Aromatherapy Catalogue
Effective January 1st, 2005
MISSION STATEMENT
Green Valley Aromatherapy promotes a holistic alternative to complement standard health care and specializes in supplying 100% pure essential oils imported from around the world for our clients. We strive to maintain the highest standards in quality and purity of essential oils, as well as offering top-quality aromatherapy products that are environmentally friendly and not tested on animals.

QUALITY
Green Valley Aromatherapy was founded in 1995 and enjoys an excellent reputation in the industry. Company founder Barb Greenwood comes with a substantial background in Special Needs Healthcare. She is a Registered Massage Therapist in the U.K. and a Registered Aromatherapist and has trained in England and in Canada. More recently Barb has been elected to the post of President of the British Columbia Association of Practicing Aromatherapists (BCAPA). Her attention to detail has ensured consistent, highest quality products and ethical business dealings. Barb's wealth of knowledge is the backbone of Green Valley, and is reflected in the fine products assembled under the Green Valley name.

CUSTOMER CARE
Our goal is to ensure your satisfaction. We provide fast turn-around and friendly service. We keep our customers informed of aromatherapy news by posting information on our website and sending out a quarterly email newsletter. Our team includes trained aromatherapists who are keenly aware of purity and quality issues. Continuous research into new products, suppliers and health information makes us responsive to changes that occur within the industry. We are committed to providing you with top-quality products sourced from around the world.

TERMS OF SALE

Prices
✓ Products are available on a wholesale basis to therapists, retailers, manufacturers or businesses which intend to resell them or use them in production and/or treatments, and on a retail basis to general consumers.
✓ Volume discounts are available on bulk orders.
✓ Published prices do not include shipping, taxes or import charges (where applicable).
✓ Rush orders and special orders will be subject to service charges.
✓ If a typographical error indicates an incorrect price, the correct price will be charged.
✓ Due to the volatility of the essential oil market, prices are subject to change without notice.

Minimum Order
✓ $100.00

Payment
✓ MasterCard, Visa and American Express are accepted.
✓ Personal cheques and Money Orders are accepted, however orders will not be shipped until payment clears, usually 10 business days.
✓ Terms may be negotiated for Canadian and US wholesale accounts in which the business has been operational for more than one full year.
✓ Declined credit cards may incure a $3.00 fee for each occurrence. Please ensure your credit card has sufficient funds available before submitting it with your order.

Taxes
✓ There are no taxes applied to US and International destination orders.
✓ Canadian customers pay 7% GST and BC customers pay 7% PST (unless exepcted with a registered PST #).

Shipping & Handling
✓ All orders should be checked carefully on receipt and any problems reported to Green Valley within 48 hours of receipt of shipment.
✓ Shipping rates are based on the greater of actual or volumetric weight and the destination. Shipping quotes are available.
✓ Any refused shipment will incur a 25% restocking fee plus return shipping and any brokerage charges. Shipping charges are non-refundable.

Products
✓ Natural products may smell, feel and look different from batch to batch, due to a variety of environmental factors. These variations do not affect the value or the efficacy of the products.

Returns
✓ Products will be replaced or credited in the case of: a shipping error on our part, a defect, or damage (during shipping only), not for accidentally ordering the wrong product. Claims must be made within 7 days of receipt of merchandise.
✓ Returns are not accepted without prior authorization. All returned items must be in saleable condition. No returns will be authorized for any products after 30 days from the date of purchase. If an order is returned with authorization, the package will be refused.
✓ The customer must indicate on all customs documentation “return to manufacturer” or they will be responsible for any brokerage fees incurred.
✓ Inspect all packages at the time of acceptance and should you receive goods damaged in-transit, carefully verify the extent of the damage, photograph (if possible) and keep all packing materials and box intact, then notify Green Valley and the shipping carrier immediately. New items will be shipped to you as soon as damaged items have been returned and verified by Green Valley. You must retain the original packing materials until the claim is resolved. If you discard the damaged goods, we cannot process a refund or credit.
CAUTIONS

Pure essential oils are a representation of nature in one of its most powerful forms. Harnessing essential oils offer a world of possibilities to the knowledgeable user, but along with these possibilities comes a great responsibility.

