

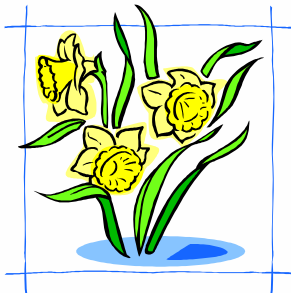
# Green Valley Aromatherapy



April 2007

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Your world needs to manifest the spiritual aspects of love, and the first of these is patience. In order to help you lift your love on to a higher plane, the things you desire are withheld for a time that you may learn to wait in patience and in peace, for truly in patience there *is* peace.  
-Ramadah

## President's Letter

Greetings to everyone and (finally!) to Spring!

April is the month of new beginnings, longer, lighter nights, flowers in the garden and spring cleaning in every sense of the word. Here at Green Valley you can sense the anticipation as our team members start making plans to plant their gardens, go camping or head off on exotic vacations!

As I started writing this letter for this newsletter, I realized that April is Cancer month. I found myself thinking about how stressful our lives tend to be, in general, and how we need to recognize and deal with the things in our lives that cause us such stress. We seem to think that we need to be all things to all people but ultimately we must realize that we can only be responsible for ourselves, our actions, our reactions.

Make space in your day

just for you. Use your essential oils to meditate and find out what you want out of life, and then write it down, then work on each phase. Look at your diet, exercise and water in-take. Are you breathing deeply? Make sure you have your diffuser handy to help you surround yourself with calming, positive aromas and allow yourself to ride the waves of gentle scent.

We know that essential oils don't cure Cancer (yet!) but they can help you to relax and feel better, whether it's you who's dealing with the illness or if you are the caregiver, essential oils can help you make the best of an uncomfortable situation. Combine the oils with massage for even better benefits. Studies have shown that massage with or without essential oils appears to reduce levels of anxiety. The addition of an

essential oil seems to enhance the effect of massage and to improve physical and psychological symptoms, as well as overall quality of life. The only caution here is not to massage directly over the affected area. If in doubt, opt for a hand or foot massage. Any massage is better than none at all.

Here at Green Valley we continue to go through even more changes. Paula, our 'tekkie' person has left us after 6 years to move to move back east to Saskatchewan. For those of you who live in the States, that's like moving from the coast of Washington to Montana or North Dakota. We all wish her well. She will still continue to look after our website from there. Ah, cyber commuting. How times have changed!

Well, that's about all from me for this month. Talk to you again in May!

*Barb Greenwood*  
President & CEO

What I believe, according to my own experience, is that a calm, peaceful mind is a very important element for sustaining the body in a balanced way.  
~ 14th Dalai Lama Quote



## We Are Energy...

By Roberta Boyle

Have you ever taken the time to think about what animates our bodies? We are energy, pure and unrefined. Technically, physical energy of the body is expressed as electromagnetic fields, which can now be seen and measured as technology becomes ever more sophisticated.



It has even been suggested and tested that a body takes on cancer when it's overall energy levels fall dangerously low. This is where eating fresh, raw juices, both fruit and vegetable, can help to keep us strong and well. Also, using top quality essential oils that have been handled lovingly and with care and intent can help. In his book 'Messages in Water' by Dr Masaru Emoto shows how, by simply introducing negative, hostile thoughts, water crystals will change shape from beautiful snowflake-like works of art to twisted, angry looking blobs. This is a very simple and amazing way to see how thoughts can affect our surroundings, our bodies. We are, after all, made up of mostly water. What we say to our body and how we treat it serves to form it, for good or for bad. Using an essential oil with a high vibration, like Rose Otto, can help to bring up the energetic frequency of someone whose energetic frequency levels are low.

If a body takes on cancer, it cannot hurt to work to help bring it's energetic levels up by feeding it with raw, fresh fruits and vegetables, pampering it with aromatherapy treatments, and sending it loving healing thoughts all with the intent to heal and recover. As science crosses more into the realm of 'energetic healing' there are more and more miraculous discoveries being made each year. This is an exciting time to be alive to bear witness to the awakening of the spirit.

This month remember to take the time to focus on your own energies and find ways to take them higher!

### Oil Profile: Niaouli (*Melaleuca viridiflora*)

By Alexa Harris

#### Niaouli (*Melaleuca viridiflora*)

The Niaouli shrub or small tree grows mostly in Australia. Its leaves and young twigs are steam distilled to produce the essential oil. It can vary in colour from pale to dark yellow and has a strong, fresh, eucalyptus-like, slightly spicy odour.

Niaouli is similar to Tea Tree, though is more gentle in both scent and action. They have many of the same properties, most importantly, a powerful antiseptic and tissue healing ability that greatly aids the healing of wounds, cuts and grazes. Niaouli is well tolerated by the skin and mucous membranes when used in proper dilutions. In this way it can assist the treatment of acne and boils as well as cystitis and other urinary tract infections. Its anti-infectious nature makes it appropriate to use with a variety of skin disorders and infections including chicken pox, cold sores, herpes, and roundworm. A little known but highly beneficial use of Niaouli is for use with radiation therapy for cancer. A few drops of Niaouli applied to the skin before each session of cobalt therapy may give some protection against burning of the skin and has been shown to reduce the severity and aid the healing of any burns that do occur.

As with other essential oils of the Myrtaceae family, Niaouli is useful for respiratory problems. It is specifically recommended for acute and chronic bronchitis and sinusitis along with all other respiratory tract infections, whether they affect the nose, throat or chest.

Niaouli would be a wonderful addition to blends with Black Spruce, Cajaput, Cedarwood, Eucalyptus, Frankincense, Lavender, Lemon, Manuka, Myrrh, Myrtle, Rosemary and Tea Tree.

