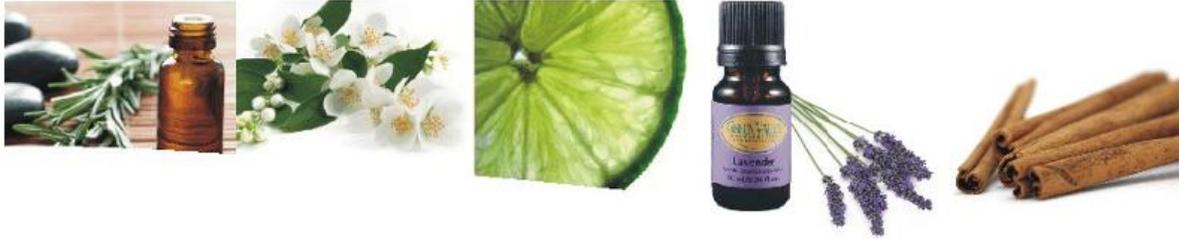


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### Quotes

"There is a privacy about it which no other season gives you.... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer quiet stretches when you can savor belonging to yourself."  
*Ruth Stout*

"To read a poem in January is as lovely as to go for a walk in June."  
*Jean-Paul Sartre*

### Find out what you're missing!

For those of you who haven't yet checked us out

## Green Valley Aromatherapy

January 2015

Dear Barb,

HAPPY NEW YEAR  
TO ONE AND ALL!!!

Green Valley wishes you health, wealth and prosperity.

The 1st day of January seems to make people think, a new day, a new month, a new year, a new start!!! If this is how you think, just make sure your plans are realistic. Don't set your goals too high and remember to reward yourself for every achievement.

This day also happens to be my birthday. For many years we had a New Year's Eve Party and after midnight it turned into my birthday party. This was great fun, but now I am getting too old for that. For the last couple of years we have had a New Year's Day open house that accommodates all of the grand children and their cousins, as well as their parents, extended family and friends.

January is a little of that anticlimactic feeling after all the chasing around for gifts that are not always wanted, buying far too much food as you don't want to run out, children getting over excited asking, "how many more days before Santa comes?" So, now it is all over for another 12 months. Time for you to breathe and take stock of how you feel. Have you coped well or should you do something different for next Christmas? Now is the time to think of a nice relaxing massage. Do you have a friend you can trade with or did you receive a gift certificate for Christmas? However you work it out, you deserve a relaxing aromatherapy massage. If you cannot get a massage, the next best thing is an aromatherapy bath.



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 November 2014 were:

- MRSA and Aromatherapy
- Productivity at work
- Orange and Anxiety



Like us on Facebook

Christmas is a busy time for Green Valley, getting people's orders out in time and year end inventory has to be done. We try hard not to be dragged into that panic that is around us. We all have homes and families and have to do a little juggling in order to keep everyone around us happy and relaxed. Look in the recipe section of this newsletter for some help with this.

All the best in the new year,

Barb

## Product Profiles

### Jojoba Carrier Oil

Jojoba is obtained from the Jojoba plant, which is an evergreen that grows in hot places such as Arizona. The oil comes from the seed stock.

This oil is not a true oil. It is more of a liquid wax. Jojoba contains protein, minerals, plant wax and myristic acid. It is pure, hypoallergenic and is not a nut-based oil. Jojoba's structure is very similar to our own skin's natural sebum making it excellent for all skin types. It is easily absorbed and has a softening effect. Jojoba has good results when treating eczema and psoriasis and it is not too oily.

Being anti-inflammatory, antibacterial and non toxic makes Jojoba a great conditioner for your hair and body. By improving your own natural collagen, Jojoba will help stop those darn wrinkles that creep up on you as you get older. The shampoos, conditioners and skin moisturizers that you purchase from stores are usually packed with chemicals and harmful substances that I cannot even pronounce. These tend to dry out your skin and hair. Jojoba has a high quantity of ceramides which control the hydration needed for youthful, dewy skin.

Jojoba is very good for people with skin problems, for example, acne. Jojoba will open up the blocked pores and clean out the bacterial substance that creates the spots and blemishes. Used on a regular basis, Jojoba will help minimize the pore size and manage oil release.

### Basil Essential Oil (*Ocimum basilicum*)

Basil's history appears to have started in Greece, although it can be found all over the

warm Mediterranean countries. The name Basil translates as 'fit for a King' or possibly 'King among plants.' It is still valued in modern day Greece for cooking and as a medicinal herb. Basil can be found in churches in pots placed around the altar.

In the 16th century, Basil was widely used for headaches, migraines and head colds. It was made into a powder and inhaled, I suppose like snuff.

