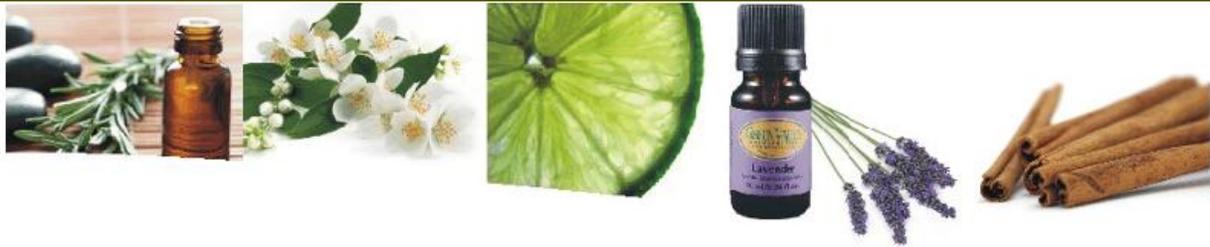


Hi, just a reminder that you're receiving this email because you have expressed an interest in Green Valley Aromatherapy. Don't forget to add greenvalley@57aromas.com to your address book so we'll be sure to land in your inbox!

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



Quick Links

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 Like us on Facebook

Quotes

"We realize the importance of our voices only when we are silenced."

Malala Yousafzai

"The first problem for all of us, men and women, is not to learn, but to unlearn."

Gloria Steinem

"You grow up the day you have your first real laugh at yourself."

Ethel Barrymore

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

Green Valley Aromatherapy

September 2017

Greetings!

Greetings to one and all. The summer is now officially over and the children are going back to school. There is usually a lot of anxiety and confusion as they go into their new grades, meet the new teacher, meet new friends and leave the old ones behind.

While it is great to get back into a routine after a long, care-free summer, it can be hard settling into a new school or class. Back to school anxiety, picking up germs and the dreaded head lice are all challenges parents and students are faced with at this time of year.

To reduce stress, add a couple of drops each of [Bergamot essential oil](#) and [Lavender essential oil](#) to your aromatherapy [diffuser](#). This will be a relaxing welcome for everyone who comes into your home and will help to conquer any viruses brought in. You can add 6 drops of Lavender essential oil to your child's bath. This will help to reduce anxiety and can help them sleep better.

Adding essential oils, such as [Tea Tree essential oil](#), to children's runners, hockey kits, back packs and clothes not only creates a nice aroma, but surrounds them with an anti-viral, anti-anxiety, and anti-bacterial substance to help protect them from infections and build up their immune system.

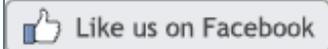
All the best,



- specials
2. We share aromatherapy ideas, news and articles of interest
 3. We share discussions on aromatherapy.

Some of the topics in May 2017 were:

- Lavender and Horses
- Misuse of Essential Oils
- Teatree Essential Oil
- Basket Draw



Barb

PS There is an important announcement at the bottom of this newsletter regarding our website.

Product Profiles

[Cajaput Essential Oil](#) (*Melaleuca cajaputi*)

Cajaput essential oil is a top note and is steam distilled from the leaves and twigs of the tree. If you look at the botanical name of Cajaput, you will notice that this oil is a relation of Tea Tree and has very similar properties.

It is said that Cajaput essential oil is good for repelling lice and fleas, although I have not tried it. As I get older I find that I turn to Cajaput as it is anti neuralgic. Nerve pain seems to be more and more a part of my life now.

Analgesic, carminative, decongestant, stimulant, expectorant, calming and balancing are all components of Cajaput essential oil. This is all you will need to fight the going back to school infections, winter colds and flu.



Cajaput essential oil is one of the most powerful stimulants so do not use it before going to bed and remember that it can be a skin irritant. This is a valuable oil when used properly. Just be aware of the contraindications.

[Terminator Blend](#)

Green Valley's Terminator blend is based off of the ancient Thieves' Oil and contains [Camphor essential oil](#), [Cinnamon essential oil](#), [Lavender essential oil](#), [Nutmeg essential oil](#), [Rosemary essential oil](#) and [Sage essential oil](#).

We created this blend to help ward off germs and to help naturally boost the immune system. Camphor essential oil is good for generally keeping infection down, but it can also help clear congested lungs and help to ease breathing. Cinnamon essential oil, Lavender essential oil, Nutmeg essential oil and Rosemary essential oil are all natural antiseptics. Lavender essential oil is also a natural antiviral and respiratory stimulant.



Terminator is a great back to school blend. Diffuse it in your home to combat the viruses that are around this time of year. You can add it to a tissue to put in back packs, sports bags and coat pockets.

[Jojoba Oil](#)

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

Jojoba is not a true oil, but rather a kind of liquid wax. Jojoba oil contains proteins, 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 oil 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.

Cajaput essential oil, Terminator Blend, and Jojoba Oil are all 15% off in September!

Recipes

**Blend to help with ...
the winter blues, going back to school after the long holidays,
warding off all the germs that are going around and building
the immune system.**

18 drops [Cajaput essential oil](#)

8 drops [Orange essential oil](#)

8 drops [Lemon essential oil](#)

This makes approximately 1ml of blend. Multiply this if you want more (eg times the recipe by 5 if you would like to make 5ml)

You can put a few drops of the blend in a [diffuser](#) to help keep symptoms away. Add a couple of drops to sports bags and to a tissue in a Pajama pocket. If you want to add it to a [carrier oil](#) to gently massage on the chest or body, the ratio is as follows:

30 drops to 30mls carrier oil for an adult

15 drops to 30mls carrier oil for children 6 and up

5 drops to 30mls carrier oil for 2-5 year olds

Do not use on babies under 2.



Did you Know?

Did you know...

Green Valley Aromatherapy is in the process of making a new website. We are hoping that the new design will be easier and more intuitive to use.

If all goes well, we should be ready to launch the website in September. We are hoping to be able to transfer all existing accounts to the new website. When you log in to the new site for the first time you will be required to create a new password. If you have any problems please let us know.

When the new website launches we will be updating the flat rate shipping fee. Until now, we have been able to keep the fee low

while Canada Post has raised the cost of shipping parcels the last couple of years. Our new flat rate shipping fee will be as follows:

British Columbia: \$10

The rest of Canada: \$12

The United States of America: \$15

Thank you for your understanding.

Green Valley Aromatherapy Ltd.
505 Duncan Avenue
Courtenay, BC
V9N 2M6
1-877-572-7662

Green Valley Aromatherapy hours:

Monday-We will be closed, however someone will be available to answer the phone, check messages and process orders.

Tuesday-Friday we are open from 10am until 5pm P.S.T.

We are open **Saturdays** from 11am until 4pm P.S.T.