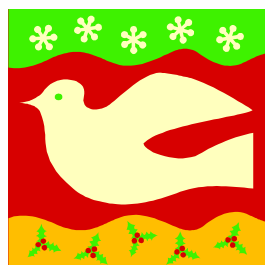


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December SPECIALS:

December 1-31st 2004
 Discounts cannot be combined with other offers.

15% off

- Avocado Oil
- Grapeseed oil

20% off

- Eucalyptus (Eucalyptus globulus)
- Niaouli (Melaleuca viridiflora)
- Rosemary (Rosmarinus officinalis)
- Jolly Holiday synergy

Special Pricing!

- Silver Aromatic Jewellery



Aromatherapy and Stress

President's Letter

I would like to wish "Seasons Greetings" to all our friends in aromatherapy. 2004 is drawing to a close and looking back I realize what a year this has been. The ups, the downs, the sharp, unseen turns that business can take; it actually feels more like a ride on a rollercoaster! It truly is never dull here at Green Valley!

Green Valley has been through an amazing metamorphosis this past year and we have our sights set on emerging in the New Year as a beautiful butterfly. I have heard that the one constant thing in life is change, and here at Green Valley, that is no different. With our tenth year approaching in 2005 we felt it was time to do some things differently, so we hope as the new year progresses you will continue to grow with us and share with us your thoughts as you have so generously in the past. We do listen and we do our best to implement your suggestions where possible.

Staying ahead of aromatherapy trends and being ethical and honest at the same time is a challenge to any business. However, by really listening to our clients and paying close attention to where our higher spirits are directing us, we have re-grouped and thrown ourselves into a new program for 2005. Our new Spiritual line was a group

project and each blend has gone through each of us for testing. I think this is a line you will find has deeply personal possibilities for anyone willing to 'let go' and use the blends that 'speak' to them.

The theme of this month's newsletter is stress, and believe me, we have used all the synergies (and essential oils) related to stress here in 2004. Why can't change just be an easy thing? After our highly anticipated Christmas break we will be back in the office on January 2nd 2005 and we are planning on being well rested and raring to go.

Our new catalogue will be in the mail on January 2 so you should receive it early in 2005. With all of the turbulence in the world this past year we have seen a number of our products increase in price and we have chosen to absorb these costs, awaiting the release of our new catalogue in the beginning of a new year. So, while you may see some prices decrease there will also be price increases as well. If you know you have particular oils that sell well in your store or if you just really like certain products, the remainder of 2004 would be a good time to stock up.

The jewel in our crown this year is our Aromas@Home party plan. Looking after our retail customers and making



sure they have an understanding of what they purchased plus keeping our wholesale customers happy was one of the biggest challenges of 2004. With the introduction of our Party Plan project our Consultants will have all the information they will need to set up their business and present an informative evening by way of a comprehensive DVD presentation, and handouts to their retail customers. It is a great concept that we have been working on for years. We are thrilled to finally have it ready to offer to you all.

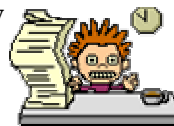
Finally, on a more personal note, this year was a milestone one for me as well. Our local Women's Business Network group to which I belong voted me as their Woman of the Year and I also became the President of the British Columbia Association of Practicing Aromatherapists. Quite an honour on both accounts and I am grateful for the opportunities surrounding each.

Yes... it's been quite a year...

Barb Greenwood

President & CEO





Aromatherapy and Stress

Each year the staff at Green Valley sits down together and works out what our ‘themes’ will be for the next year’s newsletter. Sometimes we don’t always agree with one another on the month and the topic related to it, but one month that didn’t receive any contrary opinions on the topic was December and Stress. Whether we bring it on ourselves or allow others to heap it upon us, the season that should be happy and glorious as we pause to reflect on the year past and celebrate the season with our loved ones, can sometimes be fraught with stress and unease. It is so easy to get caught up in the retail industry’s idea of what ‘happy holidays’ should mean. What has happened to ‘love thy fellow man’ and ‘there but for the grace of God go I’? Next time you feel stressed out, lost, lonely, and/or miserable, try to step outside of your self and take time out by doing something for someone else. What about offering your elderly neighbour an aromatherapy hand massage? Using Lavender and Melissa will help you both to feel relaxed and at ease. Know someone who is having problems sleeping because they can’t ‘shut it off’ at night? Try blending Lavender with Vetivert, Bergamot and Geranium. Add some to a carrier oil to create a massage oil that can double as a bath and body oil. Sure works well for those of us here who have tried it!

