

Green Valley Aromatherapy

March 2004

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March SPECIALS:

March 1-31st 2004
Discounts cannot be combined with other offers!

15% off

- Cosmetic Base Cream
- Hemp Shampoo

20% off

- Australian Sandalwood (*Santalum spicatum*)
- Litsea Cubeba (*Litsea cubeba*)
- 60ml & 250ml white jars

25% off

- Copper Cobra Diffuser

Mystery Box!

A golden box filled
With aromatic treasures!
What could they be?
Buy one and see!
\$9.95US /\$12.95 CDN
(a \$39.95 value!)

日本とアロマセラピー

Aromatherapy in Japan

President's Letter

Hello Aroma Friends

Welcome to March! While this month isn't well known for being the best in terms of weather, here on the West Coast of Canada it does signal the beginning of spring. Ah spring, the month of new beginnings, awakenings and rebirth. My snowdrops and crocuses are up in full bloom now, the urge to get outside and revitalize my senses is growing stronger by the day and our family has grown again! My niece has given birth to a beautiful daughter, her name is Sarah Ann and she weighed in at 7lbs 13oz. A lovely spring bundle!

This month's newsletter is dedicated to Japan, a place I have always wanted to visit. I find their ancient civilization and the culture fascinating. Chika, our intern from Japan gives us glimpses into what life there is like. She speaks of a strong sense of family where children do not leave home until much later in life and parents return to live with their grown children. One notable difference is how children are raised. In Japan there is a definite emphasis placed on the work ethic. Up until

recently children went to school on Saturdays and even have school to go to after school. The school days are longer, starting at 9am and finishing at 3:30pm. Children even have time scheduled in school to clean the school! There appears to be little time for play, quite a difference from the way children in North America are raised.

It seems many of you are curious as to where we are located. Green Valley Aromatherapy is on Vancouver Island, on the west coast of Canada. It is similar in size to England, the country I am from. From here we ship our products to 32 countries and regions around the world. With the Internet we are in contact with customers and suppliers worldwide, helping us to create and maintain business relationships and research new products and suppliers regularly.

We enjoy hearing from our clients. We know you all have busy lives and when you take the time to drop us a line or call us we really appreciate it. Lately we have

What's better than a good mystery? A great deal! Buy your very own 'Mystery Box' filled with our own aromatherapy products and essential oils valued at \$39.95 US today for only **\$9.95 US** (\$12.95 Canadian). Limited quantities, don't delay, order yours today!



been updating our database to find out who has moved, and just generally touch base with those of you we have not heard from for a while. So, if you've moved and haven't heard from us, give us a call! Your current address is important to ensure you receive our updated catalogue. Our toll free number is 1-877-572-7662 (US & Canada only).

Enjoy the blossoming of spring and remember to take time out to stop and enjoy the renewal of life all around you!

Barb Greenwood
President & CEO

Special Note!

In our quest to become more efficient and process your orders in a timely fashion we will be requesting **your customer number** when you place an order. At the top of the on-line order forms there is a space to input this number. To find your number, **look in the upper right hand corner of your invoice**. Please make note of it and keep it handy for any correspondence you may have with us.
Thank you!





For those of you who want your shampoo with no chemical foaming agents, our **Hemp Shampoo Base** may be just what you are looking for. It is a mild, all-purpose shampoo made with top quality hempseed oil. It does not contain any essential oils so its fragrance is natural. Gentle enough to use daily, it may take a little getting used to, as there are no mountains of lather when you shampoo. It contains all natural ingredients like calendula, comfrey, horsetail, nettle and yucca extracts and hempseed, avocado and jojoba oils.

15% off this month.

Geodes are rocks that are hollow and are lined with unusual layers and clusters of different types of mineral crystals. Our **Copper Cobras** utilize the geode's hollow reservoirs to hold water and essential oils. Copper is hand formed to swirl up and cradle the geode and allow it to rest above a highly polished slice of stone. A tea light candle is included to heat up the oils and water. This beautiful piece of art is hand-crafted making each one unique. **25% off** for the month of March (limited quantities).

If you're feeling particularly creative this month and would like to play a bit by creating your own skin cream, we have our **60ml** and **250ml** white cream jars on special for **20% off!** Combined with the special on our **Cosmetic Base Cream** you will be paying a lot less for your customized skin cream.

