several techniques have been tried to increase this capacity. Yoga recognizes three separate forms of breathing - diaphragmatic, intercostal, and clavicular. Complete yogic breathing combines all three, and constitutes the Ideal technique of using the full lung capacity.

Essential oils are loaded with oxygen, hence inhaling and exhaling aromatic oxygenated air while practicing Pranayama increases the oxygen intake considerably. Inhaling aromatic essential oil daily while practicing Pranayama enriches your body with needed oxygen to purge toxins and to boost the immune system that ensures healthy body free of diseases. This art of breathing is considered as the highest form of purification and self-discipline covering both mind and body.

Aroyoga- meditation

Meditation is not merely a combination of concentration and contemplation. Concentration is focused attention on some theme or an object whereas, contemplation involves deliberate thought, engaging the mind in thinking and one thought naturally leads to another. However, yogic meditation leads the mind beyond the process of thought in pure consciousness. The ancient techniques work to disengage the awareness beyond the boundaries of thought to experience absolute silence and bliss leading to pure transcendental consciousness and ultimate peace of mind. This experience of transcending - going beyond thinking mind to absolute silence - is a universal experience that results in inner calm, awareness and perception beyond senses. To achieve such experience of transcendental consciousness do not require any specific education. Of all the ancient therapies, the techniques of transcending are the most powerful because they work directly at the level of consciousness and is beneficial to the body and mind as well as it leads to nirvana, the ultimate happiness transcending all the sufferings and worldly desires. The transcendental meditation (TM) allows you to hear beyond range of sound, to see beyond the range of sight and to remember beyond the range of your current memory, fostering calm, creativity and ultimate peace.

The source of thought is also the source of the qualities that thought contains. Since our own supplies of ideas are endless, we can conclude that the field of consciousness and potential of the mind is unlimited. To experience this boundless nature of mind, we need to regularly meditate to develop capacity to maintain this blissful consciousness. Our action in harmony with our own nature and environment always bring success. The meditation produces profound effects on the body and mind. All changes in mental experience produce corresponding physical changes and vice versa. As the mind goes to quieter levels of awareness in meditation, the mental activity decreases, so do overall biochemical activity and the body get blissful rest. The scientific research on the effect of meditation has consistently demonstrated an improved psycho-physiological functioning. The researchers were able to establish profound tranquility, reductions in oxygen consumption, lower breath rate and reduced accumulation of plasma lactate that indicates decreased uneasiness and anxiety. Unlike sleep and hibernation, deep relaxation is accompanied by "restful alertness" the fourth state of consciousness after waking, dreaming and sleep.

Yoga recognizes sound and sight as the most important senses; **however smell is the oldest and most important sense of all from an evolutionary perspective having such role in retrieving selectively and instantaneously by triggering an avalanche of memories.** The over-reliance on our eyes and ears has prompted us to suppress our awareness of the ability of our nose. The meditation techniques of AROYOGA use aroma to transcend. The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain. All other senses (touch, taste, hearing and sight) are routed through the thalamus, which acts as the switchboard for the brain, passing stimuli onto the cerebral cortex (the conscious thought center) and other parts of the brain. It is the most direct avenue to retrace mind's path to our past. The key function of aroma in meditation is that it turns the attention inward towards past activity and diversity. Other meditation techniques involve sound and

visual images. However it does not produce such quick and positive results. The natural fragrance/aroma and its electrical frequency have the power to influence each cell in our body and brain. This will also allow you to direct your mind to your past beyond the limit of our present generation as the human brain is the store house of millions of year's data beginning with primitive man. Prolonged meditation leads to Samadhi where the mind travels far away from the sufferings and worldly desires to the state of nirvana.

The scent of a special fragrance can evoke memories and emotions before we are even consciously aware of it. When smells are concerned, we react first and think later. "Transcendental Meditation (TM) is a simple, natural, effortless procedure practiced while sitting comfortably with the eyes closed. It's the most widely practiced, most researched and most effective method of self-development. The TM technique allows your mind to settle inward beyond thought to experience the source of thought - pure awareness, also known as transcendental consciousness, or the unified field. This is the most silent and peaceful level of consciousness - your innermost Self. In this state of restful alertness, your brain functions with significantly greater coherence and your body gains deep rest. The TM technique is the most widely researched of all meditation techniques. Over 600 research studies have been conducted at more than 250 universities and research centers (including Harvard, UCLA, and Stanford). These studies have been published in more than 100 journals. The TM technique is based on the ancient Vedic tradition of enlightenment in India. This knowledge has been handed down by Vedic masters from generation to generation for thousands of years, restoring the knowledge and experience of higher states of consciousness at this critical time for humanity.

www.aroyama.com

Did You Know?

A random group of people took part in a test which proved that the ones who inhaled the vapor from [Black Pepper](#) Essential Oil reduced smoking withdrawal symptoms.

There is some amazing research and papers written about the effects of carnosol, a component of [Rosemary](#) Essential Oil on the human brain receptor required for memory. As aromatherapists we know that Rosemary is a brain stimulant but it is great that it is being verified by scientific evidence.