General Usage Notes
✓ Always use the best quality essential oils, purchased from a reputable company.
✓ Do not apply essential oils directly to skin (undiluted), with the exception of Lavender (on localized areas only).
✓ Do not use essential oils if you are taking Homeopathic Remedies without consulting with your Homeopathic doctor first.
✓ Do not use the same essential oil exclusively over a long period of time. You can become sensitive to the oil.
✓ Always blend essential oils in a well-ventilated room.
✓ Do not take essential oils internally.
✓ Always follow suggested amount - use less rather than more if you are unsure.
✓ Keep essential oils out of the reach of children.
✓ Keep essential oils away from eyes.
✓ When adding essential oil to the bath, drop directly under running water to avoid high concentration.
✓ Essential oils are flammable and should not be stored near any open flame.

First Aid Measures
If essential oil is ingested, rinse mouth out with water. Drink a large glass of milk. Seek medical advice immediately. If essential oil gets into eyes, flush with large quantity of water immediately. Seek medical advice immediately. If essential oils are splashed onto skin and irritation results, apply carrier oil to the area to dilute.

Essential Oil Cautions
The following cautions apply only to direct application of essential oils to the skin in a carrier oil. They do not apply to diffusing essential oil, perfume oil and soap-making.
✓ Babies: Children from 9 to 18 months: use maximum 1 drop of essential oil to 20ml of carrier oil or lotion. Children from 18 months to 2 years: use maximum 1 drop essential oil per 10ml of carrier oil or lotion. Chamomile and/or Lavender are recommended.
✓ Children 2 to 10 years: use a maximum dilution of 2 drops essential oil per 10ml of carrier oil. Ravensara, Chamomile, Lavender, and Mandarin essential oils are good oils to use on children in the recommended amounts. It is vital to note that essential oils should ALWAYS be stored well out of the reach of children, as direct ingestion can cause illness and possibly death.
✓ Pregnancy: avoid all essential oils in the first trimester. During pregnancy, use essential oils with great caution, especially if there is a history of miscarriage. Research the safety data for each oil you plan to use while you are pregnant and consult a qualified aromatherapist. Low dilutions are best. When blending oils with carrier oils, mix 1 drop of essential oil to 10 ml of carrier oil. Oils that are safe to use during pregnancy (in the above-mentioned dilution), according to Robert Tisserand, are Cardamom, Chamomile (Roman and German), Geranium, Ginger, Lavender, Neroli, Palmarosa, Patchouli, Petitgrain, Rose Otto and Sandalwood. Oils to absolutely avoid are Camphor, Parsley seed and Sage (Spanish). If you are unsure, avoid use or talk to a qualified aromatherapist. These cautions are general guidelines. For more information we encourage you to research this matter further.
✓ Clary sage should not be used if you have consumed alcohol, as it can have a narcotic effect, including hallucinations and nightmares.
✓ High blood pressure - avoid Cypress, Nutmeg, Pine, Rosemary, Sage and Thyme.
✓ Low blood pressure - avoid Marjoram and Ylang ylang (as it lowers blood pressure).
✓ Asthma - do not use peppermint or any essential oil that is classed as a top note, as they could irritate sensitive bronchi.
✓ Cardiac fibrillation - do not use Peppermint.
✓ Epilepsy - avoid Camphor, Fennel, Hyssop, Rosemary and Sage.
✓ Estrogen patch wearer - it is best to avoid Geranium and Vitex.
✓ Insomnia - avoid Basil, Lemon, Peppermint, Rosemary and Verbena.
✓ Skin irritants - use a maximum of 3 drops when using the following oils in a bath: Basil, Fennel, Lemon, Lemon grass, Nutmeg, Peppermint and Thyme.
✓ Sun exposure - before going into the sun or using tanning beds, avoid Bergamot, Grapefruit, Lemon, Lime (expressed), Mandarin (Tangerine), Orange and Tagete, as these oils are photo-toxic.

Disclaimer
It is your responsibility to consult a suitably qualified medical practitioner to ensure that you will not have any medical problems from any of our products. The information and opinions expressed herein are for general educational purposes only and do NOT replace professional medical advice.
ESSENTIAL OILS

All of our essential oils are batch tested for their quality and purity by gas chromatography, ensuring that you are receiving a certified, 100% pure, top quality product. These are therapeutic grade oils, and should be used with care. Material Safety Data Sheets are available online. Essential Oils are available in 5ml, 10ml, 50ml, 100ml, 250ml, 1 Litre and 4 Litre sizes. See our website for details of the oils and their uses.

