



Aromatherapy News

Green Valley Aromatherapy

Feb 2009

February Promotion

FREE 1 Month Trial

From February 1st to March 31st, 2009 you will receive a free 5ml bottle of Essential Smile with every order you place. Don't wait - start brushing naturally today!

Offer expires March 31, 2009.

Did you know?

Some of you may remember that Green Valley used to carry a product called Superbug (MRSA). Due to labelling rules and regulations we withdrew the product from the market. We have recently re-introduced the blend as an Anti-Viral Blend.

It is very helpful with colds, flu bugs and is now having very positive results with Morgellons Disease.

Please call Barb toll free at 877-572-7662 for more information.

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LETTER FROM THE PRESIDENT

Dear Aroma Friends,

Winter is not quite at the end but there are signs that spring is on its way here in British Columbia. We still have some snow and a threat of some more to come, but the snowdrops are peeking through; they are later than usual but at least they are here. I find it amazing how this delicate little flower survives the harsh winter then pushes up through the ground so it can get some of the mild, wintry sun on its face.

The Snowdrop is my birth flower, as I was born in January. I would like to identify with this brave little flower but I seem to have a weak immune system. I chronically struggle with the cold virus and am constantly being re-infected. The lesson I cannot seem to learn is to give my body the time to build up its own defences and work together with the essential oils to fight back.

In this newsletter we are talking about Lavender essential oil. What prompted me to profile lavender this month is that we have received notice that it will be going up in price - we should expect to see about a 30% increase! We placed a large order this month so our supplies at current prices should last us until the end of March. At this point I do not know what has sent the price up but I will try to find out. Our customer profile this month is Koochie Koo, a company that makes natural products for your sensitive baby.

I hope you are all looking forward to Valentines Day. Even if you don't have a special someone in your life, make sure to treat yourself. Allow yourself some time, even if it's only a soak in the tub with a good book and a rose hydrosol mask on! In the words of Princess Diana, "Always do what your heart tells you to do".

Barbara Greenwood, President



Product Feedback - Essential Smile

"I have been using **Essential Smile** twice daily for about one year. Before using this product I had serious problems with receding gums and much pain during eating and drinking of hot and cold. Since using Essential Smile, I have noticed the pain completely gone. Also, my dentist and the hygienist mentioned about my healthy looking gums and lack of recession. A bonus of using Essential Smile is that it is all natural, great for killing bacteria, gives a wonderful zesty breath and make my teeth feel clean!"

- Cheryl Howard

Essential Oil Profile:

Lavender

Lavender is a plant from which the flowers, leaves and stems are steam distilled.

The analgesic, antiseptic and antibiotic properties of lavender make it great when treating colds, the flu and coughs. It is best delivered by inhalation through steam. Steam is a great anti-viral treatment alone, but when combined with the lavender you get soothing, decongesting, and destruction of bacteria, which may be responsible for further infections.

Lavender is also a wonderful sedative, making it great for use before bedtime. When massaged into the temples, lavender may help to relieve headaches. For muscular pain, this oil is excellent, especially blended with Rosemary or Marjoram, as the properties of Lavender improve when mixed with another oil. During labour, Lavender may reduce pain and strengthen contractions (best massaged into the lower back), helping to speed labour.

For skin conditions and general care, Lavender is an excellent oil. For treating acne, it is one of the most useful oils, as it inhibits the growth of bacteria which cause the infection, while working to heal the damage that has already been done.

Lavender works as an insect repellent.. If you should forget to use something before you go outside and manage to get bitten, Lavender will help take the sting out of the bite, help to stop it from becoming infected, and work to help it heal faster. It is one of the few oils that may be used on the skin neat - no home should be without a bottle!

Customer Profile



Koochie Koo has been a customer of Green Valley's since 2006.

Koochie Koo's products are 100% natural and hand crafted in small batches. They use Organic and Wild Crafted ingredients whenever possible. They support local merchants by buying locally and many of their ingredients are from Vancouver Island.

Products include:

- ✓ Lil' Baby Bums - A Baby Bum cream that really works!
- ✓ Baby Body Butter - Head to toe nourishing butter for babies and grownups.
- ✓ Baby Scalp Oil - A cure for cradle cap and dry skin.
- ✓ Buddha Belly Butter - Pre-baby, stretched out tummy butter. Post baby stretch mark and scar reducer.
- ✓ Stuffed Up - All natural vapour rub, great for headaches, stuffed noses and chest congestion.

Koochie Koo Baby Products can be found at Edible Island and Little Me Consignment in Courtenay and Planet Kids in Comox, BC. Order by phone or email, and of course any questions and comments are welcome!

Website coming soon at:
www.koochiekoobaby.com.

Contact: Jennifer Quinn at (250) 339-6159 or koochiekoo@shaw.ca

Quote

"If love is blind, why is lingerie so popular?"

- Unknown

Recipes

Shea Butter Scalp Massage

Wet hair. Soften a handful of shea butter in your hands and massage it into your scalp. Comb through hair and put a plastic bag around your head. Leave for one hour to feed and stimulate your scalp. Leave over night if your hair is out of condition and needs a kick start. Shampoo out with a mild shampoo (no sodium laurel sulfate) and finish with a hydrosol rinse. Leave the hydrosol in your hair. Style as usual.

Pep-Up After Winter

7 drops Lavender Essential Oil
7 drops Eucalyptus Essential Oil
8 drops Grapefruit Essential Oil
3 drops Rosemary Essential Oil
Add essential oil to 30mls of carrier oil. Rub mixture all over your body after your morning shower.

Essential Smile - Free Trial

Have you wanted to try it but just weren't ready to make the commitment? Well, here is your chance to try Green Valley's **Essential Smile!**

This blend of pure essential oils in a fractionated coconut base was designed to help freshen breath and help keep your mouth clear of disease causing bacteria. It makes a wonderful treatment for your gums. It has been known to help with gingivitis and other bacterial infections of the mouth. Use on a dry toothbrush and rinse well after use. Contains: Coconut oil, Clove, Marjoram, Myrrh, Origanum, Peppermint and Spearmint.

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