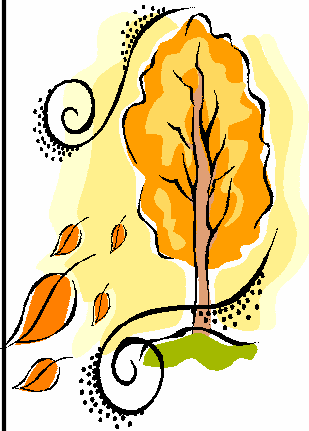


Green Valley Aromatherapy Fall 2006

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Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

- Leo Buscaglia

President's Letter

What a glorious long summer this has been, though the farmers and gardeners among us won't necessarily agree. There has been very little lawn mowing as all our grass has been burned brown by the relentless sun. The cedar trees on my property are not looking too happy either.

Green Valley is settled now into our new premises and we love being here even though we feel we were pushed into the move and extra expense to conform with the Natural Health Products Directorate (NHPD) site licensing requirements.

Our latest development (we love developing new products) is our 'Pet Line', beginning with the 'Aroma-ties', a doggie bandana complete with Lavender essential oil, for the dog who has everything, including fleas and stress! Lizzie, my dog,

is our 'spokespup' and is featured in the advertising and on the label. She's quite the ham, our Lizzie!

A sigh of relief came over our Valley here as all the little darlings went back to school. We had a rush on all the anti-viral oils and immune blends as parents were expecting the back-to-school sniffles and the like. You know a virus does not give you colds or the flu, it's your immune system not fighting it!

Autumn is a busy time at Green Valley what with folks preparing for making products for Christmas, and us starting our aromatherapy workshops and also bring in guest speakers.

This year we are looking forward to a visit from Caroline Ingraham, an Aromatherapist from England who specializes in treating animals with essential oils. She also teaches this practice at her college in the UK. She will be here at the

For man, autumn is a time for harvest, of gathering together. For Nature, it is a time of sowing, of scattering abroad.

~Edwin Way Tea



beginning of November to conduct a series of workshops. See our section in this newsletter for more information.

Well, on that note, I should head off. Lizzie appears ready to head out to 'model' her newest (and most fragrant) fashion accessory! Remember to take the time to stay healthy!

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!



Ways to Stay Healthy this Fall

With the coming of autumn many people also see a huge change in their somewhat more relaxed summer schedule as children return to school, summer holidays come to an end, and routines ramp up for yet another season.

This, combined with the added stress of beginning new things, can tax our systems and cause us to fall ill. Of course, the best options are to eat right, use essential oils and take your vitamins (oh yes, and exercise too!). However, sometimes that just doesn't happen and we do end up getting ill. To help once you are already ill, Pine essential oil can be very helpful. Not just for aching muscles, but also as an excellent expectorant and a powerful pulmonary antiseptic. It's also a great oil to diffuse if you don't have a real tree at Christmas, it smells so great! See the Oil Profile for more info on this wonderful oil.

Our Superbug blend was created to help combat MRSA (methicillin-resistant staphylococcus aureus) so adding it to a naturally based soap blend (like our Castille soap) is a great way to ensure germs don't get out of hand. Add it to your laundry during those months when you know you are more likely to be in contact with these nasty germs. The happy side effect of all this is your laundry will smell fabulous too!

Oil Profile: Pine (*Pinus sylvestris*)

Pine (*Pinus sylvestris*)

Pine is obtained from the dry distillation of the needles (sometimes the young twigs and cones are also used) to produce an oil that is very pale yellow in color. Its' main constituent is pinene. Some of the countries of origin are Europe, and North America.

Essential oil of Pine also has a stimulating effect on the circulation, making it good for helping to relieve the pain of sore muscles from a too vigorous workout or from arthritis or rheumatism. Pine essential oil is used mainly for helping to treat respiratory and urinary tract infections as well as muscular pain. It's an excellent expectorant as well as a powerful pulmonary antiseptic. For an individual with a cold, sinusitis, coughs, bronchitis or sore throat, this oil is useful when used in a steam inhalation, several times daily. When dealing with these types of infections, pine blends well with eucalyptus (*radiata*), or tea tree. It is a refreshing, stimulating, clean smelling oil that is helpful when dealing with nervous exhaustion or mental fatigue. It is also excellent for cleaning.

Aromatherapy uses: cuts and abrasions, wounds, head lice, scabies, excessive perspiration, gout, muscular aches and pains, poor circulation, rheumatism, respiratory ailments, colds and flu, fatigue, stress-related disorders.

Specific Cautions: Can be a skin irritant. Should be avoided in those with allergies. Avoid during pregnancy.

New Discount Structure Now Available!

In addition to applying the US dollar exchange rate to International orders, the following discounts also apply to all volume orders:

\$250-\$499 – 5% off

\$500-\$999 – 10% off

\$1000.00 and up 15% off



Product Highlight

Pet'cessories Aroma-ties

Created for the dog with everything, including fleas and stress!

