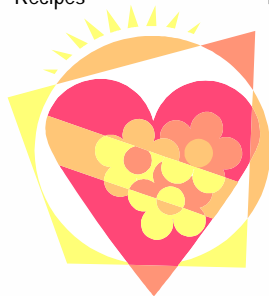


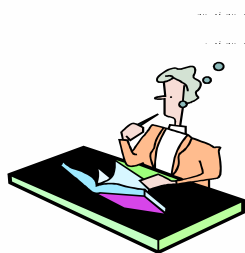
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Call for Feedback

We've sent out our brand new catalogue and now we want to know what you think. Our staff will be contacting you either by telephone or email within the coming weeks to get your opinion on how Green Valley is doing in terms of new products, information and format. Please respond to our questions if you have the time, because your opinion matters to us.



President's Letter

Happy new year to each and every one of you! I hope 2005 is healthy happy and prosperous for you!

January was recorded as being the most miserable month of the year. It's the busiest time for Doctors, more suicides are recorded in January and people in general feel that summer will never come again. Imagine my surprise while strolling around the garden with the dogs, surveying the winter damage and coming across snow drops, winter jasmine, and pussy willow in bloom! The crocuses are just about ready to open and a rhododendron is full of soon-to-be colourful buds. I do love the spring.

There are lots of exciting things coming up in 2005 for Green Valley, both personal and business.

Kicking off February is Bobbi's wedding. You probably have noticed when you phone that she is now calling herself Roberta (her given name). Having been 'Bobbi' since she was 15 she feels perhaps it no longer is a true reflection of the person she has now grown into. She believes there comes a time when you should look back into

your heritage to your roots to help you understand more fully who we were meant to be to help us move forward to a brighter future. She and Richard will be married on February 12th in a candlelit ceremony at their home.

At the end of February Roberta and I will be off to the Esthétique Spa International show in Vancouver, BC to help expand our commitment to the Spa market within Canada and the US.

By March we are planning to have our Sensual Line ready to hit the market. Past the testing market phase now, we are onto the final tweaking of the packaging.

In April, I am off to the Pacific International Aromatherapy Conference in Seattle to help me stay in touch with all the latest scientific breakthroughs in the Aromatherapy world.

May is the continuing education program for the British Columbia Association of Practicing Aromatherapists.

June and July are our renovation months.

August is the big unveiling of our renos and our 10 year anniversary! Stay tuned for updates on fun and exciting promotions planned, both



on our website and here at our offices. We are also in the planning stages for the creation of a Limited Edition essential oil blend to help us mark this landmark anniversary. It will be a blend with success and celebration at its heart.

Wow, just writing this and looking at what is coming makes me feel tired! Time for a quick 'hit' of Rosemary, I think, before I head off to my blending room. I hope you all have a great spring and a lovely Valentines Day with your own valentine! I know I will!

Barb Greenwood

President & CEO

Special Note!

In our quest to become more efficient and process your orders in a timely fashion we now request **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!

The greatest healing therapy is friendship and love.

~ Hubert Humphrey ~



New Year, More Changes!

Green Valley has started 2005 with changes made to our website, our pricing structure, as well as a new look for our newsletter. After 18 months of absorbing a variety of price increases, from shipping costs to supply costs to essential oil costs we had no choice but to raise prices. We have fielded many calls regarding this, and have also sent out a press release on our e-mail contact list with a more detailed explanation. If you missed it and would like more information please send an e-mail to productinfo@57aromas.com and we'll send you the entire article. Other changes are our new re-sellers discount and our volume discounts. For more information about this please contact us at the e-mail address listed above.

We have launched some new products already this year. Our **Spiritual line** of essential oil blends has been receiving rave reviews and is promising to be very popular as the year progresses. For those who travel or for shops who sell to those who travel, our Facials2Go line is incredible! Imagine a facial pad compressed into the size of a vitamin C tablet, just waiting for 10mls of hydrosol to allow it to expand to its full capacity. They refresh, revitalize and can even cleanse if required!

Aromas@Home has now been released and is an excellent vehicle for those entrepreneurs who have a passion for natural health and aromatherapy but who don't want to go to the expense of having a store front. Our program gives you the freedom to sell our products through home parties, making an instant 50% profit, with room to increase that margin as your sales accumulate! Interested in more information? Contact us at questions@57aromas.com

As always we welcome your questions, comments or concerns, let us know what you think!



Oil Profile: Yarrow (*Achillea millefolium*)

This not-so-well known essential oil is highly prized for its high chamazulene content, making it a brilliant anti-inflammatory oil which is, in many ways, similar to Chamomile. It has also been used to help boost the immune system and some have even had luck using it to help restore hair growth! It is steam distilled from the flowers and is a middle note. It also has a scent similar to Chamomile and may help with seborrhea, hypertension, stress related problems, hair loss, wounds, cuts, rashes, eczema and acne. It is considered a circulatory stimulant.

Caution: Avoid use during pregnancy and with babies and small children. Excessive use may result in headaches. May irritate sensitive skin. Persons known to be allergic to ragweed should avoid using this oil.

Product Highlight

Bugzoff



It's not too early to start thinking about how to keep the bugs at bay this season! Launched last year Bugzoff received great reviews and turned skeptics into believers! Bugzoff is a 100% natural, ready to use product made right here in the Comox Valley, Canada by Green Valley Aromatherapy Ltd. from a selection of pure essential oils blended into an all-natural soothing base of witch hazel and distilled water. This unique blend of Lemon Eucalyptus, Lemon Grass, Lavender and Thyme therapeutic grade essential oils is a highly effective, completely natural, DEET free insect repellent with therapeutic and cleansing properties that offer a multitude of additional benefits and uses, from cleaning cuts and scrapes to disinfecting surface areas, for the outdoor enthusiast and traveler alike. This year, before heading out into the great outdoors, remember to order an adequate supply of Bugzoff so you don't run out! Available in singles and also in retail prepacks including a FREE tester! Imagine, smelling nice, non-toxic AND effective on many levels, how great is that? Call and order yours today.



