



Aromatherapy News



Green Valley Aromatherapy

April 2010

LETTER FROM THE PRESIDENT

"April showers bring May flowers", they used to say, but these days there is no rhyme or reason to what the weather will do next. The only advantage to having this crazy, unpredictable weather is that we have something to talk about!

Last month I had cataract surgery on both eyes. Apart from the obvious change in my vision, the most amazing difference I see is the colours - everything is bright and beautiful now. I can't wait for my garden to start blooming so I can take in all the colour.

We are off to Europe at Easter, spending some time in England but mainly in Spain, so I am now at the stage of wondering what clothes, what shoes and what essential oils I should be taking. My personal essential oil travel favourites are Eucalyptus, Lavender, Tea Tree and Rose.

I take [Eucalyptus essential oil](#) on the plane and inhale from the bottle before take off and landing (warning: you may get some funny looks). It definitely helps with the pressure in your ears and is also useful if you get a cold or have a sinus problem.

I take Lavender essential oil for sunburns and for any situations where I might experience stress. I know holidays are meant to be relaxing but I'm sure we have all had a stressful travel experience - lost luggage, mixed up arrangements, late flights, etc.

I take Tea Tree essential oil on my travels not only because it is a great immune booster, but it is also antiseptic, antibacterial and antifungal - useful for cuts and grazes.

I bring along a tiny bottle of [Rose essential oil](#) to use as a perfume - not only does it smell wonderful but it has lots of other properties.

Finally I take [Rose Hydrosol](#) for freshening up and removing makeup and [Virgin Coconut Cream](#) for my dried out skin. It is fantastic mixed with Lavender essential oil for a soothing after-sun salve.

Barbara Greenwood, President

"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day. "

W. Earl Hall

"There are no foreign lands. It is the traveler only who is foreign."

Robert Louis Stevenson

**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

Customer Profile - MiaBlends



We are pleased to introduce you to one of our customers and aromatherapy enthusiast, Mary-Anne Moore (aka: Mia), owner of Miablends. Miablends are pure essential oils

blended for use on your body and the air around you.

Mia is based In the Comox Valley on Vancouver Island where, in addition to blending essential oils, she also blends colours and paints and draws. She has a Fine Arts Diploma and a lifetime of making art!

Mia spent 5 years working for an aromatherapy and received a certificate in essential oil blending. She says, "It has been a hobby of mine to make natural remedies and yummy body oils for friends and family. Now I am creating blends for everyone who would like to benefit from the wonders of True Aromatherapy".

Please visit Mary-Anne's website at www.miablends.com.

Customer Feedback

"Just want to let you know my shipment arrived today. Wow, it was fast. We can see that you have a good system and good teamwork. I did an order with xxxxxx, the same day as yours. The shipping cost (from that company) was around \$18.00 for the shipment with the post office and they only shipped my order today. I am very impressed (with your service)."

G.T-S., Quebec, Canada

Flight Tips & Recipes

Before going on a on flight, apply 1 drop of Peppermint essential oil and 1 drop of Eucalyptus essential oil to a wet sponge after you have finished your shower and wipe all over your body. Drink lots of water and fruit juice. When you arrive at your destination, add 1 drop of Lavender essential oil and 1 drop of Geranium to a warm relaxing bath. Don't drink tea or coffee up to 3 hours before you go to bed. In the morning add 2 drops of Grapefruit essential oil to your morning shower to help revive you from that sluggish jet lag feeling.

Swollen Ankles

Put 2 drops of Juniper essential oil and 2 drops of Tea Tree essential oil in a bowl of water and soak your feet for 10 minutes. Lie down and put a couple of cushions under your legs to raise your feet above your heart.

Showering After Swimming

If you are going on a beach holiday, do not assume when you come out of the ocean wet that you are clean, the oceans have been contaminated with all sorts of toxic waste, human and animal sewage etc, so have a good shower when you get back.

After-Sun Care

After the shower, if you have had a little too much sun, use a soothing after-sun lotion made from Evening Primrose, Aloe Vera gel and Lavender essential oil.

Save 15% on...

Creams & Butters

From April 1-20, 2010, take 15% off all Green Valley's base creams and butters, including the fabulous Shea Butter!

Offer Expires: April 20, 2010

BugzOff Name

As we told you last month, we will be complying with a request from the lawyers for S.C.Johnson & Son, Inc. to cease using the names "bugzoff" and "bugoff" and we asked you to suggest an alternative name for our Bug Off and Bugzoff products.

We have had some wonderfully creative submissions so far and we encourage you to keep thinking! We will keep this "contest" open until May 31st, giving you lots of time to get your creative juices flowing!

If your suggestion is used then we will give you a \$25 credit on your account with us. (If more than one person suggests the same name then we will give credit to the first person who suggests it).

Please email your suggestions to Emma at admin@57aromas.com.

Wintergreen

Due to increasing requests for us to carry Wintergreen Essential Oil, we plan to begin carrying this product in mid-April. Because Wintergreen is not recommended for use in aromatherapy, it will be sold with safety warnings because of the potential toxicity reactions that can occur with the use of it. We would love to hear your thoughts about your experience with Wintergreen.