Aromatherapy in Japan

by Chika Kondo - Intern

It's true certain scents can bring you back memories - fresh scent of Neroli makes me think of the old house where I grew up, a whiff of East Indian Sandalwood reminds me of the temples in Kyoto, Camphor is the Kimono my grandmother has in a wooden closet and Jasmine is walking down the school route with my friends. The Japanese developed this magical power into a form of art.

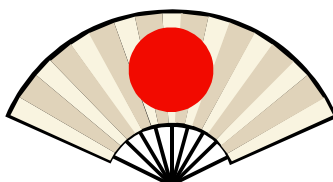
It dates back to the Sixth century when fragrant woods such as Aloes-wood, Eaglewood, Sandalwood, Myrrh, Cinnamon, Camphor, Clove and Frankincense were brought to Japan by Buddhist monks. They used these mystical aromas in religious rituals.

About 200 years later it became popular for private use. People burned Koh (Japanese incense) to scent their environment and clothing for deodorant. They also knew these smells helped to improve the healing power of the human body and so they made a sachet to hang in a room to stop the spread of disease. Among the noble, Koh became a tool of entertainment and in 14th century the appreciation of incense was fashioned to Koh-Do which is well known today as "Art of Incense". It wasn't until 15th to 16th century that the use of Koh-Do spread to the middle class. There are hundreds of different games to play during the ceremony but the whole idea of this spiritual art is to enjoy the

process of "listening" to the aromas and describing the feelings they get from each fragrance. Today, incense is used to create peaceful ambiance with pleasing fragrances to soothe the body and mind.

Given this background, the use of essential oils has rapidly gained popularity in Japan since the first translated aromatherapy book came out in 1985. As an example, we have Aroma Day (November 3rd) and Aroma Week (this includes Aroma Day). Why November 3rd? It's a national holiday called Culture Day for promotion of culture and the love of freedom and peace. Because aromatherapy is new to us, the Aromatherapy Association of Japan chose this day to help establish aromatherapy in the lives of the Japanese people. During Aroma week aromatherapy schools and shops throughout the country organize informative seminars or have special sales to promote aromatherapy.

Try to focus on *listening* to your essential oils this month. Perhaps create some blends that will conjure up a personal image for you, and then use this scent to help evoke scent- memories for yourself later on. However you do it, just remember to have fun and blend with peace and love in your heart!



Product Highlight

Rhassoul Clay

This clay is mined from the Atlas Mountains in Morocco and can be used in many aspects of skin and body care. It can be blended into shampoos and soaps and is fabulous when used in face and body masks. Rhassoul clay has the extraordinary ability to absorb oil and impurities from the skin and hair and is non-irritating to both the skin and eyes.

Clinical studies have been done in two US labs to evaluate the results of Rhassoul clay on the skin's condition. Following are the results:

- Reduces dryness (79%)
- Reduces flakiness (41%)
- Improves skin clarity (68%)
- Improves skin elasticity / firmness (24%)
- Improves skin texture (106%)

Rhassoul clay, when used in skincare treatments can help to remove surface oil from the skin as well as deep clean pores and exfoliate, leaving skin feeling fresh and alive while glowing with revitalized health. See our recipes section for



Oil Profile: Palmarosa – *Cymbopogon martinii*

Palmarosa – *Cymbopogon martinii*

Palmarosa is a scented grass from the same family as Lemongrass and Citronella, so this should give you an idea of the general, lemon-like fresh scent of this oil. It is obtained by the steam distillation of the grass itself, producing an oil that is usually a pale yellow, though it may contain a greenish tinge at times.

It is reported to be a very powerful wide-spectrum bactericide. It has also been used as a digestive stimulant for those who are experiencing a loss of appetite and sluggish digestion.



Palmarosa's best known claim to fame is that it is an excellent oil to use in skincare. It is said to help stimulate and hydrate the skin while balancing the production of sebum.

Palmarosa may help to boost cellular regeneration in the skin (not unlike Neroli and Lavender) which may help smooth wrinkles and may even tone up crepey skin on the neck. It's antiseptic properties, combined with the skincare advantages make it great for helping to heal acneic skin and even minor skin infections.

This oil blends well with many other oils, from floral to woody and works for massage oils, bath products or skin creams. It's calming and soothing properties make bath and body products a natural choice when creating products for your own spa-like treatments at home or for your business.

On a more spiritual level, Palmarosa is said to help encourage us to be kinder and gentler with ourselves to help create a healthier sense of self love. It helps to energize the human form as well as the aura, to help extend our energies towards the heavens.

CAUTION: May irritate sensitive skin.



