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"The most important moment in your life is this one – right now.

Truly it's the only moment that you have.

All other moments are either over and are now just a memory or they are yet to be – a mere speculative thought about some future moment."

-"Slowing Down To The Speed Of Life" by Richard Carlson & Joseph Bailey (1997)

President's Letter

Hi Everyone
I hope you all coped with the Christmas rush and push. It will always be stressful, but it can be a good stress if you approach it right.

I am writing this letter just 3 days before Christmas, in my new office, looking out at the grey sky, the rain and the slush and people dashing around loaded up with parcels. I try to focus on writing this letter but find my thoughts turning into reflections of the year past instead.

I have seen huge changes within the Aromatherapy world, most of them for the better. I was at the Aromatherapy conference in San Francisco this past spring along with people from Europe, Australia, Canada, England and the US. It was very comforting to know that we are all working towards a common cause of developing and legitimizing the practice of Aromatherapy. The world's health cannot be left solely in the hands of the drug giants, there must be complementary sources of healthcare available for everyone.

Green Valley has gone through quite a lot of changes in these past twelve months, the last one being 'THE MOVE'. We have moved into a bigger location in the downtown area. If any of you remember Abbott and Costello I think they could have made a hilarious movie based on Green Valley's move. What with trying to get packed and organized, the pantomime getting computers up, running and TALKING to one another again, telephones not working, actually FINDING the products to fill orders with (hmmm, what box did we put those in?) we had to laugh (or we would have cried!). For those brave souls who had orders in around that time, we thank you for your support and patience.

Look out for the next changes around spring time! In the works are a new logo, which will make its debut on our new Spring catalogue, then it will work its way onto website, pamphlets, tent cards, business cards and eventually onto our product labels. We felt we needed a change of image after 12 years. I hope you will like the new colours and the look. We sure do!



I am crossing the pond to England on the 28th of December to spend New Year's with our son while looking into any new Aromatherapy developments in Europe. As you read this I imagine I shall be enjoying myself immensely, back in the 'old country' socializing with family and friends.

As always, we love to hear from you, compliments or complaints, we read them all, so don't hesitate to drop us a line! See you in the Spring!

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!

"A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part."
-Nathaniel Hawthorne



Take Time to Stop and Smell the Essential Oils!

Another year has zoomed on past. Where does the time go?

At the risk of sounding repetitive (it seems we say this every year), Green Valley has seen many changes again in 2005, two of the bigger ones are the changes to our website and our year end change of physical location. Life with Green Valley is anything but boring! It's not like we look for reasons to change, but opportunities present themselves and we are firm believers in things happening for a reason. So, we take a deep breath and dive in!

This move has tested each and every one of our team members this last month in one way or another. Moving a company like ours is no quick and easy job, and we wanted to do it with as little inconvenience to you, our customers, as possible. Of course the technology was the biggest challenge. Between the computers and the phone systems, we thought we were going to go mad. Happily, it has all worked out in the end, but there were moments we thought we'd be hand writing and snail mailing forever!

Now, three weeks after 'THE MOVE' the stress toll is showing. Despite our best efforts, using the oils, taking vitamins and such, there is not one staff member that has not been (or is not) either sick with the flu or a cold. The scent of Terminator wafts through the air in our offices as we try to rebuild our burnt out immune systems. We are all happily looking forward to the break at Christmas. Of course, as you read this now, it is January and we are, I'm sure, all well rested and ready to take on 2006 with renewed verve and bounce. However, from where I sit now in my office, looking out at the wind and rain (a typical west coast winter day), thoughts of warm fires and a little self pampering come to mind. This newsletter is all about how important it is to take time out for YOU. Each one of us is a unique and very special being in the world, and while we may believe that we are bullet proof, the reality is that we are not. If we don't take time to 'take time out' then our bodies will take the choice away from our conscious decision and we will get sick to FORCE us to be still for awhile. We tried some different recipes this time just for fun. Experiment with a few of them and indulge your hedonistic side!

Oil Profile: Lemon (*Citrus limonum*)



Lemon – Citrus limonum

Lemon essential oil is cold pressed from the peel of the fruit. The lemon tree is native to Asia, but is now grown extensively in many parts of the world, with the bulk of the oil being produced in Italy, Cyprus, Israel and California. Did you know that it can take as many as 3,000 lemons to produce one kilogram of the essential oil?

It is good to note that like most other citrus essential oils, lemon oil is phototoxic, which means you should not apply this oil to the skin shortly before going out in the sun or into a tanning bed. Oily skin would benefit from adding this oil to a gel based cleanser (perhaps with Tea tree) for their daily face wash, as it is naturally astringent.

Citrus limonum has also been used in cellulite treatments to help with cellulite (diuretic and astringent actions) and it may be helpful to diffuse this oil to help mobilize the body's white corpuscles, which are what helps the body fight off all manner of infections.

Spiritually, this oil is said to help clarify everything through upliftment and focus. Lemon's sparkling scent helps us to take our meditations to a deeper level and our prayers to rise to the heavens.

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

Aromatherapy uses: skin care (oily skin), acne, boils, warts, cellulite, arthritis, high blood pressure, poor circulation, rheumatism, asthma, sore throats, bronchitis, indigestion, colds and flu.

Product Highlight

Melissa, Roman Chamomile and Peppermint Hydrosols

Melissa hydrosol is known to be calming to the system and may be useful as an all over body mist for children who are a little more on the hyperactive side. It is even gentle enough to use on babies. Try misting a flannel cloth with a blend of 50/50 Chamomile hydrosol to Melissa hydrosol to help with diaper rash or any skin irritations. It is great used with eczema as well.