<table>
<thead>
<tr>
<th>Oil</th>
<th>Botanical Name</th>
<th>Part</th>
<th>Extraction</th>
<th>Origin</th>
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</thead>
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<tr>
<td>Aniseed</td>
<td>Pimpinella anism</td>
<td>seeds</td>
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<td>SPAIN</td>
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<td>Black Spruce</td>
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<td>Camphor, white</td>
<td>Cinnamomum camphora</td>
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<td>Elettaria cardamomum</td>
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<td>Carrot Seed</td>
<td>Dacus carota</td>
<td>wood</td>
<td>steam</td>
<td>UK</td>
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<td>Cedarwood</td>
<td>Cedrus atlantica</td>
<td>wood</td>
<td>steam</td>
<td>UK</td>
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<td>Fennel</td>
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<td>Frankincense (Olibanum)</td>
<td>Boswellia thurifera</td>
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<td>Hyssop</td>
<td>Hyssopus officinalis</td>
<td>leaves &amp; flowers</td>
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<td>FRANCE</td>
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<td>Jasmine Absolute</td>
<td>Jasminum officinale</td>
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<td>solvent</td>
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<td>Juniper Berry</td>
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<td>Lavandula angustifolium</td>
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<td>Lavender, high alpine</td>
<td>Lavandula angustifolium</td>
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<td>Lavandin (Provence)</td>
<td>Lavandin Super</td>
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<td>Citrus limonum</td>
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<td>Lemon Grass</td>
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<td>Citrus aurantium</td>
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<td>Litsea cubeba</td>
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<td>Mandarin, red (Tangerine)</td>
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<td>Mandarin (Tangerine), green</td>
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<td>Manuka</td>
<td>Leptospermum scoparium</td>
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<td>Marjoram, sweet</td>
<td>Origanum marjorana</td>
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<tr>
<td>Melissa, true</td>
<td>Melissa officinalis</td>
<td>flowers &amp; leaves</td>
<td>steam</td>
<td>ITALY</td>
</tr>
<tr>
<td>Myrrh</td>
<td>Commiphora myrrha</td>
<td>tree resin</td>
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<td>AFRICA</td>
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</table>

ORG = Certified Organic
## Essential Oils

<table>
<thead>
<tr>
<th>Oil</th>
<th>Botanical Name</th>
<th>Part</th>
<th>Extraction</th>
<th>Origin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myrtle</td>
<td>Myrtus communis</td>
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<td>Neroli</td>
<td>Citrus aurantium</td>
<td>blossoms</td>
<td>steam</td>
<td>TUNISIA</td>
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<tr>
<td>Niaouli</td>
<td>Melaleuca viridiflora</td>
<td>leaves &amp; twigs</td>
<td>steam</td>
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<td>Nutmeg</td>
<td>Myristica fragrans</td>
<td>dried ripe seeds</td>
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<td>Orange</td>
<td>Citrus sinensis</td>
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<td>Palmarosa</td>
<td>Cymbopogon martini</td>
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<td>Patchouli</td>
<td>Pogostemon cablin</td>
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<td>Peppermint</td>
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<td>Petitgrain</td>
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<td>Pine Siberica</td>
<td>Pinus sylvestris</td>
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<td>Ravintsara</td>
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<td>MADAGASCAR</td>
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<td>Rosalina</td>
<td>Melaleuca ericifolia</td>
<td>leaves &amp; stems</td>
<td>steam</td>
<td>AUSTRALIA</td>
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<tr>
<td>Rose Absolute</td>
<td>Rosa centifolia</td>
<td>flowers</td>
<td>solvent</td>
<td>MOROCCO</td>
</tr>
<tr>
<td>Rose Otto</td>
<td>Rosa damascena</td>
<td>flowers</td>
<td>solvent</td>
<td>BULGARIA</td>
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<td>Pelargonium graveolens</td>
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<td>Sandalwood, Australian</td>
<td>Santalum spicatum</td>
<td>heartwood</td>
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<td>Sandalwood, East Indian</td>
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<td>heartwood &amp; root</td>
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<td>Spearmint</td>
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<td>Spikenard</td>
<td>Nardostachys jatamansi</td>
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<td>Tagete</td>
<td>Tagetes glandulifera</td>
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<td>Tea Tree</td>
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<td>Thyme, white</td>
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<td>Vitex, ORG</td>
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<tr>
<td>Vetiver</td>
<td>Vetiveria zizanioides</td>
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<td>Yarrow</td>
<td>Achillea millefolium</td>
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<td>Ylang Ylang</td>
<td>Cananga odorata</td>
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<td>steam</td>
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</table>

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## Other Oils

Some natural materials yield very little essential oils and so must be extracted by other means. These oils must either be thinned using chemically-based products or extracted with alcohol.