I saw a commercial on the television the other day, the message of it was that we are all connected. It struck me that on a very deep level, this is so true. At the heart of each of us we are all just flesh and blood, each of us trying to find our own way in the world. This holiday season, to help lighten your stress, do something kind and unexpected for even just one person and then reflect on the feeling of joy that will inevitably find its way into your heart. We wish you a happy, healthy and stress-free holiday season!

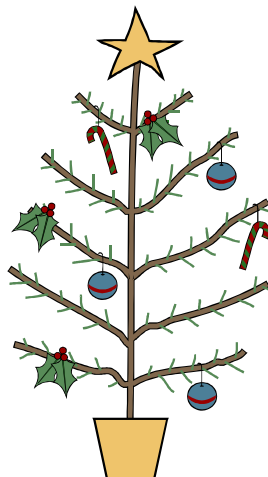


Aromas@Home – A Sneak Peak...

For the holistic-minded entrepreneur this program may be just what you are looking for! Each kit comes complete with 14 – 5ml bottles of our best selling essential oils, 4 – 5ml bottles of our best selling blends, a selection of carrier oils and bases, a Facials2Go kit, a Scentball diffuser, a book, a personalized name tag, a handcrafted wooden storage/carrying box with hinged top and a DVD presentation to help get you through the presentation of the essential oils. Also included are catalogues, handouts, order forms and more

A Fragrant (and economical) Way to Create a Festive Blend

Green Valley is clearing out our Bay essential oil (out with the old...in with the new!) at fabulous prices (5mls for \$1.50 each)! Did you know that this oil, combined with Orange essential oil makes a beautifully ‘Christmas-like’ scent! At this time of year we often diffuse it in the office. Bay is also great to diffuse to help with respiratory conditions, infections and is also listed as being a stimulant!



Product Highlight

Facials2Go

Our newest additions, Facials2Go, are great to take along with you wherever you travel. They can be kept in your desk drawer at work for those days when you have to go straight from the office to an engagement at night and need a quick refresher, they are invaluable when traveling to help your skin stay hydrated and fresh or they can just be a lovely addition to your facial regime at night before you go to bed.

The concept is a cotton facial mask that has been compacted to look like a chewable vitamin C tablet. This gets popped into the 5ml container the tablets come in, fill the container with the hydrosol in your kit and watch it ‘grow’! It’s amazing! Once it has absorbed all the hydrosol, take it out of the container and carefully unfold it. At its full size it will cover your entire face, with cut outs for your eyes, nose and mouth. Sit back and relax for 15-20 minutes and just enjoy the sensation the hydrosol offers.

This kit is good for men and women. It makes a great gift for those hard to buy for friends and family members on your gift list.

We had a great time testing this product out and we hope you love them as much as we do!

Available in Neroli, Peppermint and Rose Hydrosols.



Oil Profile: Cinnamon (*Cinnamomum zeylanicum*)



Did you know that Cinnamon is a tropical evergreen tree that can reach up to 18 metres (60 feet) tall? It is a native of Sri Lanka, India and Madagascar. The oil is usually a light amber colour and is a scent that is recognized by nearly everyone. There is an oil distilled from the bark chips, but this oil can be very irritating and is not suggested for use in aromatherapy. The essential oil distilled from the leaves and twigs of the tree is one that we use in

aromatherapy, but it still must be used with great caution, as it too has the potential for being a skin and mucous membrane irritant presumably from the high eugenol content. Cinnamon essential oil is very versatile; it can be diffused as an anti-depressant room spray or as a fumigant during an outbreak of any infectious illnesses. It is also stimulating though and has been reported as an aphrodisiac as well! Talk about a well-rounded oil! Spiritually, Cinnamon is said to help encourage invigoration, strength and energy, confidence, motivation and generosity. It is best not to use this oil in any methods that may be

applied to the skin, erring on the side of caution and safety. This oil is very well utilized through diffusion.

CAUTION: Cinnamon oil (and most especially the bark oil) is highly irritating to the skin and mucous membranes. Skin application should be avoided, as should steam inhalation. High doses may cause convulsions. Avoid during pregnancy. Properties: Antimicrobial, antiseptic, antispasmodic, astringent, carminative, digestive, insecticidal, stimulant, febrifugal.

General properties:

- ✦ antimicrobial
- ✦ antiseptic
- ✦ antispasmodic
- ✦ astringent
- ✦ carminative
- ✦ digestive
- ✦ insecticidal
- ✦ stimulant

Aromatherapy uses:

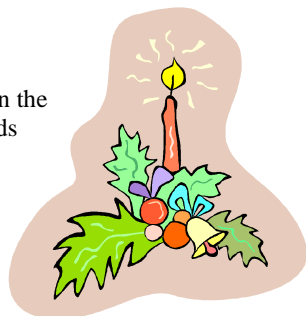
May be helpful with respiratory tract infections and symptoms of colds and flu. Cinnamon is considered a glandular system stimulant

Ways to use:

Diffuser, Room Spray

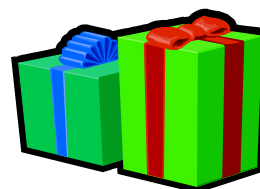
Did You Know?

