



Aromatherapy News

Green Valley Aromatherapy

January 2010

LETTER FROM THE PRESIDENT

Happy New Year to one and all! 2010 is going to be a great year. I am another year older (my birthday is January 1st), but who is counting?

I read a good quote recently: "The first steps to getting what you want out of life is to decide what you want." Ben Stein

January is a good time of year to review your goals and to make plans. It is important to write them down - because the act of writing them down cements them in your mind.

We have some great plans for Green Valley Aromatherapy. We are very excited to become suppliers of Benchmark Thyme. Benchmark Thyme is a unique blend of ethically grown (chemical and pesticide free) Thyme cultivars, carefully chosen to provide the most effective composition of anti-bacterial aroma-chemicals, whilst being gentle on the skin. A book about this oil and its fantastic properties will be released in the new year.

We are also pleased to announce a change to our shipping policies. Effective January 1st, 2010 we will be introducing a flat shipping option for orders shipped within Canada and the continental United States (see below for more details).

On a personal note, I am going to be working one day a week less, but I will be here Tuesday, Wednesday and Thursdays to answer any of your questions. Staff will continue to be available to you Monday to Thursday from 9am to 4pm Pacific Standard Time.

Best wishes for 2010!

Barbara Greenwood, President



[Brian's Arthritis Cream](#) amazing cream was developed for a long-time arthritis sufferer. The healing and anti-inflammatory properties of Eucalyptus essential oil, Birch essential oil, Clove essential oil, Rosemary essential oil and Camphor essential oil are added to Emu oil to make this a great combination. Emu oil has anti-inflammatory properties and helps to reduce pain and stiffness. It naturally contains Vitamin E, Vitamin A, linoleic acid, oleic acid, sapogens and terpenes. Available in a 30ml (1.014oz) pvc bottle with a regular and a flip top lid included. A little goes a long way!

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Flat Rate Shipping Option



After much thought and discussion, we have decided to implement a new way to charge for shipping. Effective January 1st, 2010 we will be implementing a \$10 flat rate option for shipping parcels within Canada and to the continental United States.

This means that no matter how much you buy, you will always pay the same amount if you choose this option.

For example: Linda's Aromatherapy is in New York city and she orders 2kg worth of product. She chooses the flat rate shipping option and pays \$10 for shipping. Bill's Yoga Studio's in California orders 5kg worth of product and he chooses the flat rate shipping option. He pays \$10 for shipping.

The flat rate shipping option is only available for regular post. All other shipping options remain the same.

Customer Profile - Soladey Canada



The best things in life are simple.

Soladey-eco ionic toothbrush is a product that captures the power of three basic elements, water, earth and sun, to keep your smile naturally beautiful.

This toothbrush continues to prove itself as an exceptional alternative for everybody for whom toothpaste is not an option to keep their oral hygiene immaculate. Semi conducting titanium rod in the brush and it's antibacterial qualities are clinically proven to remove more plaque from your teeth than any other ordinary toothbrush. And that's even without toothpaste! Great as a gift for any age, everywhere, anytime.

However Soladey Canada, exclusive Canadian distributor of Soladey toothbrushes, felt that to make Soladey a complete and truly natural solution for clients we needed a product to compliment our toothbrushes and meet expectations of our customers. We were approached by multiple companies offering their products, but after testing those out, we decided to cooperate with Green Valley Aromatherapy. Essential Smile has been a popular item among our clients ever since along with peppermint and tea tree hydrosols being our top sellers. Find out more at www.soladey.ca

MSDS Sheets

Material Safety Data Sheets (MSDS) are available for all Green Valley Aromatherapy's essential oils.

To quickly and easily access them, simply visit our website, click on the essential oil of interest, go to the bottom of the details page and click the PDF link to the MSDS sheet.

Dr. Oz's Medicine Cabinet Essentials

As described on Oprah:

1. Tea Tree Essential Oil
2. SLS Free Toothpaste
3. Tiger Balm
4. Valerian Root
5. Bentonite Clay



Did you Know?

Pluto once fell in love with the nymph Mintha but his jealous wife Proserpine changed her into a plant that is now named after her, Mint. Its fortifying and stimulating qualities have been acknowledged by Roman and Greek physicians.

There are 20 species in the genus Mentha, grown all over the world. The largest producers is the United States and the best quality comes from England.