- **Benzoin (Pourable)**: Styrax benzoin thinned with di propylene glycol
- **Vanilla**: Boosted extract

## Precious Oils in Jojoba

Due to overwhelming demand for our clients wishing to use the precious oils as perfumes, we now offer the following oils blended in a 3% dilution. Certainly a more affordable option for those who have a love of the more expensive oils!

<table>
<thead>
<tr>
<th>Oil</th>
<th>Botanical Name</th>
<th>Part</th>
<th>Extraction</th>
<th>Origin</th>
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<td>Matricaria chamomilla</td>
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<tr>
<td>Jasmine Absolute</td>
<td>Jasminum officinale</td>
<td>flowers</td>
<td>solvent</td>
<td>India</td>
</tr>
<tr>
<td>Melissa, true</td>
<td>Melissa officinalis</td>
<td>leaves</td>
<td>steam</td>
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<tr>
<td>Neroli</td>
<td>Citrus aurantium</td>
<td>blossom</td>
<td>steam</td>
<td>Tunisia</td>
</tr>
<tr>
<td>Rose Absolute</td>
<td>Rosa centifolia</td>
<td>flowers</td>
<td>solvent</td>
<td>Morocco</td>
</tr>
</tbody>
</table>

## Contra-Indications

There are a variety of contra-indications associated with essential oils. For more information, please refer to specific oils in our book "Aromatherapy Essentials".
Our highly concentrated synergies are made of specific combinations of pure essential oils, carefully developed by our on-staff aromatherapists. Each synergy was created to address a specific therapeutic need of one of our clients, and due to its popularity, became part of our therapeutic line-up. These powerful blends must always be mixed with a carrier oil before being applied to the body. Other uses include: mixing with water and 1 tsp of alcohol to make a room spray, adding to your bath (5-8 drops) and putting into a diffuser.

Blends are available in 5ml, 10ml, 50ml, 100ml, 250ml, 1 Litre and 4 Litre sizes.

**Acheaway**
This synergy contains a blend of essential oils known for their anti-inflammatory properties. Add to a carrier oil and massage into sore muscles and joint aches. Contains: Chamomile, Ginger and Lavender.

**Aroma2000 (only available in 10ml)**
Created to mark the beginning of a new century, we blended oils as old as time, for depth and calm, with newer uplifting oils to round up the scent and help us make a welcoming fragrance. Contains: Benzoin, Frankincense, Myrrh, Orange, and Ylang ylang.

**BugOff**
This blend should accompany you whenever you venture into the great outdoors. We used the essential oils bugs love to hate to enable you to enjoy your outdoor time bug free. Contains: Lavender, Lemongrass, Peppermint, and Thyme.

**Energeize**
For those days that seem to last forever and you haven't got the motivation to get through them, this blend will happily keep you moving forward with a smile. Contains: Bergamot, Orange, Palmarosa and Rosemary.

**Equilibrium**
Designed with the more mature woman in mind, this blend is mentally uplifting and may help with mild depression. It may also assist with balancing hormonal levels and is physically soothing. Contains: Benzoin, Bergamot, Fennel, Geranium, Lavender, Jasmine and Nutmeg.

**Fifty & Feminine**
Created to help address health and mental issues surrounding women in their 50's, this blend is warmly feminine with detoxifying properties. Contains: Bergamot, Coriander, Geranium, Juniper, Rose and Ylang ylang.

**Headeaze**
Used in an inhalation or massage, this synergy has been used for little headaches as well as migraines with effective results. Contains: Geranium, Lavender, Pine and Peppermint.

**Jolly Holiday**
Warm and welcoming, this blend is reminiscent of an old fashioned Christmas in the snowy countryside. Add a few drops to a yule log and enjoy the aroma. Contains: Amyris, Cedarwood, Cinnamon and Mandarin.

**Masculine Moments**
A stimulating, sensuous blend designed to help "warm up" and motivate the love of your life. Contains: Black pepper, Cedarwood, Orange, Sandalwood and Ylang ylang.

**Menopausal Madness**
This blend was created to assist women through the 'joys' of menopause. These oils were chosen to help balance the hormones and help to calm and soothe both physically and emotionally. Contains: Fennel, Clary sage, Vetix, Geranium and Vetiver.

**No Fleas Please**
2-3 drops of this blend in your pets bed or final rinse water of their bath can help to deter those nasty little pests. Contains: Cedarwood, Citronella, Lavender and Thyme.

**Peace**
Created in response to the escalation of violence in the world, "Peace" is Green Valley's way of reaching out to a stressed society. Contains: Amyris, Grapefruit, Rose Geranium and Ylang ylang.