Oil Profile: Rosalina (*Melaleuca ericifolia*)



Another name for Rosalina is lavender tea tree. The leaves and twigs are steam distilled to produce the essential oil. It is a middle note.

Rosalina is excellent for upper respiratory tract congestion and infections and is a great oil to use for small children. Diffused, this oil has been

found to help clear sinuses. It has antiseptic, sedative, spasmolytic and anticonvulsant properties. It is a gentle expectorant with anti-infectious properties. This oil is very high in linalool, making it a gentle, relaxing oil that is considered to be non-irritating, non-sensitizing and non-toxic. Lovely for use on children.

Mentally, this oil has sedative, calming and relaxing properties, which makes it great for helping with insomnia and stress.

Emotionally it may help to lighten a sad and heavily laden heart.

This oil is also said to be similar in scent to Rosewood, so for those blending more for scent than therapeutic effect, this may be your answer to using an end angered species in your blends.

Uses: Diffuser, bath, steam, inhalation, massage.

General properties:

- ✦ antispasmodic
- ✦ antiseptic
- ✦ expectorant
- ✦ anticonvulsant
- ✦ anti-infectious
- ✦ sedative

Aromatherapy uses:

Has sedative, calming and relaxing properties and can be helpful for sinusitis, colds, coughs, flue and all upper respiratory tract congestion and infections. Can also help with acne, boils, skin rashes, dandruff and herpes.

Ways to use:

Diffuser, massage, bath, steam, inhalation, massage, and lotions & creams

Did You Know?

Ravensara (*Ravensara aromatica*) and Ravintsara (*Cinnamomum camphora* 1,8) are two essential oils that are easily mixed up in Aromatherapy today? While they have differing chemical structures and are totally different plants, they come from the same country (Madagascar) and due to poorly trained harvesters, samples from these oils can be confused, one for the other. This is further compounded once it is sent for GC analysis. This confusion is finally coming to light, allowing suppliers to now be able to question sources right back to the original to ensure the correct analysis of the oil. This is what happened with Green Valley. We thought the oil we had in stock was Ravensara (*Ravensara aromatica*), with the properties of *Cinnamomum camphora* 1,8). However, after closer inspection and research it was discovered that the oil's GC analysis was actually that of *Cinnamomum camphora*, so we have changed the name of the oil to reflect the actual species it is. Nothing else has changed. It is still the same great oil with the properties you have looked to it for. It is a brilliant oil for colds, sinusitis, fever, eczema, rheumatism and even insomnia. Some of its properties are anti-infectious, anti-bacterial and antiseptic. If you haven't tried it yet, now's a great time!

News! News! News!

Aromas@Home is now available for those interested in natural health, aromatherapy and working for themselves from home. Be your own boss and start right away earning a 50% profit on all your sales! Green Valley will provide you with the support of our Aromatherapists, you will have the peace of mind knowing you are providing your customers with a line of aromatherapy products that are excellent quality! Not a MLM program.

*True love cannot be found where it truly does not exist,
Nor can it be hidden where it truly does.
~ Anonymous*





Aromatic Thoughts

In the Journal of Advanced Nursing (England, 1995) a study was published on using essential oil of Lavender in helping to decrease the levels of anxiety. One hundred and twenty-two patients were chosen to receive either a

massage with Lavender or bed rest.

It should be no surprise to note the results were that those who received the massage reported a significantly greater improvement in their mood and perceived levels of anxiety. Those who had the treatments were found to be less anxious and

more positive right after being massaged. These improvements were only temporary, but were enough to show that quantifiable results can be achieved over a control group.



Recipes

Soft and Sexy Sugar Scrub

What's sexier than soft, caressable skin? This sweet scrub will leave you feeling delicious all over!

4 drops Rose Otto (Rosa damascena)
5 drops Australian Sandalwood (Santalum spicatum)

1 cup brown sugar
¾ cup Virgin Coconut cream

Slightly warm Coconut cream in a glass bowl (15-20 seconds in the microwave) and stir in brown sugar until combined. Add essential oils and stir well. In the bathtub, gently rub your creation onto slightly damp skin. When scrub is completely used up, fill tub with warm water and soak your scrub off for 15-20 minutes. Do a final rinse under shower before leaving tub. Your skin will be heavenly!

Fairy Garden Milk Bath

This milk bath will help to nourish your skin and leave it soft and delicately scented with a delicate aroma reminiscent of a magical fairy realm!

1 cup powdered milk
5 drops Neroli (Citrus aurantium)
2 drops Cedarwood (Cedrus atlantica)

1 drop Rose Geranium (Pelargonium graveolens)
Combine all ingredients in a small glass jar, stir well to combine and leave to rest for a few days. This will allow the essential oils to be absorbed into the milk powder. Run a warm bath, add the entire contents of your jar, dim the lights, light a candle then lay back and let your imagination take flight.

Romantic Orange Zing

Got a romantic evening planned but find yourself running out of energy near the end of your day? Give this blend a try!

2ml Black pepper (Piper nigrum)

1ml Rosemary (Rosemarinus officianalis)

1ml Bitter Orange (Citrus aurantium)

1ml Cedarwood (Cedrus atlantica)

Combine all oils in a dark glass bottle, seal and invert to blend. ? Add this blend to a diffuser, body scrub or bath to help give you a natural boost in both the energy and libido department! A great blend for men and women alike.

Green Valley Aromatherapy

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