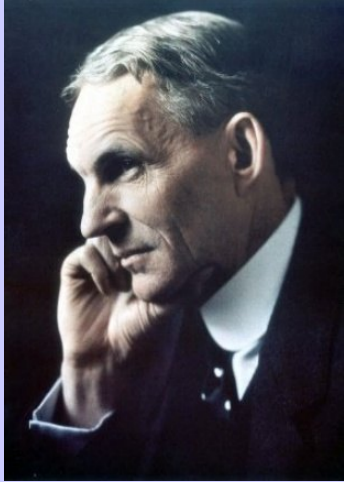




# Aromatherapy News



Green Valley Aromatherapy

Dec 2008

## LETTER FROM THE PRESIDENT

Well, we finally made it! Our move was fairly organised but like all moves the hardest part is getting used to where things are and where they should be.

With all the recent news of the economic downturn we had anticipated a decrease in sales but it hasn't happened as we had predicted. When we talk to our customers, they say that they need essential oils more than ever - to keep up their spirits and to keep their health strong. We feel the same way!

Every month, starting in this month's newsletter, we will profile one of Green Valley's customers. This month we are featuring Simple Remedies, a wellness store in Victoria. If you would like your business or aromatherapy practice to be featured in our newsletter, please email [Barb](#).

Since Halloween there have been a run of horror movies on television. I'm not a fan of horror movies but I recently saw a documentary on the high demand for this kind of movie. It seems that people enjoy the rush of adrenalin they get from being frightened. They should come and live at our house - there is always something going on. Last night after everyone had gone to bed, it was nice and quiet and I was working on my computer. I was in a small office with a window behind me. Suddenly I felt someone stroke my hair. I froze! Then I slowly turned around, caught sight of my reflection in the window, and screamed as I stood up, knocking the chair over, only to discover that one of my grandchildren's helium balloons had decided to come down from the ceiling. Who needs horror films!

Anyway, enough talk of Halloween, it is time to think about Christmas. We at Green Valley send you our best wishes for a wonderful holiday season and a very Happy New Year!

*Barbara Greenwood, President*

## New Natural Base Cream

For a fresh, natural start to the new year, Green Valley has sourced a wonderful, [premium base cream](#). It is a silky all over body moisturizer with a smooth-as-satin texture that glides over your skin, leaving it feeling velvety-soft to touch.

This cream is made from a wide range of natural butters and carrier oils to moisturize and protect the skin. Try adding your favorite essential oils to it or use it as an unscented face and body cream.

For more information and pricing, please click [here](#).



## Quotes

"Whether you think that you can, or that you can't, you are usually right."

"Quality means doing it right when no one is looking."

"If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own."

*Henry Ford*

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Green Valley's Aromatherapy News



## Holistic Spas

Traditionally spas have been the sort of places where the rich and famous go to be pampered. As times have changed, so too have spas.

One significant change is that spas have become more affordable and accessible to the average person. Another significant change is their focus - more and more spas are focussed on health and wellness rather than pampering and beauty.

From an aromatherapy perspective, more spas than ever are offering aromatherapy treatments and we are proud to be aromatherapy suppliers to three of the top spas on Vancouver Island - Tigh-Na-Mara Seaside Spa Resort, Aqua Terre Spa and the Kingfisher Oceanside Resort and Spa.

## Aromatherapy Recipe

### Grapefruit Sugar Scrub

1-1/2 cups white table sugar  
8 drops Grapefruit essential oil  
1/4 cup Jojoba oil  
1/4 cup liquid Castille soap

Place sugar into a large bowl and stir to break up any clumps. Add the Grapefruit essential oil. Add the Jojoba oil and Castille soap next, a little at a time, stirring after each addition. Mix well and pour into clean container. To use, stand in the tub or shower and massage the sugar scrub onto your skin from head to toe. Rinse. Inhale. Smile.

## Personal Start Up Kit - on sale!

Green Valley has created an outstanding Start-up Kit for those of you wanting to practice in your own home what you've learned about aromatherapy.



Regular Retail Price: \$120.00  
Sale Price: \$105.00

Regular Wholesale Price: \$75.00  
Sale Price: \$65.00

Offer expires Dec. 31, 2008

## Aromatherapy Recipe

### Sore Throat

Dilute 1/2 teaspoon of salt in 30 mls of warm water. Add 10 mls of Roman Chamomile hydrosol and use as a gargle.

Soak a cotton pad in Roman Chamomile hydrosol and add 1 drop of Cypress essential oil to the pad.

Place pad over infected area and wrap a scarf around. Keep in place for 20 minutes.



## Customer Profile

### Simple Remedies

Carola Schleuss, Owner

Green Valley Aromatherapy customer since September 2003

[Simple Remedies](#) is a place for learning wellness in Victoria, BC. Owners Carola and Walter E.D. LaFleur and their staff offer custom blending on a wide range of natural products that are carried in stock at the store. In addition to their product range, they offer hands on natural treatment sessions ranging from Massage, Foot Reflexology, Acupuncture, Hypnotherapy, Craniosacral Therapy and Nutrition and Herbal Consultations.

## More Quotes

“The greatest wealth is health.”  
~Virgil

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”  
~Doug Larson

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”  
~World Health Organization, 1948