**PMS**
Treat yourself to the benefits this blend can offer - designed to help relieve monthly blues and pain. Contains: Bergamot, Chamomile, Clary sage, Geranium and Nutmeg.

**Road Scents**
A blend of oils to reduce anxiety at home or on the road. Contains: Benzoin, Lavender, Litsea cubeba and Ylang ylang.

**Scents & Sensuality**
A highly erotic blend designed with women in mind. Especially helpful when used in the bath and as a massage oil. Contains: Clary sage, Jasmine, Mandarin, Patchouli, Rose, Sandalwood and Ylang ylang.

**Silent Night**
After using this blend, one of our clients had to check her husband to see if he was breathing, his silence during sleep was so unusual! Contains: Marjoram and Geranium.

**Sniff-B-Gone**
A blend designed to be inhaled at the first sign of the sniffles. This synergy has it all! It is an analgesic, antibacterial, antiseptic, decongestant, germicidal blend with immuno-stimulating and warming properties. Breathe deeply and help get rid of those irritating cold symptoms! Contains: Eucalyptus, Lemon, Rosemary and Tea tree.

**StressBuster**
A de-stressing blend that is also a natural anti-depressant and immune booster. This synergy was designed to encourage a more balanced state of mind by creating calm and peaceful feelings and reducing nervous exhaustion and anxiety. Contains: Lemon, Nutmeg, Petitgrain and Vetiver.

**Sunshine**
We found a way to enclose sunshine in a bottle! Using the oils of the Orange tree, this synergy is calming, uplifting and stimulating helping to revive and energize a tired and depressed spirit. With its cheery scent and comforting nature, you can't help but feel like you are surrounded by sunshine! Contains: Bitter Orange, Neroli, and Petitgrain.

**Terminator**
This blend was created for a client who needed help fighting germs and bacteria, and keeping her immune system strong. It is based on the traditional "thieves" blend. Contains: Camphor, Cinnamon, Lavender, Nutmeg, Rosemary and Sage.

**Tranquility**
Our first blend and still our best seller! The relaxing and uplifting elements of the essential oils in this blend combine synergistically to help you create an atmosphere of calm, rejuvenating "Tranquility!" Diffuse this blend and let your cares and worries float away on the breeze! Contains: Bergamot, Geranium, Lavender, and Ylang ylang.
CUSTOM ORDER OILS

If you cannot find an oil you are looking for in this catalogue, don’t despair... we may be able to bring it in for you in 500ml sizes or larger. There are many essential oils out there that are not in high enough demand for us to keep in regular stock, but are available to us.

We create our oil selection list based on oils that we know are commonly used in aromatherapy. However, if we get consistent inquiries for a particular oil, we may decide to add that oil to our stock list.

Essential Oils Not Recommended for Use in Aromatherapy...

As we mentioned above, there are many essential oils available that we do not stock. In some cases there are health and safety concerns behind our decision not to provide a specific essential oil. While the use of a particular herb infused in a carrier oil may be safe, the essential oils are so concentrated that they become too much for use in Aromatherapy. For example, Pennyroyal grown around your house will help to control fleas and bugs. However, spraying the essential oil on your pet is NOT a good idea, due to the contraindications listed below.

The following oils are oils which we do not and will not carry or sell.

This is solely due to the *potential for harm from some of the constituents of these oils.

