



Aromatherapy News

Customer Profiles

Would you like an opportunity to showcase your business to Green Valley's newsletter readership? If you are a current Green Valley customer (purchased in the last 3 months), we would love to put a profile of you and your business in our newsletter.

What we are looking for is about 150 words - a description about your business and how Green Valley's essential oils and aromatherapy products play a part in it. The audience is varied and geographically all over the world. We would also appreciate it if you could send your business's logo or a photo of you to go along with the article.

For more information, please contact Emma at admin@57aromas.com.

**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

June 2009

LETTER FROM THE PRESIDENT

Dear Aroma Friends,

I am so happy to welcome in June. It's a busy month with camping, gardening, etc. It's also a romantic month with June brides and young lovers strolling along the river. Everything looks fresh and beautiful and the air is intoxicating. In the words of Lao Tzu "Nature does not hurry yet everything is accomplished".

I hope all the talk of Swine Flu* does not spoil your summer events! I have been amazed at the awareness of this H1N1 flu and the reaction of children to it. I have heard of children asking if they are going to die because they have a cold. One mom observed her young daughter and her friends playing with Barbies, and in their make believe world a Barbie doll caught Swine Flu, died and they had a funeral for her!

Call me old fashioned but it does not feel right the way children adapt to the things they see on TV. I do believe in education but I also think that "ignorance is bliss". According to Wikipedia it is very uncommon for humans to pick up the influenza virus from pigs, and properly cooked pork poses no risk of infection. The symptoms generally are flue like: chills, fever, sore throat, muscle pains, headache, coughing, weakness and general discomfort. If you feel you are coming down with something stay home and use your essential oils (more details to follow).

We are starting to plan our August 2009 price list and are looking for your input! If there are any products you'd like to see us add, please [email me](#) directly.

Also, I have begun writing some interesting articles for Suite 101 and I encourage you to check them out. My latest one is about Florence Nightingale and her contribution to both nursing and aromatherapy. You can read it [here](#).

Barbara Greenwood, President

**Swine flu is a form of influenza type A. Although it is called Swine Flu, the H1N1 virus is a combination of viruses that typically infect birds, pigs and humans separately.*

Online Presence

You can now find Green Valley Aromatherapy on facebook and LinkedIn. Please be sure to add your link to ours. Barb has also been accepted as an aromatherapy writer for Suite101.

Product Change - Lavender

As you may remember from our March newsletter, we stocked up on our Bulgarian Lavender as we had been advised that the price was going up dramatically. We have now managed to source a very nice French Lavender (the same species, *Lavandula angustifolium*) which, although it will be a little more expensive than the Bulgarian, we know you will like.

Product Highlight - Personal Start Up Kit

Green Valley has created an outstanding Start-up Kit for those of you wanting to practice in your own "The period of greatest gain in knowledge and experience is the most difficult period in ones life." H.H. Dalai Lamahome what you've learned about aromatherapy. You will be able to blend personalized massage oils, add your favourite scent to your shampoo, fill your home with enlivening fragrance, naturally combat insects, customize a natural facial scrub, create your own signature perfume or facial cream - the possibilities are endless - and exciting!

If you are going camping or on vacation, this kit is perfect for traveling! It includes the following essential oils in 5ml size: Bergamot, Clary Sage, Eucalyptus, Geranium, Ginger, Lavender, Orange, Patchouli, Peppermint, Rosemary, Tea Tree and Ylang Ylang.



Problem	Essential Oils to Use
After Sun	bergamot, geranium and lavender
Bruises	bergamot, geranium and lavender
Burns	lavender
Colds	eucalyptus, geranium and ginger
Constipation	ginger and peppermint
Cramps	geranium and ginger
Exhaustion	clary sage, geranium, lavender and ylang ylang
Headaches	lavender and peppermint
Heat Exhaustion	eucalyptus and lavender
Indigestion	ginger and peppermint
Insect Bites	eucalyptus, lavender and tea tree
Itching	eucalyptus, patchouli and peppermint
Jet Lag	eucalyptus, geranium, lavender, orange and peppermint
Sunburn	eucalyptus, lavender, patchouli and peppermint
Toothache	lavender and peppermint
Travel Sickness	ginger and peppermint

For recipes and more ways to use these essential oils, please consult some of our aromatherapy books.

"The period of greatest gain in knowledge and experience is the most difficult period in ones life."

H.H. Dalai Lama

7 Simple Steps to Reduce the Risk of Breast Cancer

1. Maintain or lose weight
 2. Exercise
 3. Limit yourself to 3 alcoholic beverages per week
 4. Eat a variety of healthy foods
 5. Don't use tobacco products
 6. Have regular mammograms
 7. Do monthly breast self exams
-

"A good laugh and a long sleep are the best cures in a doctors book."

Irish Proverb

Save \$15

Personal Start Up Kit

Offer valid June 1 - 30, 2009