I like the aroma Basil produces, but not a lot of people do. Fortunately it blends well with most essential oils. If the aroma of the oil is to your liking, you will use it. Unfortunately there are a huge amount of wonderful healing oils not being used because the aroma is perceived as not nice or even 'gone off'. I remember sending Rock Rose essential oil to a spa that specialized in skin problems. Rock Rose is well known for skin issues, and it has an unusual smell. The spa sent the oil back saying it was off or gone bad.

The general properties in Basil are analgesic, antidepressant, anti-inflammatory, antiseptic, expectorant and stimulant. Basil is very helpful for memory problems and nervous/mental fatigue. Use it in a diffuser to help with these problems and if you really do not like the aroma, add a little bit of Orange essential oil.

### [Essential Smile Blend](#)

Essential Smile was created to keep your mouth clear of disease-causing bacteria, to clean your teeth and freshen your breath. I have been using Essential Smile for many years, so while on holidays this year, I was devastated when my bottle got broken. We ended up using regular toothpaste. It didn't taste too bad, but the fresh feeling I was used to soon went away and by the time we were on our way home one or two of my old gum problems had flared up again.



The essential oils chosen for this blend are:

<u>Essential oils</u>	<u>Uses</u>			
<a href="#">Clove Bud</a>	Analgesic	Antiseptic	Antispasmodic	Disinfectant
<a href="#">Marjoram</a>	Sedative	Analgesic	Anti-inflammatory	Digestive
<a href="#">Myrrh</a>	Antifungal	Antiviral	Anti-inflammatory	Expectorant
<a href="#">Oregano</a>	Analgesic	Expectorant	Anti rheumatic	Antiseptic
<a href="#">Peppermint</a>	Stimulant	Anti neuralgic	Decongestant	Analgesic
<a href="#">Spearmint</a>	Antiseptic	Stimulant	Antispasmodic	Decongestant

As you can see, the above constituents in these essential oils are all very effective around the mouth. Many bacteria have become resistant to modern antiseptics and

antibiotics due to mutation. Clove oil is a powerful natural antiseptic. A 1% solution is 4 times more effective than phenol. It may help in hospitals, senior homes or any institution where MRSA has become a problem.

This blend has been added to [fractionated Coconut oil](#) which is a light, non-greasy carrier oil. Coconut oil is tasteless and is composed mainly of saturated fatty acids.

After the Christmas holidays we come back to work on the 5th of January. So, for the rest of the month, we will be putting all of our carrier oils, creams and butters on for 15% off.

## Recipe

### Recipe for winter relaxation

Here is a recipe that has been tried and tested. It works really well for either the shower or bath and works well for adults and children.

[Clary Sage essential oil](#) 6 drops, works well for aching muscles and is very relaxing

[Geranium essential oil](#) 8 drops, described as being sedative and good for dry winter skin

[Bergamot essential oil](#) 8 drops, an uplifting oil, it lifts the spirits and helps you to relax

[Lavender essential oil](#) 8 drops, has the ability to balance both mind and body, lavender is a good analgesic and is very relaxing

Add these oils to 30 mls of your chosen carrier oil and shake the bottle well. Massage gently all over your body and face, step into a nice warm shower or bath, but remember to take care when getting out of the bath or shower as it will be slippery due to the carrier oil. Pat dry with your towel, giving the blend time to soak into your skin.

### Recipe for a detoxifying bath

If you have that special night out coming up and feel the need to brighten and tighten your skin, then try this recipe.

[Juniper essential oil](#) 6 drops

[Grapefruit essential oil](#) 10 drops

[Lavender essential oil](#) 10 drops

[Black Pepper essential oil](#) 4 drops

Add these 30 drops to 30 mls of carrier oil ([Evening primrose](#), [Jojoba](#) or [Rosehip](#)) and shake well. Pour half of the mixture into a small bowl, add a handful of oatmeal and

mix in. In the evening, run a steamy bath keeping a large glass of water ready. Now, smooth the mixture into your face, neck and wherever you want. Get into the bath to soak (being careful not to slip!) If you would like to have candles etc., go for it if it helps you to relax.



While you are in the bath, drink the glass of water and do some light massage on your face and neck.

When you are ready, leave your little spa and pat dry gently. Spray your face and body with [Rose Hydrosol](#). You will feel like a million dollars.

## Did you Know?

Cats spend 66% of their life asleep. I have decided if I have a choice, I am coming back as one of my cats!

Scotland has the most redheads.

Blonde beards grow faster than darker beards.

For all of you who have water meters or who are conscious of wasting water, toilets use 35% of your indoor water leaving 65% for showers, laundry and cleaning.

### **A Reminder:**

**We are open for business as usual, after a wonderful Christmas break, on January 5th, 2015.**

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