



Aromatherapy Thymes

Did You Know...?

History reports that the life of a lavender plant was 15-50 years. Now their life span is reported at 4-10 years. My opinion is that all the minerals that are being mined out of the earth is comparable to a person on a very poor diet.

What's your opinion? As an essential oil, Lavender has antiseptic properties and was used in hospitals for disinfecting surfaces during WWI. It is also considered to be an effective natural anti-inflammatory.



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Green Valley Aromatherapy

Jan 2008

LETTER FROM THE PRESIDENT

Happy New Year to our aroma friends!

Here we are again with a new batch of New Year's resolutions. One of my resolutions is to journal as much as I can, at least the basics like what I eat, how I feel, and what my sleeping patterns and stress levels are. I figure it's the only way to get to know myself.

My second resolution is to get back to my dream book. Not to track my sleep dreams, but again to get to know myself better. You'd think that by the time you got to be my age that you'd know yourself inside out, but the busy pace of life and the desire to meet the needs of those around us, can prevent us from paying attention to our own hearts. I kept a dream diary going for a couple of years, and once a week I would write out something that I really wanted or reiterate an old one. I would put down the date I wrote it down, and the date I'd like to receive my new vehicle, holiday, or whatever I was wishing for. What is interesting to me, is that looking back through the book, I can see how many of my dreams actually came true.

For various reasons, Green Valley saw some staff changes in 2007 and it struck me while interviewing Patti who is now our bookkeeper, that every woman who joins our team unmarried ends up married. Some say there is no such thing as coincidences, so I wonder how that works.

Compared to Victorian times, we are much more open about discussing sexuality. There are a number of essential oils connected with sensuality and a few years ago we started getting requests for natural products that

would meet very personal and intimate needs. Common requests started to emerge, and we were able to identify specific customer needs like vaginal dryness and lack of libido. We launched a product line called Sensual Health, which included a personal lubricant made of 100% coconut which we called **Tropical Slide**. This product is very popular because it becomes a beautifully scented liquid at body temperature and does not promote yeast growth. A nice change from medicinal smelling lubricants. Tropical slide can also be used as a carrier oil for essential oils and used as a body massage oil.

While some of our Sensual Health products were very popular, others were not and so 2008 will see a discontinuation of some of these. We will no longer be making the flavored body glazes, the flavored roll on products, or the Aroma Veil linen sprays, however we will still be providing the popular products of Tropical Slide, Teaser Body Butter, and our arousing blends of Scents and Sensuality and Masculine Moments. These blends contain oils with appealing aphrodisiac properties in both a floral (for her) or musky scent (for him).

With Valentine's Day around the corner, you may want to consider introducing these natural products into your intimate moments and let us know what you think!

Until next time,

Barbara Greenwood
President

January Special

20% OFF Citrus Oils until Jan.31/08

Got the winter blues? Many suffer from depression during the winter months but you can lift your spirits by using citrus oils! **Citrus oils** are uplifting and also stimulate the lymphatic system to purge the body of toxins. We carry **Lemon, Orange Sweet, Orange Bitter, Lime, Red Mandarin and Grapefruit.**

Grapefruit is a citrus oil with many helpful properties and is used in aromatherapy to reduce stress, mental fatigue, and nervous exhaustion. More than just a sunny scent, **Grapefruit** is also used as an antiseptic, a detoxifier for lymphatic drainage and a digestive stimulant. The essential oil is extracted from the peel of the grapefruit and can be diffused in the air, added to the bath, or used in a carrier oil or body lotion for massage. We currently have inhaler containers in our clearance items, which make a very convenient way to bring the cheerful scent of citrus with you throughout the day.

Note Citrus oils are phototoxic, meaning that they can make your skin sensitive to light and more at risk for sunburn. This is important to note if you are using tanning beds or light therapy for Seasonal Affective Disorder (SAD). Citrus oils should also be avoided in the first trimester of pregnancy.



Shipping Rate Increase

Please note that Canada Post has announced an upcoming increase in postal rates effective January 2008. Green Valley Aromatherapy will be adjusting our shipping rates accordingly.

Blend Profile:

Brian's Arthritis Cream

20% OFF Until Jan 31/08

Brian's Arthritis Cream was created many years ago for the step father of one of our staff. The blend worked wonders for Brian and is still in much demand. Although **eucalyptus** is best known as a decongestant with bactericidal properties, it was chosen for this blend because of its analgesic and anti-inflammatory properties. **Birch** was chosen for its main constituent methyl salicylate, which was first identified in the willow tree. In its synthetic form it is known as aspirin. Thus, **Birch** oil is analgesic and anti-inflammatory. **Clove bud** is a cousin of **Eucalyptus** and **Tea tree** and is a strong analgesic which you may recognize from toothache remedies. **Rosemary** has a stimulating effect on the central nervous system and is useful where there is a reduction in certain functions like some kinds of speech impairments or loss of limb movement. Nicholas Culpepper, an English botanist and advocate of natural healing who lived during the 15th century, reported that it was helpful with degenerative conditions such as multiple sclerosis and also had analgesic properties. **Camphor** is added to this blend but only in a small amount as it can be toxic to some skin types. However, **Camphor** is great for arthritis as it has both anti-inflammatory and analgesic properties.

These essential oils are blended together and added it to emu carrier oil. Emu oil on its own has shown some dramatic results for sufferers of arthritis so the combination of these oils is a powerful synergy.

Sunshine Blend

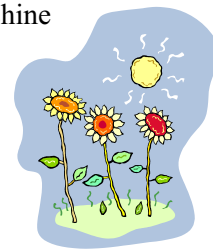
20% OFF until Jan.31/08

At this time of year, people living in the colder parts of the world are thinking about sunshine and hopefully able to take a holiday somewhere hot. If you're one of them, don't forget to take your aloe vera, lavender and chamomile! Use the **Lavender** to help you feel calm and to

boost your immune system against the airborne germs that may be recirculated on the plane. The anti-inflammatory properties of **Chamomile** will be helpful if you get sunburn and it is also considered analgesic (pain relieving), sedative, and calming - great for tummy bubbles in children and those rheumatic joints in older people.

If you can't go to the sunshine, you can bring the sunshine to you and award yourself a day off.

Start by adding 5 drops of our **Sunshine blend** to your diffuser; now Sunshine is in the air. Add 2 drops to a cotton ball and put it into your toilet paper roll (we have to go there even on a day off!). As you pull tissue off of the roll, you'll enjoy a burst of Sunshine. Next add 2 drops to your bookmark; what a pleasant surprise when you open your book and get lost in your favourite novel. Relax in a hot bath that has had 10 drops of Sunshine blend added to it. Perhaps to finish your day off you can enjoy a meal with friends. Add **Sunshine blend** to the melted wax around your candles or even to finger bowls. Your guests will be thrilled by the smell and mood created by a little Sunshine.



Recipes for Citrus Oils

by Barb Greenwood

All **citrus oils** are well known for their stimulating properties, and for uplifting the mood. With cold and flu season still upon us, I have chosen a recipe to stimulate the immune system, especially for children.

Pour 30mls of carrier oil such as **sweet almond oil, emu oil, grapeseed oil or evening primrose**, into a small container. Add to it 5 drops of **Orange**, 5 drops of **grapefruit**, and 5 drops of **lavender**. Massage into the skin, including the feet and legs. Also add 3 drops of the mixture to a diffuser. For adults, double the amount of each essential oil to 10 drops.