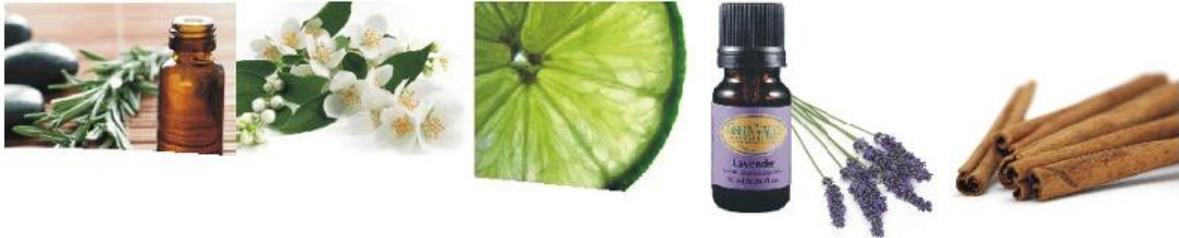


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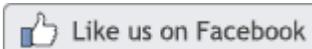
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Quotes

"When a busy day you've planned, Give yourself some time in hand, So that jobs don't overlap, Try to leave a little gap, Between the things you have to do, A tiny pause enables you, To get your balance with no need, To rush around at breakneck speed."

Patience Strong

"A society grows great when old men plant trees whose shade they know they shall never sit in."

Greek proverb

Find out what you're missing!

Green Valley Aromatherapy

March 2015

Dear Barb,

Happy March to all our aroma friends, may it be a good month for you!



The word March is derived from Mars, the Roman god of war. The well-known saying "beware the ides of March" was a warning to Julius Caesar who ignored it and ended up being stabbed 23 times in the back. There is a message here. Listen to your body! Listen to your instincts! I think children are born with perfect intuition. We used to refer to them as old souls. We as parents, teachers etc. soon knock it out of them by making them conform to society's rules and regulations.

There is a belief by many people that some children have more instincts and intuition. They call these children "Indigo children". These kids usually have a love of nature, plants and animals, they have psychic abilities and it is thought that they have higher level souls. These children are drawn to art and things of beauty. They also have an instinct to make the world a better place.

I know a little girl who has just made up three. She talks to her Grandma who died in the nineties. She has told her Dad things that happened to him or things he did as a child, which he had forgotten. She said Grandma had told her. Recently, when her Dad was trying to deal with a situation with her older brother (he was starting to lose his temper), she stood in front of him, pushing him to sit down and said, "Grandma says you have to sit down and take a deep breath."

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

All the best,

Barb

P.S. Thank you, Carol, for your suggestion of Bittersweet as the word I was looking for in the last newsletter. We had a bit of fun making up new words, but bittersweet is the best.

Product Profiles

Cinnamon essential oil (*Cinnamomum zeylanicum*)

Cinnamon is steam distilled from the leaves of the plant. It is produced in Sri Lanka, India and is a middle note. I always associate Cinnamon with Christmas; the smell of spicy hot drinks and apple pies. It is such a warm, uplifting oil when the weather is cold and damp.

There is so much more research now, but Cinnamon has been around forever. Cinnamon was a prized oil in ancient Egypt. In medieval England it was prescribed by doctors for sore throats, coughing and arthritis. Today at Rush University Medical Centre, neurological scientists have discovered that it may help with multiple sclerosis. At Tel Aviv University, researchers have discovered it may prevent Alzheimer's. So Cinnamon has been around for a long time helping people, but in aromatherapy we are taught to be cautious with Cinnamon essential oil. In other words, it is a wonderful oil, you just have to be aware of how you use it.

If you are going to use Cinnamon essential oil in a [diffuser](#) you can add a little [Orange essential oil](#). For a massage, Cinnamon blends well with most herbs, especially [Nutmeg](#). Citrus oils also work well. Cinnamon is highly irritating to the skin, so use only a very small amount, in small areas and test the area first. I would suggest:

8 drops of [Ylang Ylang essential oil](#)

8 drops of [Grapefruit essential oil](#)

8 drops of [Cinnamon essential oil](#)

6 drops of [Spearmint essential oil](#)

Add these 4 oils together. Use them in a diffuser or make a room spray by putting the blend into a small teaspoon of vodka and shake. Add some water and shake again. For a massage, add 20 drops of the blend to 20 mls of [Grapeseed oil](#).

[Nurturance Blend](#)

Rose Geranium	Anti-inflammatory	Antidepressant	Antibacterial	Emotionally balancing
Bitter Orange	Antidepressant	Lymph Stimulator	Sedative	Antimelancholy
Patchouli	Aphrodisiac	Antifungal	Cytophylactic	Antidepressant
Petitgrain	Sedative	Nervine	Antidepressant	Nervous exhaustion

Nurturance was created for someone who is feeling sad and unloved. Someone who is exhausted and cannot sleep, who is depressed and on the verge of tears. When you look at all these essential oils (Rose Geranium, Bitter Orange, Patchouli and Petitgrain), they cover all the symptoms and also cover the physical needs that the body requires.