Lavandin does not have the same chemical constituents as Lavender, when looking at therapeutic application, due the levels of camphor in the Lavandin. The camphor can irritate burned and delicate skin. It is great for use in the diffuser with Eucalyptus for colds though!



One day we must come to see that peace is not merely a distant goal we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means.
--Dr. Martin Luther King Jr.

News! News! News!



Last Call for Orders!

If you're ordering products for Christmas please keep in mind that all modes of shipping will undoubtedly be slower than usual and you need to place your orders as soon as possible to ensure you get any products you wish for Christmas in time. We usually advise people to give themselves 7-10 business days for delivery, but to be safe... better make it 14 days. That means all orders need to be in by December 10th at the absolute latest (but don't wait that long and tempt fate!). Also please remember that Green Valley will be closed from December 25th to January 2nd. We'll be back on January 3rd refreshed and ready to serve you again!



Niaouli (*Melaleuca viridiflora*) 20% off

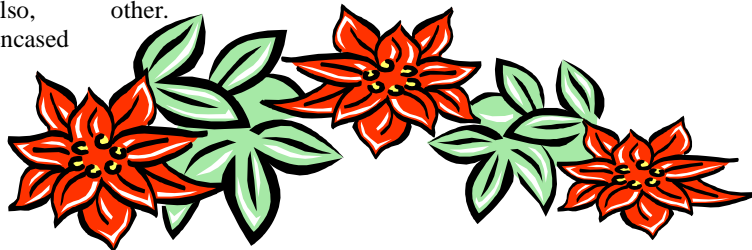
Niaouli is closely related to Cajeput, however, unlike Cajeput, which is a skin irritant; Niaouli is well tolerated by the skin and mucous membranes when used in suitable dilutions. It is naturally analgesic, anti-inflammatory, antirheumatic, antiseptic, decongestant, expectorant, insecticidal and a stimulant.

**Aromatic Thoughts**

In her book, 'The Fragrant Heavens', Valerie Ann Worwood touches on a study whereby scientists have established that the chemical composition of the DNA in a moose (animal) and a spruce (tree) are, for the most part, identical. Also, both DNAs are encased

in cells, which are structurally the same as one another's and are also like ours (human). She goes on further to state that the only chemical difference between chlorophyll in plants and red hemoglobin in human blood is that a magnesium atom in one replaces an iron atom in the other.

We need to recognize that indeed we are all fundamentally interconnected. Perhaps when that day comes we will be able to live an existence free from stress and strife.

**Recipes****Double-Benefit Elixir**

This blend can be used as a facial oil for all skin types and also as an anti-stress blend. Nice!

3 drops Petitgrain
(*Citrus aurantium*)
6 drops Lavender
(*Lavandula angustifolium*)
4 drops Frankincense
(*Boswellia thurifera*)
20ml Jojoba
10ml Evening Primrose oil

Add essential oils to empty 30ml bottle then add Jojoba and Evening Primrose oils and shake well to combine. This blend can be used at night on your face and neck, it is also great to add to the tub or even just to massage it into your upper chest on very stressful days (remember to breathe deeply!)

Men's De-Stress Blend

Sometimes it can be tough to get the guys to try essential oil blends if they are too 'flowery' smelling. This blend is about as far from flowery as you can get, and it's very relaxing too!
60 drops Cedarwood
(*Cedrus atlantica*)
30 drops Vetivert
(*Vetiveria zizanioides*)
30 drops Frankincense
(*Boswellia thurifera*)
30 drops Bitter Orange
(*Citrus aurantium*)

Combine in a dark amber bottle and invert several times to blend. This blend can be used in a number of ways. One of the best would be to diffuse after coming home from work or in a bath before bed (using a maximum of 8 drops to a full tub).

Sunshine-In-The-Woods Lotion

An interesting blend of top and base notes, this scent is uplifting and grounding all at the same time. A nice alternative to the usual anti-stress blends.
120ml Massage gel
15 drops Patchouli
(*Pogostemum cablin*)
20 drops Petitgrain
(*Citrus aurantium*)
20 drops Orange
(*Citrus sinensis*)

Add the oils to the massage gel in a container you can stir (shaking in the bottle may not blend the mixture completely). This can be used as a very light massage oil but it also is super as a hand and body lotion (great on feet too!)

Green Valley Aromatherapy

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