Roman Chamomile hydrosol, as mentioned above is another gentle hydrosol useful for babies and small children. It is the number one choice for natural baby care. Chamomile hydrosol can help to induce feelings of well-being and is lovely to use at bedtime. In your skincare regime, this hydrosol can help calm rashes, rosacea, acne and general redness. Due to its highly acidic pH, this hydrosol should not be used at all on very dry skin, wind burnt skin.

Pets can benefit from this hydrosol as well. It's calming nature can help to reduce stress before travelling or before and after a trip to the vet.

Peppermint hydrosol is well known for its mind-stimulating and anti-inflammatory properties. It can be used topically to help fight itching and burning for allergic reactions, bug bites and stings and can also be used in hydrotherapy treatments for stiff muscles, aches and pains, sprains and strains. It can even help to calm headaches. Spritz it on your face for an instant pick-me-up without the jitters of caffeine. It's great for students to use during exam time to help stimulate the brain and improve concentration.



Product Profile: Fair Trade Shea Butter

By purchasing your 100% natural, unrefined Shea butter from Green Valley you are helping us to support the efforts of an entire village in northern Ghana. We are proud that our shea butter originates from Tapko, a small village located near Wa in Ghana's Upper West Region.

This butter cannot even be called organic because it is grown and produced in a region in Northern Ghana so remote no mechanism for organic certification exists. It is harvested from the trees growing naturally in an area which has never seen a pesticide or chemical of any sort. Unlike many other products on the market, it is not extracted using hexane or other chemicals, bleached, or deodorized. There are no preservatives, yellow coloring agents (natural or artificial), or other additives in our unrefined shea butter. It is a creamy shade with a nutty, slightly smoky scent that dissipates on the skin quickly.

Every ounce of Tapko women's Shea Butter that Green Valley sells has three distinctive qualities:

- It is natural, unrefined and of the highest quality;
- The women who produced it were paid a fair price for the product; and
- The women will also receive a portion of each retail sale of the product

At Green Valley we are committed to supplying you with the highest quality product and doing it in a way that will make a sustainable difference in the lives of the women and families who produce it. By purchasing it you will be directly supporting the Tapko women.

Here are just a few of the things Shea can be used for

Radiation burns	Allergies	Dry skin	Skin cracks
Wrinkles	Insect bites	Skin rashes	Tough skin (feet)
Eczema/Psoriasis	Sunburns	Itching	Preventing stretch marks
Dermatitis	Frostbite	As a Shave cream	Muscle fatigue

Did You Know?



This year, for the second year running, Green Valley Aromatherapy has been honoured by Alive magazine?

Our Personal Massage Rollers won the Bronze medal last Year and this year we won the Silver! Yippie!



"And, above all things, never think that you're not good enough yourself. A man should never think that. My belief is that in life people will take you very much at your own reckoning."- Anthony Trollope



News! News!

Green Valley has moved from our old location at 4988 North Island Highway to a downtown location at 420 Fitzgerald. Our new offices are painted in soft shades of green (very healing and soothing), with the tinkling sounds of a slate fountain gently adding negative ions (which are good!) to our

environment. It truly is a lovely place to come to work in each day. This move is the beginning of many more changes for Green Valley in 2006. Our Lavender Lady will be retired after her many years of service and a new, more updated logo will take her place. The website will start to take on our new colours (we

are aiming for the Spring) and we plan to have a new price structure in place for March 2006 with a new catalogue to follow some time after that. We are also working on a Japanese translation of our website. We look forward to these changes with great anticipation! Stay tuned for more developments!

Recipes

Oceanic Getaway Soak

Pretend you're at the beach with this one!

1 Cup Dead Sea salts
 ¾ cup Epsom salts
 ½ cup baking soda
 2 drops Cedarwood (*Cedrus atlantica*)
 3 drops Clary Sage (*Salvia sclarea*)
 6 drops Orange (*Citrus sinensis*)
 1 drop Neroli (*Citrus aurantium*)
 5 drops Bergamot FCF (*Citrus bergamia*)

Mix all ingredients and add to the bath just before it is done filling. This is enough for 2 baths.

The healing salt minerals from the Dead Sea help to heal and regenerate the body, baking soda helps to condition dry skin. Cedarwood is a sedative, Clary sage can help with depression, Orange is naturally uplifting and cheering, Neroli can help with palpitations and stress related disorders and Bergamot has also been used to help with depression and stress.

Rejuvenating Milk Bath

Milk has a powerful softening effect on the skin.

2 cups powdered milk – makes skin feel silky and smooth
 2 drops Coriander (*Coriandrum sativum*)- mental exhaustion
 3 drops Black Spruce (*Picea mariana*)-nervous exhaustion
 1 drop Rose Geranium (*Pelargonium graveolens*)- emotionally balancing
 3 drops Australian Sandalwood (*Santalum album*)-calming and harmonizing

Combine all ingredients in a glass bowl and mix well to blend (do not use wooden spoon, as it will absorb the essential oil scents). Relax, soak away your cares and feel a subtle, renewed power infuse your spirit!

Reincarnation Body Oil

Helps you feel like you've come back from the dead!

2 ml Pine (*Pinus sylvestris*)
 2ml Rosalina (*Melaleuca ericifolia*)
 1ml Vetivert (*Vetiveria zizanioides*)
 2ml Petitgrain (*Citrus aurantium*)
 250ml Jojoba oil

Blend all essential oils into Jojoba, seal and invert to blend. This blend is great to use after you have come out of either of the two baths listed here. Apply a thin layer of this blend on your still damp skin to further help seal more moisture into your skin. Great when applied just before bedtime.



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***Our business makes
 good scents for your
 well being!***

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