



Aromatherapy News

Green Valley Aromatherapy

June 2008

Did you know?

The US Food and Drug Administration have allowed the banana industry to make official claims for their health benefits? The fruit has been proven to reduce the risk of blood pressure and strokes, because they are low in salt, and have high potassium content. Bananas are also good for energy. They contain 3 natural sugars combined with fibre, which provides an instant sustained boost of energy. Think of packing an energizing banana snack instead of an energy bar. Even the banana peel has a use! Rub the inside of the peel on a mosquito bite to take away the itch, or use it to clean your shoes. Just polish them afterward with a dry dust cloth.

Quotes

"A goal without a plan is just a wish."

"In seeking happiness for others you find it in yourself." - Anonymous

**Green Valley
Aromatherapy Ltd.**

4-420 Fitzgerald Ave.
Courtenay, BC V9N 7N2
(250) 334-4836
1-877-572-7662

www.57aromas.com
greenvalley@57aromas.com

LETTER FROM THE PRESIDENT

Hello Aroma Friends,

April showers bring forth May flowers, and the month of June brings forth a multitude of possibilities including gardening, camping, barbecuing, and of course Father's Day.

I don't have any trouble agreeing that men are from Mars and Women are from Venus. To me it seems like a very good analogy of how men and women seem to come from different places on some things, and it's good to recognize that men and women are different in more than physical ways. Not better or worse, just different. While there are physiological differences to take into consideration, physically both genders need to eat right, exercise and catch their forty winks. Emotionally both genders also have similar needs; we all need to feel valuable, appreciated and respected.

Father's Day is on June 15th, but it seems this holiday doesn't get anywhere near the publicity that Mother's Day typically gets, probably because it doesn't generate the same kind of economic boost as men are not as easy to buy for as women.

Men in general seem to be more open to expressing their nurturing qualities, which some people refer to as "being in touch with their feminine side". Years of social education have taught us that men

are the hunters and breadwinners while the women rear the children and look after the home. In today's society many men are now filling the child-rearing role and women are the breadwinners. It is rare to see the traditional barbershop but common to see uni-sex hairdressers. Even the spa industry is seeing a significant amount of male clients using a full range of services like manicures, pedicures, massages and facials.

The first Father's Day was observed in 1910 in Spokane, Washington, but it wasn't until 1966 when President Lyndon Johnson signed a proclamation that it became a national holiday. It is really meant to be a men's day, and a time for you to celebrate any man who has been like a father to you. Here at Green Valley, we're calling June Men's Month, and encouraging our customers to honour the men in their lives. Have a great month!

Until next time,

Barbara Greenwood
President

June Specials

20% off three essential oil blends: **Headeaze, Bug Off and Road Scents.**

Essential Oil Profile - Marjoram *Origanum marjorana*



In ancient times **Marjoram** was believed to increase a person's life span, presumably because of its many healing properties. **Marjoram** has a slight peppery smell and one of its greatest properties is its warming action on both the mind and body. At the onset of a cold, get yourself into a hot bath containing 6 to 8 drops of **Marjoram**, this may help to prevent the secondary miseries like soar throat, coughs or bad chest congestion, especially if massaged into the skin in affected areas. The sedative properties of **Marjoram** also help for a good night's sleep, so be aware if you are using **Marjoram** to ward off a sore throat or cough that it can cause drowsiness.

Marjoram is also used by aromatherapists for treating high blood pressure and heart conditions as it dilates the arteries, thereby reducing the strain on the heart. I have used **Marjoram** for clients complaining of muscle stiffness and pain from arthritis. The increase in circulation especially if you have been exercising helps to carry away toxic wastes that are in the muscles and therefore reduces the pain.

Marjoram has been known to lessen emotional response and physical sensation, so Marjoram has the effect of being anti-aphrodisiac. (Not a good choice for massage if you are planning a romantic evening.)

Recipe

Recipe to help lower blood pressure for men.

Marjoram	10 drops
Lavender	6 drops
Nutmeg	4 drops
Lemon	4 drops
Rosemary	2 drops

Mix with 30 mls of vegetable oil and massage into body.

Coming to Terms

We list the properties of essential oils on our website to help educate about essential oils and their uses. While those terms are common to aromatherapists, we thought some of our retail customers might appreciate a little more information. Trying to find effective and natural pain relief is what introduces some of our customers to the use of essential oils.

The terms **anaesthetic** and **analgesic** both describe the effect of reducing or removing pain.

Antineuralgic means that a substance reduces nerve pain or sensitivity.

Some of the oils used in aromatherapy to reduce pain are: **Basil, Bay, Bergamot, Birch, Black Pepper, Cajaput, Chamomile, Clove Bud, Coriander, Eucalyptus globulus, Ginger, Lavender, Manuka, Marjoram, Niaouli, Nutmeg, Origanum, Peppermint, and Rosemary.**

June Specials

This month's specials include 20% off three of our essential oil blends: **Headeaze, Bug Off and Road Scents.**

Headeaze combines the oils of **peppermint, pine, geranium and lavender.** In the aromatherapy world, **lavender** is known for it's pain relieving properties, **peppermint** for it's ability to help with headaches and migraines, **Pine**

for improving circulation and easing mental stress and anxiety. **Geranium** is the peacekeeper of oils, stimulating the adrenal cortex and balancing hormone levels.

Perfect for the outdoorsman, **Bug Off** blend can help ward off insects without harmful chemicals that can enter the body through the skin. Try our DEET-free solution, just mix with water to make your own spray (shake well before each use) and mist over yourself. This blend contains **Lavender, Lemongrass, Peppermint and Thyme**, so while the bugs don't like it, you won't mind.

Road Scents is the perfect Father's Day gift to go along with our portable **car diffuser.** The calming blend of **Benzoin, Lavender, Litsea Cubeba and Ylang ylang** will help take the stress out of commuting in rush hour traffic!

Other Specials

Are you a wholesale customer interested in reselling Green Valley products? We'll be posting our "Christmas in July" specials next month to help retailers prepare for their holiday purchasing. Once you login to your account you'll be able to see how Santa spends his summer vacation!

