

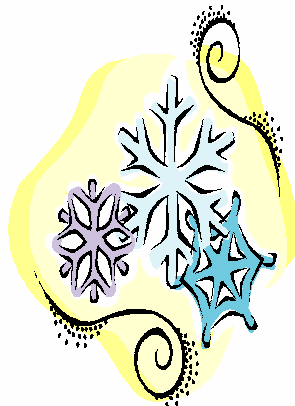
Green Valley Aromatherapy



January 2007

Individual Highlights:

Another year begins	2
Product Highlight	2
Oil Profile -Vetivert	2
Product Profile	3
News! News! News!	3
January Specials	4
Recipes	4



"It's not enough to have lived. We should be determined to live for something. May I suggest that it be creating joy for others, sharing what we have for the betterment of personkind, bringing hope to the lost and love to the lonely."

Leo F. Buscaglia

President's Letter

Well, another year comes to an end and in usual British Columbia style, we've had rain, wind and snow, sometimes all in the same day! The end of this year has seen BC break records for rainfall (torrential downpours), wind (hurricane force at times) and in some places even snow! I can't imagine what it must be like being in a country that's HOT at Christmas. I find myself thinking about being on a tropical beach somewhere toasting in the New Year.

Green Valley has had an interesting 2006. We got settled in our new building (has it been a year already?) and also hosting workshops on a variety of topics. One of our favourites was on Animal Aromatics, presented by Caroline

Ingraham of the UK. We have had some wonderful feedback from the owners of newly happy pets who benefited from experiencing this natural and cost effective method of dealing with everything from hot spots to arthritis, hyperactivity to emotional trauma. Watching the animals self-select the oils and supplements and seeing such immediate results was incredible! We are looking forward to starting our Animal Aromatics Wellness Days here at the Green Valley offices starting in January.

This is the time for planning your New Year's resolutions, so Green Valley's theme for January is 'Changes'. You may think you are content

with where you are, but there is always room for personal growth, even if you don't need a major change. With this in mind, we have been working on three new blends centered on this theme. One is to help with addictive behaviours, it is called "7 Steps", another is to help your body and your spirit open up to change, it is called "Transitions", and the final blend in this series is to help give us a 'motivational nudge' when we feel lethargic and apathetic, rightly called "Empowered". Here's to a wonderful New Year filled with all good things for you and yours!

Barb Greenwood

President & CEO

Special Note!

In our quest to become more efficient and process your orders in a timely fashion we request **your customer number** when you place an order. To find it, **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!

"Our greatest glory is not in never falling but in rising every time we fall."
Confucius



Another year begins...

There's nothing like the end of another year to get us thinking back on what has gone before and where we may yet roam. We've been in our new offices for a year now and find ourselves marveling at the changes that have happened in 2006. We have embarked on a new direction of education, making a specific effort to conduct workshops from our new location in a variety of interests. Of course we do many different ones on Aromatherapy, but most recently we hosted Caroline Ingraham from the UK to help us understand more about Animal Aromatics (helping animals to heal with natural products). We have done Metaphysical Workshops, Energy channeling seminars and more! We plan to expand on those workshops in 2007 to do even more fun stuff!

Due to what we learned from Caroline, we will be offering in-house Animal Aromatics appointments starting in January. Caroline has taught us to listen to our animals. They know what they need because they listen to their instincts. Something that we as humans could certainly stand to do much more often!

So, with that said, let's work towards a more positive and healthier 2007 as we stop trying to second guess our own instincts and go with our 'gut' or our 'heart'. Ultimately, it is through this medium that we can all connect with the Holy Spirit, in whatever form it takes for you.

Oil Profile: Vetivert (*Vetivera zizanoides*)

Vetivert (*Vetivera zizanoides*)

Vetivert is steam distilled from the roots of the scented grass native to India and Sri Lanka. Some of its main chemical components are vetiverole, vitivone, and vetivenes.

While vetivert has been used as a perfume base (fixative) for thousands of years, the fact that it is an immunostimulant is less well known. This increases our ability to withstand stress without getting sick. It also has mild rubefacient qualities, making it good in the treatment of arthritis, rheumatism and muscular pain. The most valuable use of this oil, however, is its ability to relieve stress, anxiety, insomnia and depression. It is a very grounding, stable oil and is very useful to use after a shock or during a traumatic period in life.

This oil blends well with sandalwood, jasmine, patchouli, lavender, clary sage, and ylang ylang.

Specific Cautions: Avoid in the first trimester of pregnancy.



Product Highlight

Animal Aromatics Workbook by Caroline Ingraham

"The Animal Aromatics Workbook is a unique resource and the only comprehensive guide to promoting animal self-selection.