Ajowan (trachyspernum coticum) - Moderate dermal irritant, severe mucous membrane irritant. Very high Thymol/cavacrol content.
Almond, bitter (Prunus dulcis var. amara) - listed as severely toxic due to the presence of Hydrocyanic acid (HCN). This chemical is formed during the distillation of the oil. A rectified form referred to as Bitter Almond FFPA is on the market and is commonly used as a flavouring agent.
Boldo Leaf (Peumus boldus) - listed as severely toxic and neurotoxic due to its content of ascaridole. Comparable to Wormseed.
Buchu (Agathosma betulina) - listed as toxic to the liver (hepatotoxic), assumed from pulegone content. Similar in hazards to Pennyroyal
Calamus (Acorus calamus var. angustus) - listed as being severely toxic, carcinogenic and hepatotoxic. Calamus grain has long been used in ceremonial and consecrating oils by infusing the grain into Olive oil, however the essential oil of this substance is extremely toxic.
Camphor, Yellow or Brown - listed as being carcinogenic and hepatotoxic.
Cinnamon Bark (cinamomum zeylanicum) - listed as a moderate dermal irritant, a strong dermal sensitizer and a moderate mucous membrane irritant. Carries with it the potential for extreme sensitization. Not to be confused with Cinnamon LEAF oil.
Elecampane (Inula helenium) - listed as a severe dermal irritant, powerful skin sensitizer due to the lactone content of the oil
Horseradish (Armoracia rusticana) - listed as being severely toxic, a severe dermal irritant and a severe mucous membrane irritant assumed from the allyl isothiocyanate content.
Mustard (Brassica nigra) from black mustard seeds - listed as being severely toxic, a severe dermal irritant and a severe mucous membrane irritant assumed from the allyl isothiocyanate content.
Onion (Allium cepa) - listed as inhibiting blood clotting, dermal irritant and a possible dermal sensitizer.
Pennyroyal (Mantha pulegium) - listed as being severely toxic and hepatotoxic due to the presence of pulegone.
Sassafras (Sassafras albidum) - listed as being carcinogenic and potentially fatal due to accidental ingestion of even small amounts (due to the high levels of safrole).
Savin (Juniperus sabina) - listed as possibly being toxic, a possible abortifacient and embryotoxic (probably due to the presence of sabinyl acetate).
Tansy (Tanacetum vulgare) - listed as being a moderate to severe toxin and also neurotoxic (possibly due to the high level of thuione).
Thuja (Thuja occidentalis) also known as Cedarleaf oil - listed as being severely toxic and neurotoxic due to the thuione levels.
Wintergreen (Gaultheria procumbens) - listed as being moderately to severely toxic, should not be used while taking anticoagulants (due to the presence of methyl salicylate).
Wormseed (Chenopodium ambrosioides var. anthelminticum) - one of the most toxic essential oils it is listed as being severely toxic and neurotoxic, can explode when heated. It is known to depress the action of the heart. (probably due to the content of ascaridole).
Wormwood (Artemisia absinthium) - listed as being severely toxic and neurotoxic (due to the high content of thuione).

*as listed in Robert Tisserand and Tony Balacs’s book ‘Essential Oil Safety’.

CUSTOM BLENDING

Green Valley Aromatherapy is staffed by aromatherapists who are trained to offer a custom blending service.

You will be asked to provide information to assist us in the preparation and blending of your unique scent:

*This service includes:

A customized blend uniquely designed for you.
Exclusive use of your blend.
4 - 5ml bottles of the blends we create for you to test and choose from.

*Please contact us for custom blending fees and pricing.
CARRIER OILS & BASES

Carrier oils and bases are important to the practice of aromatherapy and in the soap making industry. Essential oils must be combined with a carrier oil or base to be used safely. Care must be taken with people who have nut allergies.

**Aloe Vera Jelly**
This super thick aloe-based gel is great for making all kinds of products. It also contains witch hazel for extra ‘skin-caring’ abilities. This product is not an all natural base.

**Aloe Vera Liquid, ORG**
Expressed from the aloe vera plant, this liquid helps to improve hydration and is soothing and healing to all skin types. It is well renowned for its healing and anti-inflammatory properties and can help to heal cuts, grazes, burns and insect bites. This aloe vera product is all natural and organic.

**Avocado Oil**
Unrefined avocado oil is rich in proteins, vitamins A, D and E and amino acids. It has an amazing ability to help heal the skin so it is excellent when used in skincare.

**Borage Oil**
Borage is the richest source of the nutritionally important Omega-6 fatty acid GLA (gamma linolenic acid). It is excellent for hair, skin and nails due to its soothing and healing abilities.

**Bubble Bath**
This naturally based bubble bath has no sulfates or harsh detergents that cause irritation. Its pH is between 5.5 and 7 and is safe for kids too. Made with cocopolyglucosides (from coconut). When you add an essential oil or fragrance oil it may thin or cloud.

**Castille Soap (liquid, thick)**
A pure and gentle soap containing water, saponified coconut and olive oils with retained glycerine, jojoba oil, aloe vera and rosemary extract. Excellent for children and those with sensitive skin. No fragrances or chemicals.

**Castor Oil**
Castor oil is a natural emollient and skin softener, making it good for dry, chapped skin. Its use may help to heal skin lacerations, and some skin disorders such as psoriasis.

**Coconut Oil**
This oil has a clear, light texture and a long shelf life. It works well as a replacement for mineral oil and makes a great carrier oil for essential oils. Its penetrating abilities make it great for cosmetic and clinical use.

