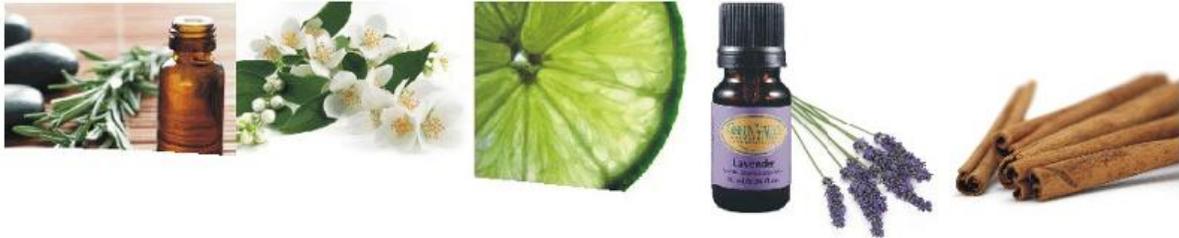


Having trouble viewing this email? [Click here](#)

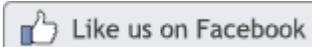
Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add [greenvally@57aromas.com](mailto:greenvally@57aromas.com) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



### Quick Links

[Green Valley Aromatherapy Wholesale Login](#)  
[Aromatherapy Articles](#)  
[Newsletter Archive](#)



## Green Valley Aromatherapy

February 2015

Dear Barb,

Hi all you wonderful aromatherapy friends!



This is me trying to be positive. Of the 12 newsletters I write, February is my least favourite, because February is not my favourite month. I have become so fed up with the dark nights. I know it is getting lighter, but the weather is dark, the news is all doom and gloom and all the people with SAD syndrome are really struggling. However, changes are on the way in March with the appearance of Daffodils, Crocus, Tulips, Forsythia and many others.

As most of you know, I foster young cats. Kitty Cat PALS brings in colonies of feral cats. They are checked by the vet, neutered or spayed and released back to their own area. The kittens and young cats go into foster homes to socialize, get their shots, spaying or neutering and are then adopted out to their forever homes. I have 4 at the moment, but tomorrow my little black and white boy goes to his forever home. Somebody needs to invent a word that means that you are sad and happy at the same time.

I have learned so much from having these cats. I have had cats all my life, but it is only since I have been fostering these feral cats that I realize how complex, how loving, how mischievous, and how intelligent they are. They are so much fun.

As far as cats and essential oils, I always follow Caroline Ingraham's advise. She lives in England and specializes in animal aromatics. Caroline travels the world doing seminars on how animals benefit from using essential oils. Her basic theme is that animals have an inbuilt ability to

### Quotes

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

*Buddha*

"Life is really simple, but we insist on making it complicated."

*Confucius*

### 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 December 2014 were:

- DIY beauty products
- School making natural products using local materials



Like us on Facebook

self-select the correct foods and medicines. This is a vital component to the survival of mammals in the wild. In field trips, scientists in search of raw materials for new pharmaceutical drugs have been known to follow and closely observe how primates make their selection of medicinal plants within their natural environment. Forty percent of all of our pharmaceuticals contain constituents originally found in plants.

I thought this was so romantic and appropriate for February's newsletter:

FOREVER YOUNG

Forever young you'll always be,  
Tucked deep inside my memory,  
And though the sands of time may race,  
For me they'll never change your face,  
And though I will grow old and grey,  
Forever young you'll always stay.

All the best,

Barb

## **Product Profiles**

### **Sage Essential Oil** (Salvia lavandifolia) or Spanish Sage

This aromatic herb grows prolifically in most gardens and it is well known in culinary circles. I keep some Sage in a large pot as it is quite invasive but it is nice to be able to add some to your cooking creations.

The Romans knew Sage as "herba sacra" (sacred herb) as it was known to save people from illness and death due to its medicinal properties. It is often described in old herbals as a mental stimulant. John Gerard is quoted as saying it helps to sharpen the senses and the memory.

However, having said all that, when it comes to using Sage essential oil a great deal of caution is needed. Sage contains a high percentage of Thujone which can bring on Epileptic fits or convulsions, can be toxic to the central nervous system and is capable of inducing paralysis. Sage essential oil is considered to be a metabolic stimulant

among other things and it would work well with [Lavender](#) and [Bergamot](#) in a good carrier oil for over worked muscles.

