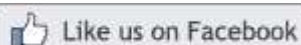




## Quick Links

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## Quotes

"I hear and I forget.  
I see and I remember.  
I do and I understand."

*Chinese proverb*

"Dogs have masters.  
Cats have staff."

*Anonymous*

## 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 July 2013 were:

- Favourite essential oils
- DIY pedicure

# Green Valley Aromatherapy

September 2013

## Greetings!

Greetings Aroma Friends,

Happy September; the beginning of fall after a glorious summer. The children are going back to school and are happy to see their friends, to swap stories of their summer and to get back into a routine.

Over the years we have had lots of mums asking what they can use for stress. We tell them to narrow it down as much as possible to find what is causing the stress. 50% of the time it is hyperactive children. The oil known as "the children's oil" is **Mandarin**. It is great for emotional shock, hysteria, grief and lots of other things. This oil is used extensively in Europe and is diffused in the class rooms as a preventative.

I like to use **Bergamot**. It is good for calming the nervous system, anxiety, depression and tension. Both Bergamot and Mandarin are very supportive. Add drops to everything you can that the children use; for example tissues in the pocket, in their backpacks, on the corner of their books, on their soft pencil cases...there is no limit.

After saying all that, they may come across complaints from people who are scent sensitive so prepare them with a little speech. Ask the complainant if they have a reaction to flowers/plants in the garden or if they can smell the roses in a bouquet. If they are fine doing that, then they will be fine smelling essential oils. Most scent sensitive people are sensitive to fragrance oils which are man made aromas. These fragrances comprise of a lot of chemicals so it is important to read the label.

We are going to have to change the riddle prize so you do not get fed up. We seem to be getting the correct answers from the same people. For this month we will be giving away a 10ml bottle of French Lavender, as long as it lasts. This is a particularly nice Lavender (coming from a farm in



- 52 ways to get happy for free



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Provence). As yet they are only yielding a small amount of oil but I am keeping my eye on them for the future.

Speaking of small farms, we have now received our new shipment of [German Chamomile](#) essential oil from Nepal. The aroma is wonderful. You can almost smell the clean, fresh air. These small farms in Nepal have formed a cooperative where they share the still, website, marketing and analysis equipment. The species is the same as what we used to sell and is considered good for aromatherapy. Each crop is harvested (with much of it already ordered) and sold, while the next crop is growing. Each crop is batch tested so we know exactly where it came from, ensuring a fresh and good quality essential oil.

All the best,

Barb

## Product Profiles

### [PMRs, or Personal Massage Rollers](#)

This product came about from customers telling us how tight their shoulders and neck are when they come home from work and how wonderful it would be to have a personal massage therapist. This would not be very cost effective. These 30ml bottles of Sweet Almond and Essential Oil are the answer. These bottles are ready to use with their no spill convenient top and a roller ball which feels so good on those tight muscles.

The PMRs are available in therapeutic blends of [Acheaway](#), [Energize](#), [Masculinity](#), [Sensuality](#) and [Tranquility](#) as well as in [Peppermint](#), which is wonderful to roll on the bottom of tired, aching feet.

Our PMRs have recently been given new labels. So, for their re-introduction, for the month of September they will be available for 25% off. Also, they are now available as a [set of 6 \(for the price of 5\)](#). What a chance to try all these different aromas!



### [Aroma2Go USB Diffuser](#)

I know you are focused on back to school. Well, Green Valley is preparing for Christmas! We have some nice inexpensive stocking stuffers in stock. We are now carrying Aroma2Go USB diffusers. They are so cute and work really well. They are available in 3 colours; White, Black and Pink and are just over 3 inches in size. Each Aroma2Go USB diffuser comes with a refillable glass bottle and a switch for 3 speed settings. Plug these into a usb port on your computer or laptop and while you work Mother Nature is with you as though you were on a walk by the ocean, in the woods or just in your own back yard.



### [Benchmark Thyme](#)

Benchmark Thyme is a unique blend of 4 ethically grown (chemical and pesticide free) Thyme cultivars, carefully chosen to provide the most effective composition of anti-bacterial aroma-chemicals, whilst being gentle on the skin. A lot of research went

in to the development of this blend. This is a great oil to use if you would like the benefits of Thyme with the gentleness of Teatree.

German Chamomile and Benchmark Thyme are 15% off in September.  
PMRs are 25% off in September.

### **Would you like to receive a FREE 10ml French Lavender 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](mailto:orders@57aromas.com)) with the correct answer and we will add a 10ml bottle of this amazing product to your next order! The correct answer will be given in our next months newsletter.

If three cats catch three mice in three minutes, how many cats would be needed to catch 100 mice in 100 minutes?

**Best of luck!!**

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

## Recipes

Here are some tips for getting your children ready for back to school:

-At the bottom of their backpacks put a piece of kitchen roll with several drops of essential oil. The girls seem to prefer citrus oil while the boys prefer mints, cinnamon or pine.

-Use [Spearmint](#) on a tissue for wiping out lunch bags. Mmmmmm, smells yummy! (I use spearmint after I have cleaned the fridge; wipe it around with a tissue, then leave the tissue under the vegetable box.)

-Starting school, being a big girl or boy, sounds wonderful until Mum starts to leave! The night before the big day, when you are putting them to bed, mix 2 drops of [Mandarin](#) and 2 drops of [Lemongrass](#) with 5 mls of carrier oil. This is a little stronger than usual for children. It is for their feet. As they are laying in their bed, start massaging their feet gently while you tell them of this wonderful experience, new friends etc., they are going to have tomorrow. Going to sleep with this massage and aroma will reinforce their confidence and support them through the following day.

## Did You Know?

September 29th is Michaelmas Day, or the feast day of St. Michael the Arch Angel. He was the angel who threw Lucifer out of heaven for his treachery. He is the patron saint of the sea, maritime lands, of ships and boats and of horses and horsemen.

The Romans believed that the month of Septemeber was looked after by the god Vulcan. As he was the god of fire and forge, they expected earthquakes, fire and volcanic eruptions during this month.