## Product Highlight

*Each month in this space Barb will re-introduce one of Green Valley's original blends to help you better understand the history behind each one. We never create a blend just for the sake of doing so; they always start out with one person's need that blossoms into so much more...*

*Stressbuster is a blend of Nutmeg, Petitgrain, Vetivert and Lemon.*

This blend was born in 1994. I was doing some treatments for a local spa. We had a client who booked himself in on a 3 week program to start himself back on the road to health. This gentleman had suffered a traumatic experience involving the death of his young family.

After two years of grieving he decided to try to move on with his life. The program he chose consisted of diet, exercise, daily meditation and, of course, aromatherapy.

I chose Vetivert for insomnia, anxiety and depression due to bereavement and also to deal with anger and help fight against addiction.

Nutmeg is an essential oil which should be used with caution, but in this circumstance, instinct was drawing me for its' powerful grounding properties, as well as its connection with addiction, grief and mental fatigue.

Petitgrain is usually indicated for lonely people or those suffering SAD syndrome, but mainly I chose it for recovery, to counteract those negative attributes of grief, anger and guilt.

Lemon has the ability to stimulate the body's own defenses, physically and emotionally, especially where there are issues of grief and guilt.

This blend worked so well for him, it became a part of us!



## Product Highlight: Seabuckthorn oil – *by Roberta Boyle*



Seabuckthorn berry oil is one of nature's most versatile oils. Packed with carotenoids, tocopherols, fatty acids and phytosterols, this oil has the power to help protect cell membranes and enhance cellular regeneration.

Suggested uses for this oil would be as a cellular regenerator (has been used on radiation burns and sunburns with great results), antioxidant, anti-inflammatory - great for dry, damaged skins, and may also help increase microcirculation in the epidermis.

This oil is very versatile and would be well received in any face or bodycare products where nourishing and healing are a priority. It should be noted that this oil is BRIGHT orange in colour, due to the carotenoids, so it will change the colour of the skin if applied straight from the bottle.

## News! News! News!

### Two New Blends!

**Tummies:** Ok, so you've over indulged and are now paying for it. You feel stuffed, bloated and uncomfortable. Add this blend to an unscented base oil or cream and massage it onto your stomach to help you feel relief soon. This blend is great for 'barfy' tummies too!

Contains: *Mentha piperita*, *Zingiber officinalis*, *Citrus reticulata*, *Citrus limonum*, *Foeniculum vulgare*.



**Essential Smile:** This blend of pure essential oils in a fractionated coconut base was designed to help freshen breath and help keep your mouth clear of disease causing bacteria. Makes a wonderful treatment for your gums. Has been known to help with gingivitis and other bacterial infections of the mouth.



Contains: *Mentha piperita*, *Mentha spicata*, *Eugenia caryophyllata*, *Commiphora myrrha*, *Origanum marjorana*, *Origanum vulgare*

"The secret of health for both mind and body is not to mourn for the past, worry about the future or anticipate troubles, but to live in the present moment wisely and earnestly."

~ Hindu Prince Gautama Siddharta, the founder of Buddhism



# April 2007 Specials

## Blends & Essential oils

**20% off**  
Essential Smile  
Tummies

**15% off**  
Pine (*Pinus sylvestris*)  
Lavender (*Lavendula angustifolia*)

## Carriers and Bases

**15% off (30ml only)**  
Seabuckthorn oil  
Cranberry Seed oil

**15% off**  
Organic Aloe Vera Liquid

**10% off**  
Powdered Canadian Glacial  
Clay

## Ready-to-Use Products

**10% off**  
BugzOff Insect Repellent  
Itch Over cream

## Recipes

### Radiation Burn Spray

*Check with your oncologist to see if this will interact in any way with your radiation treatments.*

30ml Seabuckthorn oil  
30ml Organic Aloe Vera liquid  
15 drops Lavender (*Lavendula angustifolia*)  
15 drops Niaouli (*Melaleuca viridiflora*)

Add Seabuckthorn and Aloe to 60ml spray bottle, add Lavender and Niaouli and shake well before each use. Product will separate. Keep unused portion in "fridge to help keep product cool and fresh! Spray on tender skin as needed.

### Still Your Mind Blend

*After days filled with treatments and doctors this blend can help you to settle your mind and calm your body.*

.5ml Ylang ylang (*Cananga odorata*)  
1ml Vetivert (*Vetivera zizanoids*)  
2ml Lemon (*Citrus limonum*)  
1ml Petitgrain (*Citrus aurantium*)

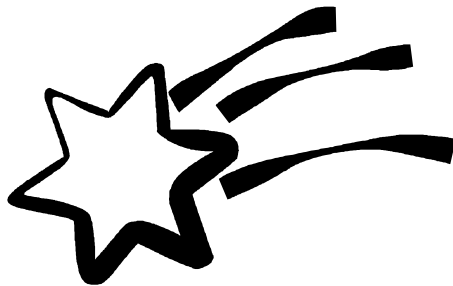
In a 5ml bottle combine all oils, seal and invert 3-4 times to blend. This synergy can be added to a massage oil, diffused into the air or added to the bath at the end of a long and trying day.

### Rise and Shine

*Some days it may be harder to get out of bed than others. Keep this blend beside your bed to inhale deeply when you awake.*

1ml Rosemary (*Rosmarinus officinalis*)  
1ml Orange (*Citrus sinensis*)  
1ml Lemon (*Citrus limonum*)  
1ml Grapefruit (*Citrus paradisi*)  
1ml Basil (*Ocimum basilicum*)

Combine all oils in a 5ml bottle, seal and invert 3-4 times to blend. This blend could be added to an unscented shower gel to get you moving first thing in the morning or just inhale straight from the bottle!



"Health is the state about which medicine has nothing to say."  
~ W.H. Auden

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