As an example we will use a female in her 50's who is married with two kids and a part time job. She goes to her doctor and tells her that she is permanently tired, has no patience, the kids do not listen to her, her husband does not love her anymore and all she wants to do is lay on the bed and cry.

The doctor will most likely prescribe antidepressants, sleeping pills or maybe sedatives. I am not going to go into the side effects or possible reactions to these medications, but the body has the ability to heal itself. It will take more time but you will not become addicted and have no side effects.

This blend of essential oils was created to support you while you change your lifestyle and get your emotions under control. You are going to change the steps of the dance, without yelling at the kids, or being sarcastic with your husband, they will also change their steps to fit in with you in the dance of life.

Surround yourself with the Nurturance blend. Have it diffused in your car and at work. Add some drops to tissues and keep them in your pocket or on your desk. when you get home, treat yourself to a relaxing bath with 10 drops of Nurturance (you deserve it). Keep a diffuser going in the home. Add a few drops of the blend to some cotton balls and place them under your pillow and on your nightstand. Buy a new nighty (one that makes you feel glamorous). Love yourself and everyone else will love you too. Make a list of all the changes you are going to make in your life.

[Emu oil](#)

We get our Emu oil from a local farm where the birds are raised. Emu oil has natural anti-inflammatory properties, does not promote the growth of bacteria, is highly penetrating, does not clog pores and is non greasy.

Emu oil, in my opinion, is the best skin treatment available; keeping skin supple, reducing wrinkles, and providing a major benefit to the client.

The complex properties of Emu oil have the best overall help for burn victims. For 1st degree burns (outer layer of skin), it is suggested to use Emu oil immediately. It will not clog the pores, reduces pain and redness and helps with the prevention of blisters. After 24 hours, or when the pain and redness has started to reduce, add a 1% dilution of an anti-inflammatory and antibacterial essential oil (such as [Lavender](#)) which will help to reduce any scarring.

Cinnamon essential oil, Nurturance blend and Emu oil are all 15% off in March.

Recipes

Recipe for a Shampoo Base.

100 mls of [Castille Soap](#)
500 mls of Distilled Water

Simmer the water. Add the Castille Soap, bring to a boil and stir.
Empty coffee jars make good containers to keep it in.

Dandruff treatment

To your shampoo base add:

10 drops of [Rosemary essential oil](#)
12 drops of [Lemon essential oil](#)
8 drops of [Peppermint essential oil](#)
16 drops of [Lavender essential oil](#)
4 drops of [Geranium essential oil](#)

Stir all the drops of essential oil into your shampoo base.

Shampoo your hair using a scalp brush to help loosen any dead skin cells. This will also stimulate the healing of the skin to prevent further build up of dandruff scales.

Shampoo a 2nd time. This will get rid of any left over loose scales and stimulate the scalp, leaving you with thick, healthy, shining hair.

Recipe for After Shave

I have had a sort of complaint from a male customer. He said, "There are men who read the newsletter as well as women." So, this recipe is for men!

Men are becoming aware of dry skin and their appearance. Shaving every day wreaks havoc on your skin.

30 mls of [Witch Hazel](#)
60 mls of [Rose Hydrosol](#)
10 mls of Cider Vinegar
1 teaspoon of Vodka
6 drops of [Amyris essential oil](#)
6 drops of [Lemon essential oil](#)
2 drops of [Lavender essential oil](#)
10 drops of [Rosemary essential oil](#)
4 drops of [Lime essential oil](#)

Add the essential oil to the vodka and shake very well. Next add the Witch Hazel and shake again. Now, add the rest of the ingredients and give it a final good shake. This recipe will help with blemishes on your face. It is a refreshing, antiseptic after-shave splash.

Did you Know?

You can send your loved ones cremated remains into deep space, to the moon or into the earth's orbit for a mere \$1000 to \$12,500.

I am going to share with you one of the tips I have picked up along life's path. When you go to the bathroom to urinate, as the flow stops, give a little push. As we get older everything starts to get a little saggy. This includes your urethra tubes. So, you can imagine how urine can collect in a small kink. If you have ever had a bladder infection, it is quite possible that this is what caused it.

Can you answer all seven of the following questions with the same word?

1. The word has seven letters...
2. Precede God...
3. Greater than God...
4. More Evil than the devil...
5. Poor people have it...
6. Wealthy people need it...
7. If you eat it, you will eventually die.

Answer in next months newsletter.

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