



Aromatherapy News

Smelling Your Oils

There are still a number of people who think that price is directly related to quality in all products. This is not always the case but you have to take responsibility to do your own research. As far as essential oils are concerned, make sure you can get all the paperwork on the essential oils, for example msds reports, and use your nose.

When you are inhaling an essential oil with a view to identifying it, smell for things that should not be there. Rose essential oil has been known to be adulterated with geranium essential oil and Melissa has been known to be adulterated with lemon grass. It takes time to train your brain to detect smells (Barb's nose is quite incredible after all these years) but it can be done. When smelling an oil take several short intakes of breath through your nose (rather than one long one), that way you don't overload your olfactory receptors. Inhale the scent of coffee beans in between smelling different essential oils.

Green Valley Aromatherapy Ltd.

4988 North Island Hwy
Courtenay, BC V9N 9H9
(250) 334-4836
1-877-572-7662

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

Green Valley Aromatherapy

August 2009

LETTER FROM THE PRESIDENT

I am starting the August newsletter today and thinking about what July was like. Here on Vancouver Island it has been very hot and we had a really freaky storm - it was like a laser light show with erratic drumming in the background. Fortunately it did not interfere with all the festivals that are on in July.

We just received news that a good friend of ours has died suddenly; a wonderful lady we have known since childhood. Although she had breast cancer, nobody realised how badly she was doing. It makes me wonder why someone who had led such an exemplary life - she never drank alcohol, never smoked, was never overweight and she exercised regularly - should succumb to any disease, never mind breast cancer.

I have been reading a lot of information about the link between mental and emotional issues and physical disease. For example, it is now believed that childhood abuse, though one may appear to come through it OK, may manifest into a physical disease when one gets older. From these readings I understood that breast cancer may be linked to the loss of a child (not necessarily a death) and how you dealt with the loss. If you want more information about these concepts, check out *When The Body Says No: The Cost of Hidden Stress* by Gabor Mate, MD. Dr. Mate is a Vancouver physician.

The word "cancer" strikes fear into all our hearts; there are very few of us who have not been connected to someone who has had this disease, whether as a survivor or as a part of someone's support group. This is where essential oils are so very useful. Essential oils have been found to help with the side effects of the treatments, for example, lavender essential oil is great with radiation burns and ginger can be helpful with nausea. Depending on your reaction to chemotherapy there are several oils that will help you feel better. I am not in any way trying to say that essential oils cure cancer, but they can help with some of the symptoms.

The family and friends who are part of the support group for the person with cancer also need some support to keep a happy positive outlook. Diffusing a blend of geranium essential oil, [orange essential oil](#) and [bergamot essential oil](#) may help. Be prepared that chemotherapy has the side effect of altering the way we smell things so the smell may be unpleasant for the person experiencing chemotherapy.

I hope you are all enjoying your summer holidays and that you can take some time to relax and reduce your stress.

Barbara Greenwood, President

Essential Oil Profile - Eucalyptus

Eucalyptus is one of the least expensive of all the essential oils, but don't let that fool you &&into thinking it has little value.

[Eucalyptus essential oil](#) has long been recognised for its anti-inflammatory properties which help with upper respiratory problems. Many of us have used Vicks, which is made of Vaseline and Eucalyptus essential oil, plastered on our chests, necks and backs to help with respiratory infections.

To get relief from sinus problems, add one drop of Eucalyptus essential oil to a bowl of hot water, put a towel over your head and breath in its healing vapours.

Eucalyptus is a powerful bactericide and antiviral so it makes a great air spray to protect from flu and infectious diseases. It is also an effective insect repellent, which deters mosquitoes from breeding. In North Africa, Eucalyptus trees have been planted in swampy, unhealthy areas to prevent the spread of malaria.

As an anti-inflammatory, Eucalyptus is wonderful for reducing swelling. Barb used it on her husband's knees after he had knee surgery in January.

There are about 300 varieties of Eucalyptus, most of them coming from Australia. The three most popular in aromatherapy are [Eucalyptus Globulus](#), [Eucalyptus Radiata](#) and Eucalyptus Citriodora

"Brain cells create ideas. Stress kills brain cells. Stress is not a good idea."
Frederick Saunders

Customer Profile: Seacrest Skin Care

Christine Seacrest is a certified esthetician and has been a customer of Green Valley Aromatherapy's for almost 14 years. Christine's interest is in natural, organic skincare.

Living in San Francisco with all the pollution and the stress that comes with living in a major city, she became aware, through her work, that her clients' skin seemed to mature faster than she thought it should. Not wanting to let this to happen to her, Christine set about creating healthy skincare products which really work clients have seen remarkable results.

Christine has been sharing her skincare secrets with her clients for years. Some are so addicted to her products that they call her before they've run out to insure she'll be able to supply them with more! As a result, Christine has decided to launch a business focusing on skincare solutions for mature and troubled skin. We'll let you know how things are progressing for her and if you are in the San Francisco area and would like to contact Christine, please let us know.

New Price List, New Products September 2009

We are pleased to let you know that our new price list will be ready for September 1, 2009 and in it will be some new products. We'll send you an email when its ready!

"Stress: The confusion created when one's mind overrides the body's basic desire to choke the living daylight out of some jerk who desperately deserves it"

Unknown

Suite 101 Articles

This month at Suite 101, Barb wrote articles on:

Aromatherapy & Stress

Aromatherapy in Pregnancy

Aromatherapy and Morgellons Disease

Aromatherapy & The New Millenium

To read these articles, go to www.suite101.com/profile.cfm/greenvalley

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August 1 - 31, 2009