Whether you are an animal enthusiast, owner, breeder or therapist, this book provides fascinating detail and inspiration as to how to radically enhance the health and well being of your animal companion/s. This book is a remarkable distillation of many years of experience and committed research on Caroline's part and Animal Aromatics practitioners around the world.

This book deserves to be on the 'must read' list for all who are concerned with animal health and welfare."

Review by Rhiannon Harris



Product Profile: Aromas@Home



Aromas@Home Kit

Do you love Aromatherapy? Are you a dynamic, health conscious individual looking for a way to make money from home? Our Aromas@Home program may be just what you need! Not a Multi Level Marketing format, Aromas@Home is a viable way to help bring the wonders of aromatherapy to your friends and family. Our program is based on education with the full support of our on-staff team of certified Aromatherapists.

Your initial starter pak contains one 5ml bottle of each of the following essential oils:

- Roman Chamomile, Bergamot FCF, Eucalyptus (Radiata), Frankincense, Geranium, Grapefruit, Lavender, Marjoram, Orange, Peppermint, Rosemary, Tea tree, Vanilla, Ylang ylang. And one 5ml bottle of each of the following blends: Terminator, Tranquility, Acheaway, Stressbuster.
- You will also receive one each of: 60ml jar of emu base cream, 30ml Sweet Almond, 30ml Evening Primrose oil, Scentball diffuser, Facials2Go kit (Peppermint), our book Aromatherapy Essentials. Questions? Email our Aromas@Home Manager at aromaparties@57aromas.com.

News! News! News!

Due to a multitude of requests for a site where a lower minimum order is possible, we are bringing back our retail site. This will enable those who cannot make the \$100.00 minimum to still purchase and enjoy Green Valley's products at retail prices.

For those existing clients of ours who have been purchasing from us for their own personal use we will continue to honour your ability to purchase at wholesale prices for orders of \$100.00 or more. If you are a 'grandfathered' in retail customer (personal use only) and you need less than our minimum you may purchase from the retail site. Once our retail site is up and running any new customers who use our products for personal use will only be able to access the retail prices. Wholesale will only be accessible via a log on password.

If you have any questions, comments or concerns regarding this please contact us at feedback@57aromas.com

"Great spirits have always encountered violent opposition from mediocre minds."

Albert Einstein



January 2007 specials

Essential Oils 15% off

*Grapefruit
*Eucalyptus Globulus
*Lemon
*Cinnamon

Blends 15% off

*Terminator
*Sniff-B-Gone
*Empowered (NEW!)
*Transitions (NEW!)

Fun Stuff On Sale!

* Harmony Balls
*Ying/Yang Candle holders
*Ying/Yang wind chimes
*Nebulizing diffuser

Recipes

*Natural Flea Powder for Dogs

10ml dry Glacial Clay
10 drops Tea tree
(*Melaleuca alternifolia*)
or Lavender (*Lavandula angustifolia*)
(allow the animal to choose)
2 drops Neem oil

Combine in a zippered bag and shake well to mix. Apply to the areas on your dog where the fleas tend to congregate (tail, arm pits, around the neck and ears). Leave on for one hour and then comb through. Do this every three days for two weeks.

*Recipe courtesy of
Caroline Ingraham

*Diuretic Bath

2 drops Juniper
(*Juniperus communis*)
6 drops Lemon (*Citrus limonum*)

Add to a warm bath and soak for 15-20 minutes. After you come out of the bath, lightly towel off, leaving your skin slightly damp and use the following Diuretic Massage Oil.

*Recipe courtesy of
Valerie Ann Worwood's
book 'The Fragrant
Pharmacy'



*Diuretic Massage Oil

8 drops Juniper
(*Juniperus communis*)
10 drops Fennel
(*Foeniculum vulgare*)
12 drops Grapefruit
(*Citrus paradisi*)
30mls carrier oil
(Grapeseed or Sweet Almond work well)

Massage well into abdominal area, legs and arms. This blend can help the body to release retained water.

*Recipe courtesy of
Valerie Ann Worwood's
book 'The Fragrant
Pharmacy'

Green Valley Aromatherapy

420 Fitzgerald Ave
Courtenay, BC CANADA
V9N 7N2

Toll Free Line:
USA & Canada Only
1-877-57-AROMA
1-877-572-7662

Phone:
(250) 334-4836

Fax:
(250) 338-4835

E-Mails:

General inquiries
greenvalley@57aromas.com

Orders
orders@57aromas.com

Product inquiries
productinfo@57aromas.com

Comments or opinions
feedback@57aromas.com

Catalogue requests
catalogues@57aromas.com

Newsletter sign-up
newsletters@57aromas.com

*A fragrant blend of
Nature and Science.*

We're on the Web!
www.57aromas.com

"Happiness depends more on the inward disposition of
the mind than on outward circumstances."

Benjamin Franklin

