



Aromatherapy News

September Specials

20% OFF

Red Mandarin
Tea Tree
Essential Smile
Terminator

Offer expires September 30, 2008.
While supplies last. Order online at
www.57aromas.com

Upcoming Workshop Introduction to Aromatherapy

Introduction to Aromatherapy will be held on Sept. 17, 2008 from 6-8:30pm at our Green Valley Aromatherapy office located at 420 Fitzgerald Ave., Courtenay, BC. You will learn the 30 most popular essential oils, what the oils can be used for, how to apply them, who can use them, as well as how to use essential oils safely. A certificate of completion will be presented at the end of the workshop. Call (250) 334-4836 to register.

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Green Valley Aromatherapy

Sept 2008

LETTER FROM THE PRESIDENT

Hello Aroma Friends!

Welcome to September, the back to school month. The stress starts two weeks before school does- preparing the children and getting the supplies needed - and goes on for two weeks after classes start, adjusting to new peers, a new teacher, a new school and new rules! Not only do you need your essential oils but the children will too. Make sure you put anti-viral oils such as mandarin on tissues and put them in their bags or anywhere they can access them easily.

In this newsletter I will be talking about Dr. Emoto's presentation (which I mentioned to you all in August's newsletter), Indigo children, mumps, Bill C51 and C52, a toothpaste replacement, and current aromatherapy trends. Dr. Emoto's presentation was held last Sunday and it was wonderful. Apart from being a well known scientist, he is a man with a dream and a passion for world peace, and I came away knowing that this was going to happen. Dr. Emoto's plan is to give away 10 million copies of his book to children. The main message I got from his presentation, and I have heard it and read it a thousand times, was LOVE YOURSELF. Due to our background and culture, and I am not sure if it is a women's issue, we are taught to put ourselves last, and that our happiness depends on keeping the people around us happy. The point is, if you are comfortable with yourself your happiness projects itself to people surrounding you. Test this theory by smiling (whether you feel like it or not) at your colleagues, neighbours or

children - you will be amazed at the results, smiles are infectious! I think we should have a national "smile" day and measure the effect. There have been studies of groups of people visualising and repeating a peace mantra and when measured after, there was a decrease in crime in that area.

My daughter-in-law was telling me that Erin, my two year old grand-daughter, has conversations with a man that no one else can see, which leads me to wonder if Erin is one of the newly recognized Indigo children. The term "Indigo Children" comes from psychic Nancy Ann Tappe who classified people's personalities according to their auras. Psychics have been aware of these children since 1970. As I understand it, Indigo children are children who have jumped a time span in our evolutionary system. They are more aware, often psychic, have strong empathy and a common trait among them is very large, bright eyes. These children often need a different approach to how they are taught in the education system. Being particularly smart and quick thinking, the conventional classroom may not work for them. For more information about Indigo Children, go to <http://www.indigochild.com/> or do a google search. Because our children are our future we need to protect them. Learn all you can about your particular child or children. Listen to them, spend time with them and make essential oils as much a part of their day as it is yours.

Until next time,

Barbara Greenwood
President

Oil Profile: Tea Tree

Tea Tree, a member of the Myrtaceae family, is active against infectious bacterial and fungal organisms. This makes it a natural when cleaning and disinfect your home and surroundings. It is also a very powerful immunostimulant, so whenever any of these infectious organisms enter the body, tea tree helps increase its ability to fight. Tea tree is great for colds, flu and any infectious illnesses. It can be helpful when used in the bath (especially when combined with Epsom salts) at the first sign of an illness to help induce sweating (ginger is a good additive here too, in very small doses), which may help to completely stop the illness from progressing. If not, it may help to greatly reduce the symptoms and decrease actual 'sick time'. Tea tree can be used on cold sores, shingles, chicken pox and even warts with the placement of one drop of the oil 'neat' (not mixed with a carrier oil) once or twice a day. Remember, though, to apply the oil with a cotton swab for a controlled application. It can be used in a skin wash for acne, or in a treatment for athlete's foot and candida. There are also reports of this oil being used in the weeks leading up to surgery by patients to help them build up their strength.

Oil Profile: Mandarin

Mandarin and Tangerine are the names given to describe the same fruit. Europeans usually say "Mandarin" and American's usually say "Tangerine". A common use of Mandarin is for treating digestive problems. It has a tonic effect on the stomach and the liver. Because of its gentle action and recognizable scent, we often refer to it as the children's oil and it is also beneficial to seniors or anyone you think of as "delicate". It is great in a 2% dilution for upset tummies. One of my favourite uses for Mandarin is for expectant mums. It will help settle morning sickness and is wonderful in a blend for stretch marks (see below).

Blend Profile - Essential Smile

Essential Smile is the natural way to clean your teeth and keep your mouth and breath fresh. Made from natural plant products, this blend of pure essential oils includes Peppermint, Spearmint, Clove Bud, Myrrh, Marjoram and Origanum, which have been added to an organic coconut oil base. The chosen oils cover a wide range of therapeutic values including: anti-inflammatory, antiseptic, antiviral, antifungal, antiparasitic and analgesic. All of these are a must for a healthy mouth, teeth and gums. To use: put 2 drops onto a dry toothbrush. Brush teeth in the usual way. Rinse brush under the tap. Brush teeth again. We have some wonderful testimonials from the people who use it regularly.



Recipes

Stretchmark Blend

2 drops Mandarin
2 drops Neroli
2 drops Lavender

Add to 10 mls of Rosehip and 4 mls of jojoba. Gently massage on the belly.

Mumps

An acute viral disease which spreads through infected saliva ie; coughing, sneezing or kissing. The symptoms can be headaches, loss of appetite, earache aggravated by chewing, a fever that usually lasts about 2/3 days, fatigue, swollen glands and aversion to light. In men and adolescent boys there is a possibility of swelling in one or both testes, but aromatherapy can help with all these symptoms. You are usually contagious one week before the symptoms appear and two weeks after. During this time keep your room sprayed with a blend of Tea Tree, Manuka, Niaouli and Lavender, (5 drops of each) to 600 mls of water. A nice massage blend would be Lavender, Lemon, Tea Tree and Manuka (8 drops of each)

added to 30 mls of a vegetable carrier oil. Apply gently around the neck and the abdominal area. As a preventative diffuse, Terminator Blend in your home, office or classroom!



Industry News

Stop Bill C-51 and C52 (Canada)

Let your member of parliament know that if he or she supports Bill C-51 and C-52 you will not be voting for him or her in the next federal election. This bill has been authored by the pharmaceutical industry to bring in new dangerous drugs (ie. Celebrex or Vioxx) more quickly and easily and to take our choices away. For more information go to www.vitalitymagazine.com.

Please take the time to educate yourself and be responsible for your family's and your own health.



We're Moving!

As we mentioned in last month's newsletter, as of October 31st, 2008 we will be in a new location located at:

4988 North Island Hwy
Courtenay, British Columbia
V9N 9H9

We will continue to serve our online wholesale and retail customers but will no longer be operating our retail store at 420 Fitzgerald Ave. in Courtenay.