### [Empowered Blend](#)

<a href="#">Rose Geranium</a>	Anti-inflammatory	Antidepressant	Antibacterial	Emotionally balancing
<a href="#">Geranium</a>	Balancing	Diuretic	Anti-wrinkle	Antidepressant
<a href="#">Patchouli</a>	Aphrodisiac	Anti fungal	Cytophylactic	Anti-inflammatory
<a href="#">Frankincense</a>	Carminative	Diuretic	Sedative	Anti-inflammatory
<a href="#">Vanilla</a>	Positive feelings	Enjoyed by all ages	Relaxing	Perfumery

When Empowered was created I was thinking of all the people I've spoken to over the years who have felt as though they were in a rut, couldn't have a life of their own, life was passing them by and a lot of other similar comments. I chose the essential oils in Empowered to balance the emotions, feel grounded, to relax and help sleep, and to help get rid of all the clutter that gets stored in your head. This creates the energy and the power to move on.

When you look at this table you will see many other useful components that will help your body as well as your mind. Patchouli essential oil is cytophylactic. This increases the activity of leukocytes to help fight infections. Geranium is a wonderful skin oil, helping with skin tone, keeping wrinkles at bay and balancing the sebum. Although Vanilla is not an essential oil, it is used more for its aroma and people enjoy it which creates a relaxed, positive feeling.



### [Rosehip Seed Carrier Oil](#) (*Rosa mosqueta*)

Rosehip seed oil is a wonderful, nourishing oil for dry, mature, sensitive, allergic and problem skin. It is said to reduce inflammation, regenerate scar tissue, help with wrinkles and age spots and may help to fade and prevent stretch marks.

Do you want to give your hair a boost that makes it look shiny and alive? Try this conditioning tip. Pour some Rosehip oil into a small bowl. Warm it up and massage it into your scalp, pulling it through your hair. Wrap a towel around it and wait for 30 minutes to 1 hour before you wash your hair. You will be amazed at the results. When you come out of the shower pat yourself dry and treat your body to a Rosehip massage. While your skin is damp and warm, your body will suck in this re-hydrating and rejuvenating oil.

Rosehip oil contains vitamins C, E and a derivative of vitamin A (trans-retinoic acid, a potent anti-inflammatory) that helps in treating dermatitis, eczema and psoriasis. Because of its high fatty acid content, Rosehip oil can help to reverse severely dry skin.

Sage essential oil, Empowered blend and Rosehip seed oil are all 15% off in February.

## Recipes

### Recipe to prepare you body and feed your skin for spring

During the winter months your skin can dry up due to less exercise, central heating and spending more time indoors. This is a pre-bath body oil. It should be applied to all your skin before getting into a good warm bath. Lay back and enjoy. Please take care getting in and out of the bath tub as the oil can make it very slippery.

20 mls of your chosen carrier oil ( I like to use [Evening Primrose oil](#))  
8 drops of [Palmarosa Essential Oil](#)  
7 drops of [Geranium Essential Oil](#)  
5 drops of [Patchouli Essential Oil](#)

Mix all the ingredients into a small container and stir well.

### Recipe to rid your body of toxins

Take 200 grams of white or green clay. Add water until the consistency is like yogurt.

Mix the following together, then mix well with the clay:

5 drops of [Lavender Essential Oil](#)  
3 drops of [Lemon Essential Oil](#)  
2 drops of [Grapefruit Essential Oil](#)  
1 egg yolk

Mix it all together and smooth it all over your body. Leave it on for 15 minutes then shower off. If you do not wish to do all of your body, make a smaller amount and do your face and neck. It will leave you with clean, silky skin and a good to be alive feeling. If you have a friend who is going through a depression, offer to do this for her. You will be amazed at how this gift of your time will make her feel better.

While on the subject of gifts, if you know someone who is in a hospital or nursing home, make up a bottle of carrier oil and essential for giving your friend a hand massage. They will really appreciate the touch.

Suggested Oils: Lavender, Bergamot or Ylang Ylang.

## Did you Know?

My granddaughters are crazy about the movie "Frozen". I have just found out that the original story was written by Hans Christian Anderson.

A little girl asked her mother, "Can I go outside and play with the boys?" Her mother replied, "No, you can't play with the boys. They're too rough." The little girl thought about it for a few moments and asked, "If I can find a smooth one, can I play with him?"

Why do ghosts ride in elevators?  
To give their spirits a lift.

Green Valley Aromatherapy, 4988 North Island Hwy, Courtenay, BC V9N 9H9 Canada

[SafeUnsubscribe™ {recipient's email}](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [greenvalley@57aromas.com](mailto:greenvalley@57aromas.com) in collaboration with

**Constant Contact** 

Try it free today