



Aromatherapy Thymes



Christmas shopping?

Do you need to receive your order before December 24th? Here are the shipping dates to keep in mind:

Canada - Expedited - Ship by
December 11th

Canada - Express - Ship by December
20th

USA - Expedited - Ship by November
23rd

USA - Express - Ship by December
10th

International - Express- Ship by
December 3rd

Our retail store at 420 Fitzgerald Avenue in Courtenay, BC will have some extended hours for Christmas shoppers. We will be open Saturdays December 1st, 8th, and 15th from 11am to 4pm.

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Green Valley Aromatherapy

Nov. 2007

LETTER FROM THE PRESIDENT

Hi Aroma Friends,

I hope you are enjoying the fall season. It's been pretty rainy and wet here until this week when the sun came out and added that touch of dazzle to the autumn colours of the trees. As some of you may know, I have been in a waiting game again, waiting for a new grandchild to put in an appearance. The due date was October 26th but the parents were convinced the baby would be early. At this time of year the phones at Green Valley are particularly busy with people ordering for Christmas, and of course I expected each call to be from England to say the baby had been born. At last the call did come on October 25th, one day early, announcing a new grand daughter, Abigail Lauren, who finally arrived weighing 8 pounds.

I will be spending Christmas with my Canadian family and leaving on December 28th to spend the New Year with my English family. Christmas is a good time to relax in the warmth of loving family and reflect on how lucky we are in our life. If you think of life as though you had a terminal illness, then you will live it with joy and value each moment.

Essential oils can add so much in helping to create the warm moods that keep the holidays healthy and happy. This month we are featuring oils that are especially helpful

during the cold and flu season. Make sure you have some nice warming oils like Nutmeg or Cinnamon as well as some anti-viral oils like Pine or Eucalyptus. Rose Geranium can help to calm down the fractious children, and Orange can help to pep up tired parents. Of course you can always diffuse precious oils like Frankincense and Myrrh, simply because it's Christmas.

Barbara Greenwood
President

Did You Know...?

Rosemary was used in ancient Greece to strengthen the memory. Students wore sprigs of the herb when they studied. Rosemary oil was first extracted in about 1330 by Raymundus Lullus. It was one of the two ingredients in the first formulation of Queen Of Hungary water which, according to Wikipedia, was a tonic remedy used to cure many ailments in the 14th century.



Essential Oil Profile

Eucalyptus Radiata

20% OFF in November 2007



Eucalyptus, radiata (also known as gray peppermint) is considered the most useful of the 3 eucalyptus oils because it has a more pleasant scent, is least likely to irritate the skin and is easily absorbed by the body. The oil is produced from the steam distilled leaves and twigs of the tree native to Australia and Tasmania. The process produces an oil that is pale yellow in color with the main chemical constituents of eucalyptol (about 70%) with terpineol and some other alcohols and monoterpenes.

This particular eucalyptus is antibiotic, antiseptic, and anti-viral making it a great oil for viral infections, colds, bronchitis as well as muscular strains and rheumatism. It helps to keep the air germ free when used in a vaporizer. This genus of eucalyptus is great for treating sinus conditions as it can be inhaled most deeply without triggering the cough reflex. It is the oil of choice when dealing with infections high in the chest. It is a good immunostimulant, great for use by individuals who are run down, and prone to colds, etc. It is a very powerful bactericide and anti viral. This makes it excellent as an inhalation for colds as it eases nasal congestion while inhibiting the growth of the cold virus. A room spray containing 2% eucalyptus essential oil will kill 70% of airborne staphylococci. Eucalyptus is also a great natural insect repellent (mosquitoes hate it!) and it is useful when combined with Bergamot when treating both herpes simplex and complex. Discount offer expires 11/30/2007

Free Gift Special!

During the month of November, retail orders over \$75 and wholesale orders over \$150 will receive a FREE GIFT of one 30ml size of Cranberry Seed carrier oil. While quantities last! Cranberry Seed oil is considered by many to be a "luxury item" in the world of carrier oils. Its superb moisturizing qualities and richness allow it to be mixed even with other carrier oils and it can be used on the skin as well as the hair. It is a great help in retaining moisture when treating dry, itchy or scaling skin, dandruff and eczema. It is the only oil that has an equal ratio of Omega 6 and Omega 3 fatty acids, and also contains calcium, iron, zinc, sodium, potassium, copper, phosphorous, magnesium, selenium and manganese. Rich in Vitamin E as well as antioxidants, and is often used in hand creams and lotions. Offer expires 11/30/2007

New Staff Addition

Green Valley would like to welcome new staff member Patti Tillapaugh to the Green Valley Team. Patti is our new bookkeeper, keeping track of our transactions and making sure everything of a financial nature runs smoothly.

She is also new to the Comox Valley, coming to us from Quadra Island which is a small gulf island off the east coast of Vancouver Island. Patti has just purchased a new home and is a do-it-yourselfer looking forward to renovating and redesigning her new home. Even her dog is a designer dog - Cooper a Labradoodle, who is a cross between a Labrador and a Poodle.

Patti has always been an advocate of natural healing - so working at Green Valley and learning more about essential oils was of interest to her. Her favourite products are the Scents and Sensuality blend and the Teaser Body Butter. We are pleased to have her as part of our team!

November Product Profile

A Scents of BC

20% OFF in November 2007

A Scents of BC was created after a particularly busy tourist season. People seemed to have lots of things like photos and postcards to remind them of what they had seen, CDs to remind them of what they'd heard, clothes and fluffy toys to see and touch, but nothing for the smell memory. So, we made a blend of all the trees that grow in BC: Pine, Cypress, Black Spruce and Cedarwood. Then I added my own touch of Sage, which is not exactly a tree but I felt it was needed, and bound it all together with Vanilla. Then I added this blend to a vegetable oil and put it in a bottle with a roller top. Oh! And for good measure, we added a few pebbles from the beach.

Well 12 months later the test period is over and the results are in. While our customers do like the aroma, they'd prefer a different packaging. *Scents of BC* is being reintroduced as a regular blend with a wonderful aroma of the forests of BC, less a few pebbles and the roll on applicator. You get the added benefit of having antiseptic, antibiotic, and anti-fungal properties all in one bottle. This is great for any time of year, diffused at work, home, or school to keep on top of those nasty viruses.

The oils in this blend are beneficial on their own as well! Pine has been used to help respiratory infections, muscular aches and pains, and mental fatigue. Cedarwood is often used to treat acne, dandruff, cellulite and fluid retention and Black Spruce essential oil can be used to strengthen the immune system, ease sore throats and improve circulation. Cypress can help with varicose veins and hemorrhoids, as well as respiratory problems like asthma, bronchitis, and emphysema. Sage can stimulate the brain, metabolism and nervous system. Discount offer expires 11/30/2007