



Aromatherapy News

Green Valley Aromatherapy

October 2009

LETTER FROM THE PRESIDENT

Hello Aroma Friends,

Welcome to autumn, which is the most spectacular season here on Vancouver Island. We have a huge variety of trees all turning different shades of yellow, gold, orange and red - it's amazing! Fall seems to have started early this year probably due to the wonderful long hot summer.

The nut trees in our yard have started to drop and are being taken to store for the winter by all sorts of creatures. It's not really that long since people had to do the same before the invention of fridges, freezers, microwaves and convenience foods. It's hard to imagine all the work that went into preparing for winter - harvesting, smoking meats, wrapping and storing fruit and vegetables in dark places and many other procedures.

In the 20th century fall can mean stress - getting children back to school, costumes ready for Halloween and then preparing for Thanksgiving and Christmas.

A big part of the stress of children going back to school, and about the fall in general, is about getting sick. There is a lot of media attention right now on contagious diseases such as the seasonal flu, the swine flu (H1N1) and others.

We have to take responsibility to protect ourselves and our families from catching the bugs in the first place and minimizing their effects if they are not stopped. A good way to do both is to use essential oils and hydrosols.

Put Green Valley's Terminator Blend or Auntie Vi Blend on absorbant pads or tissues and place in backpacks or gym bags and diffuse it in your home.

A spray bottle of Green it Clean kept in there backpacks to spray their hands before eating.

Use a light essential oil (Jasmine Lite, Neroli Lite, Rose Lite), which is one of the precious oils added to jojoba, as a perfume. It not only helps to protect against disease but it doesn't cause an allergic reaction in people who are sensitive to scents!

Barbara Greenwood, President



Did you know?

Avocado oil is one of the few carrier oils not derived from seeds, but from the fleshy pulp around the stone/pip. Avocado oil is well known for its regenerative and moisturizing properties. It is a penetrating oil rich in vitamins A, D and E, as well as potassium, lecithin, beta carotene and more than 20% essential unsaturated fatty acids.

It is reputed to reduce age spots and help with sun damage. Last, but not least, it is great value for money. Don't assume that its lower price makes it lower quality!

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Essential Oil Profile: Carrot

Due to renewed interest in and increased requests for [Carrot Seed essential oil](#), we have realized that Carrot Seed is popular again. It really is a good essential oil, well known for treating skin ailments such as psoriasis, eczema and mature skin.

Carrot Seed oil comes from wild Queen Anne's Lace (also known as Wild Carrot). The seeds are steam distilled to produce a pale yellow oil. Some of its places of origin are England, France and Europe. Carrot has been known as a medicinal plant from before the 1st century A.D.

As a natural diuretic, Carrot Seed essential oil helps to drain toxins from the system. Infused carrot oil is used in skincare, especially for dry or mature skin and for burns. When blended into a cream or base carrier oil, helps to restore the skin's elasticity and tone and help eliminate the tiny lines and wrinkles associated with weather worn skin. It is also helpful for dermatitis and general skin rashes. It is excellent for eczema, psoriasis, rashes and wrinkles.

Carrot Seed essential oil also has a powerful detoxifying action on the liver and gall bladder. It helps these organs flush the body of toxins and excess fluids. This makes it helpful when dealing with gout, arthritis, edema and rheumatism (for releasing the toxins in the system that contribute to these conditions). It assists the digestive system with problems such as anemia, colic, indigestion and liver congestion.

Its active constituents include, carotol, daucol, limonene and pinene.

Warning: Do not use when pregnant.

Aromatherapy Recipes

Carrot Seed *Daucus carota* has a powerful tonic action on the liver and gall bladder, but is best known as a skin care essential oil. It restores tone and elasticity and helps to reduce wrinkles.

Night oil to nourish and revitalize mature skin

30 mls Avocado oil
10 drops [Carrot seed essential oil](#)
10 drops Grapefruit essential oil
8 drops [Rose geranium essential oil](#)

On clean skin one hour before going to bed, massage blend into face and neck. Try doing some facial exercises while massaging. If the blend has soaked in quickly then add a little more, if it has not soaked in and you want to go to bed, put a small towel on your pillow case to protect it.

Witch Hazel

[Witch Hazel](#) is a hydrosol which has been used for centuries for healing and soothing the skin. Barb gives it 10 out of 10 for its value for money.

For teenage skin, witch hazel will help to balance the over-production of oil. Soak a cleansing pad and gently wipe over skin, whenever necessary.

A treat for the scalp. Give your hair a good brushing, massage witch hazel into scalp, leave on for 5 to 10 minutes then shampoo. It will improve tired, lank hair.

Bruises. There is new evidence that bruises should not be ignored as they can cause complications down the road. Soak a pad in witch hazel and compress over bruised area.

Tired Eyes. Apply a cold face cloth with witch hazel to your eyes to bring back that sparkle.

Quote

"October. This is one of the peculiarly dangerous months to speculate in stocks in. The others are July, January, September, April, November, May, March, June, December, August, and February."

Mark Twain

15% OFF

**From October 15-31, 2009
receive 15% off carrier oils!**

Offer valid on orders placed October 15-31, 2009. Minimum orders apply. This offer can not be combined with any other offer.



Latest Aromatherapy
Articles by
Barbara Greenwood

**This month, Barb wrote
articles on:**

**Aromatherapy to Reduce
Office Stress**

**Health Benefits of
Grapefruit Essential Oil**

Aromatherapy and Cancer