**Dead Sea Salt**
Dead Sea salt is well known for its ability to relieve aches and pains, reduce stiffness and relax muscles. It can also relieve skin problems such as acne, eczema and psoriasis.

**Emu Oil**
This light oil is amazing. Naturally anti-inflammatory and healing, it is great for everything from arthritis and sports injuries to burns and skin conditions. A must have for any First-Aid kit. Extremely concentrated. A little goes a long way.

**Evening Primrose Oil**
This oil is very rich in GLA (gamma linolenic acid) and is excellent for many skin conditions, including sun damage, eczema, aging skin, wound healing and dandruff.

**Grapeseed Oil, ORG, France**
The refined oil has a green tint and very fine texture. It is almost completely odorless, making it a good choice for aromatherapists wanting a bland base oil.

**Hazelnut Oil**
This light, gentle oil has vitamins, minerals, fatty acids (including linolenic acid) and proteins. It is good for dry and damaged skin due to its highly penetrative nature.

**Jojoba Oil**
A light oil which is actually a liquid wax. Its chemical structure is very similar to the sebum on our skin, making jojoba excellent for use in skincare. Known to help dissolve excess sebum, oily skin can also benefit from using this product daily.

**Macadamia Nut Oil, ORG**
This oil contains a high concentration of palmitoleic acid, and is very similar to the sebum of human skin. It has emollient properties, and is therefore great for dry and ageing skin. It is easily absorbed and may help to reduce fine lines and soften the skin.

**Massage Gel**
This whipped gel is the latest in massage technology. It has a great deal of slip while still allowing for absorption over time to help relax muscles and joints. Our massage gel contains aloe, sweet almond, apricot oil, jojoba, witch hazel, evening primrose and vitamin E. Add your own essential oils to create a massage gel that will not stain. Can also double as a light hand and body lotion!

**Rosehip Oil, ORG**
Rosehip oil contains over 80% linoleic and linolenic acid. These essential fatty acids greatly assist in the healing of damaged tissue. It has been helpful when treating burns, scars and dry, mature skin.

**Shampoo Base**
A mild, all natural shampoo made with top quality hempseed oil. No essential oils added. Gentle enough to use daily. Also contains calendula, comfrey, nettle, horse tail and yucca extracts.

**Sweet Almond Oil**
This is a great oil for all skin types. It has been used to relieve dry, itchy skin. Sweet almond oil is high in mono and polyunsaturated fatty acids, and contains vitamins A, B1, B2, B6 and Vitamin E.

**Vegetable Glycerin, ORG., K**
Due to its non-toxic nature, this product is great for many applications. By directly applying it to the skin this product is very soothing, helping to make the skin feel soft and supple. Vegetable glycerin has an oily texture but is water soluble.

**Vegetable Solubilizer**
A formulation of vegetable extracts derived from palm oil. It is mainly used to solubilize essential oils into water in aromatherapy products or as a base for hair care products. It will also solubilize other oil soluble materials such as vitamins, fragrances, tannins and pharmaceutical actives. Non-toxic, non-irritant non-flammable. External use only.

**Vitamin E.**
Vitamin E is an extremely powerful anti-oxidant that is very healing to the skin. It can also function as a natural preservative when added to natural skincare products. When applied directly to the skin it can help to heal wounds and prevent scarring.

**Wheat Germ Oil**
This oil is a natural anti-oxidant due to its high levels of vitamin E. It may help to reduce surface wrinkles by nurturing dry skin. When used regularly this oil may help soften scar tissue.

**Witch Hazel**
This 100% natural hydrosol has a variety of uses. See Hydrosol section on Page 10 for more information.

**ORG = Organic, K = Kosher**
SPA SPECIALTIES

Specialty Oils

Cranberry Seed Oil
This oil is made up of 70% essential fatty acids making it a great emollient and lubricant for the skin. Cranberry seed oil protects and conditions the skin, helping it to retain moisture.

Grapefruit Seed Extract
This product has a reputation for being a broad spectrum germ killer and offers superior cleansing and antiseptic abilities. It is also a wonderful natural preservative for cosmetic products.

Neem Oil
This oil has been reported to be good for everything from acne to yeast infections and also has uses as a natural insecticide! An amazing product!

Rice Bran Oil
Rice Bran oil contains the highest amount of vitamin E in liquid form and has a light consistency. It may also help to alleviate skin irritations and hinder ultraviolet rays. It is excellent in skincare.