These hand sewn bandanas come complete with a 5ml bottle of Lavender essential oil for re-infusion when necessary. Just add 1 drop to the bandana before tying around your dog's neck to help keep fleas away, not to mention to help neutralize those endearing doggy-odours that can, at times, be a little overwhelming.

We're not suggesting these bandanas take the place of a regular bath, but for those in-between times, they're great! If you must travel and your dog has a hard time with it, this lavender infused bandana can help offer a sense of relaxation also.

Remember, though, your dog's sense of smell is so much stronger than yours, so only use one drop. Having a strongly scented bandana tied around their neck would not be a pleasant experience.



Product Profile: Facials2Go Kits



Facials2Go kits!

What will they think of next? These kits hold the key to relaxed and healthy skin when you travel or even just for a quick pick-me-up at the end of a long day at work. The facial mask sits gently on top of your skin, leaving it feeling refreshed and revitalized without removing anything you don't want touched. So even those who wear make up can enjoy it without worry! Just lay back and breathe deeply!

It's easy to use too! Just take one of the tablets and drop it into its handy little carrying case. Fill the container with hydrosol and watch the magic happen! The tablet grows as it takes in the hydrosol! All you need to do is unfold the facial pad and lay it over your face, lining up the openings for you eyes, nose and mouth. Find a quiet spot for 15-20 minutes, relax and enjoy. Once you're done you can either use the facial pad to cleanse your face or you can gently lift it off and toss it away.

Your Facials2Go kits come with three facial tablets in a compact carrying container and your choice of either of the following 30ml hydrosols: Neroli (to help calm, de-stress and soothe), Peppermint (anti-inflammatory and mentally stimulating) or Rose (hydrating and nourishing, the BEST for dehydrated skin).



News! News! News!

Caroline Ingraham of the Ingraham Institute of Aromatic Extracts for Animals (UK) will be here in Courtenay, BC, Canada to conduct a series of workshops for pet owners and another for veterinary and aromatherapy professionals on November 6th and 7th 2006. Tickets for the pet owners workshop are \$25.00 before October 27th, \$35.00 at the door. Tickets for the professional course are \$185.00 before October 15th, \$225 at the door. Caroline has been studying aromatic plant extracts and their symbiotic relationship to animals for over 20 years. A professionally trained Aromatherapist in the UK, Caroline founded the first school of animal aromatherapy in 1995. Her work with animals and aromatics is internationally acknowledged and she is in demand as a speaker around the world. She has published books on the topic and has appeared on many television documentaries. We are thrilled to be hosting Caroline here in Canada. Want to see more of what Caroline does? Visit her website at www.ingraham.co.uk. If you're interested in more information regarding her presentation or would like to get your ticket in either of her courses here please drop an e-mail to productinfo@57aromas.com.



How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these.

- George Washington Carver



Did you

...that essential oils like Peppermint (*Mentha piperita*), Thyme (*Thymus vulgaris*), Ravintsara (*Ravensara aromatica*), Oregano (*Origanum vulgare*) and Lavender (*Lavendula angustifolia*) are being

tested for their ability to help kill off the e-coli bacterium?
...that essential oils like Thyme (*Thymus vulgaris*), Lavender (*Lavendula angustifolia*), Cedarwood (*Cedrus atlantica*) and Rosemary (*Rosemarinus officinalis*)

have been successfully used in the treatment of alopecia areata?
...that Melissa (*Melissa officinalis*) oil has been successfully used in the treatment of violent outbursts in dementia patients?

Recipes

Immune Boosting Bath

Add this blend to your bath and feel yourself getting healthier!

3 drops Lavender (*Lavendula angustifolia*)
4 drops Eucalyptus (*Eucalyptus globulus*)
3 drops Orange (*Citrus sinensis*)
3 tablespoons of milk

Add the essential oils to the milk and stir well to combine. Run a full tub and just before turning the water off, pour the milk and oil blend directly under the running water. This, along with the milk will help to disperse the oils into the water.



Immune Boosting Inhalation

Already sick? Use this for fast relief of nasal congestion!

1 drop Eucalyptus (*Eucalyptus radiata*)
1 drop Ginger (*Zingiber officinalis*)
2 drops Lemon (*Citrus limonum*)
Heatproof bowl of boiling water
Towel

Add the oils to the bowl of water, put your head overtop of the bowl and cover with the towel. Steam for 10-15 minutes, taking brief breaks only if necessary.

Immune Boosting Massage oil

This oil can work wonders!

30ml Sweet Almond (or other bland carrier oil)
3 drops Tea tree (*Melaleuca alternifolia*)
2 drops Rosemary (*Rosemarinus officinalis*)
5 drops Lemon (*Citrus limonum*)
3 drops Ginger (*Zingiber officinalis*)

Combine essential oils in a 30ml bottle, add carrier oil and shake well to combine. The proportions of this blend are for healthy adults only. Small children or those with sensitive systems should use this blend at half strength.

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*Be the change you want to see in the world.
-Mahatma Gandhi*