General properties:

- antibacterial
- antifungal
- anti-infectious
- antiseptic
- cytophylactic
- digestive stimulant

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Aromatherapy uses:

May help with acne, athlete's foot, eczema and exhaustion. It is also used as a sebum balancer. Palmarosa is thought to stimulate cellular regeneration and is calming to the mind.

Ways to use:

Diffuser, massage, bath, compress, inhalation, facial and lotion.

Sandalwood – the 'new' oil on the block – 20% off

If you are aware of the East Indian Sandalwood crisis and have been holding off ordering because of the expense or because you didn't want to contribute to the decimation of the species, we finally have the answer for you. **Australian Sandalwood (*Santalum spicatum*)** grows widespread throughout inland Western Australia and southern Australia and is not a threatened species. It has possible anti-inflammatory effects due to the presence of bisabolols (similar to the ones found in German Chamomile). It has been described as the fragrance of the subtle body and has a calming and harmonizing effect, helping to reduce tension, fear, confusion and anxiety. It has considered an aphrodisiac, especially for men. It is a very emotional oil. It can also help with dry coughs and to help clear nasal congestion. In skincare it is valued for dry, dehydrated skin types. When normal precautions are followed there appears to be no

So often we look at a calendar of days as merely a symbol for the passage of time. We forget why we are here on this earth. We forget that there is a reason for all of the pain and all of the struggle. We forget that we were put on earth to learn something. If everything were perfect in this life, we would never learn anything new. We would not be able to elevate our spirits through the events that happen to us – Lynn V. Andrews

Litsea Cubeba (*Litsea cubeba*) 20% off

Did you know that **Litsea Cubeba** (also known as May Chang) is a small tree related to the Laurel and Cinnamon families? It has a strong citrus-like fragrance and is used extensively in skincare. As a non-irritating oil with antiseptic properties, it is helpful when treating oily, acneic skin. It has been used to help reduce excess perspiration and makes a lovely deodorant. Possibly a good antidepressant, it makes a great addition to a pick-me-up room spray for these days leading into spring that may still be dark, damp and dreary. This month happiness-in-a-bottle can be yours for **20%** less!



The Reading

The Book of Chakra Healing by Liz Simpson is a comprehensive guide to the ancient Indian system of chakras. These centres of "spinning energy" in the body help to maintain your physical, mental, emotional and spiritual balance. This book offers practical ways to work on your chakras and shows you how to unblock and rebalance your energy.

Understanding chakra healing involves colour, knowledge of ancient myths, archetypes, bodywork, crystals, meditations, visualizations, open questions and affirmations. Learn how to:

- *Identify the unique qualities of the charkas
- *Work on your chakras one by one or as a complete system
- *Use the chakras to help heal and develop yourself in mind, body and spirit.
- *Learn to know yourself and

discover personal harmony and balance.

This book is an excellent guide for the beginner or the more advanced, it is well laid out with understandable text and beautiful colours. Liz Simpson has included ideas for setting up altars for each chakra (for meditating at) as well as specific meditations to help you focus on opening each chakra individually. A must have! 143 ppd. \$18.35 US

Recipes

Facial Clay Mask

2 Tablespoon powdered **Rhassoul Clay**
Enough water or cooled green tea (for it's antioxidant properties) to make a thick, but spreadable paste.
1-2 drops essential oil (for your skin type)
Blend all together until combined. Apply a thin layer to the (face and neck) avoiding the eye area, and allow to set for 8-10 minutes for dry skin, 10-15 minutes for normal skin and 15-20 minutes for oily skin. Rinse well and moisturize according to your skin type.

Rhassoul Clay Mask for Scalp

5 Tablespoons **Rhassoul clay** mixture (clay and water into a thick paste)
1 egg yolk
Blend up clay and water first to get a malleable paste, then stir an egg yolk into the blend, combine well. Apply paste to the scalp only, making sure to avoid the tips of the hair. Allow to stand for approximately 20 minutes then wash with a gentle shampoo. Condition as needed.

Rhassoul Clay Bath

2-3 Tablespoons **Rhassoul clay**
3 drops Juniper (*Juniperus communis*)
2 drops Lemon (*Citrus limonum*)
3 drops Rose Otto (*Rosa damascena*)
1 Cup Dead Sea salt
Combine clay, essential oils and salt in a glass bowl, blend well with a non porous utensil. Fill bath ½ way then pour this blend under the running water. Swirl water with your hand before getting in. Soak for 20-25 minutes. To make the most of this bath it is recommended to dry brush your body before getting into the tub.

Green Valley Aromatherapy

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