Seabuckthorn Oil
Seabuckthorn berry oil is one of nature’s most versatile oils. Packed with carotenoids, tocopherols, fatty acids and phytosterols, this oil has the power to help protect cell membranes and enhance cellular regeneration. Suggested uses for this oil would be as a cellular regenerator (has been used on radiation burns and sunburns with great results), antioxidant, antiinflammatory (great for dry, damaged skins, and may also help increase microcirculation in the epidermis. This oil is very versatile and would be well received in any face or bodycare products where nourishing and healing is a priority.

Creams

Cosmetic Base Cream
This naturally based cream is great when you want a light moisturizer for your face or body. Loaded with skin nourishing ingredients like aloe juice, apricot kernel oil, Shea butter, jojoba and witch hazel (among others) this lotion gives dry, thirsty skin the moisturizing treatment it deserves. New formula!

Emu Base Cream
Long known for its unique healing and anti-inflammatory properties, Emu oil blends beautifully with glycerin (natural humectant) and aloe vera gel, which is rich in enzymes, vitamins, proteins and minerals to help heal damaged skins. Contains Germal Plus as a mild but effective preservative against bacteria, mold and yeast.

Moisturizing Base Cream
This cream contains sweet almond oil, glycerin, jojoba, aloe vera concentrate, calendula oil, avocado oil, lanolin and vitamin E, with the intent of supplying your skin with an intense “drink”. The cream also contains Germal Plus and citric acid as preservatives. Note: This is a natural product and therefore should be refrigerated to prolong its shelf life.

Shea Nut Butter (unrefined) NEW
Shea Nut Butter has been used to protect the skin from the sun and helps to ease skin irritation. It is also used to heal as well as soften and smooth the skin. An excellent addition to creams and lotions! Great for shaving too! Straight from Africa to you!

Virgin Coconut Cream, ORG
The small molecular structure of coconut oil allows for easy absorption which imparts a soft, smooth texture to both skin and hair. It is excellent for helping to relieve dry, rough and wrinkled skin. Smells heavenly! This is a Staff favourite!

CLAY

Clays are a natural anti-aging treatment. They do this by drawing positive (damaging) ions from the skin and exchanging them for negative (healthy) ones, helping to neutralize the free radicals present on the skin. Free radicals damage and age the skin. Try our clays and enjoy more radiant skin!

Glacial Clay Mask
Our clay is rated as the finest glacial marine clay yet discovered in the world! Its particles are compared to the consistency of fog mist (less than .15 microns in size) and has a natural pH balance between 6.5 and 7.3. It glides onto your skin like silk and is excellent for removing old make up and pollutants from pores, as well as helping to act positively on conditions such as acne, pimples, blotches, blemishes, blackheads, dry patches and facial oil imbalances. The skin feels refreshed and glows with renewed vitality and radiance. Available with Lavender essential oil or unscented.

Rhassoul Clay (powdered)
Rhassoul clay is derived from the Atlas Mountains in Morocco. It is a totally natural product which is still used today as it was hundreds of years ago. It can be added to soaps and shampoos, and may soothe and improve dry skin when used as a facial and/or body mask. It has the extraordinary ability to absorb oil and impurities from the skin and hair. It is non-irritating to the skin and eyes. This clay also contains high percentages of silica and magnesium. Rhassoul may help to reduce dryness and flakiness and help to improve skin texture, clarity and elasticity by removing dead skin layers. Available in 1 lb bags.
HYDROSOLS

Hydrosols are the co-product of the steam distillation of essential oils. They are therapeutic waters carrying the benefits of their essential oil bases at a fraction of the cost. Some oils are being distilled solely for their hydrosols. They are being touted as "The Next Aromatherapy" and are 100% natural with no additives. These products should be kept in the refrigerator.

**Australian Sandalwood Hydrosol**
Excellent in skincare, it can be used as a compress on delicate and mature skin (great on cotton pads for the eyelids). As a mild anti-inflammatory, it can help after shaving to balance and calm the skin. A wonderful men's hydrosol.

**Chamomile Hydrosol**
Because of its effect on the nervous system, this hydrosol is great for stress reduction, depression, etc. It works well in skin care for calming rashes (including diaper rash!), burns and sunburns.

**Helichrysum Hydrosol**
Great as a sports rub after a work-out due to its anti inflammatory, mild analgesic properties. Helpful for healing wounds (including incisions from surgery), bruises and tissue damage, as well as ingrown hairs.

**Lavender Hydrosol**
Regenerative on damaged and fragile skin, this hydrosol also helps to reduce inflammation before and after shaving or hair removal. Calming for sunburn, heat rash, and itching.

**Lemonbalm (Melissa) Hydrosol**
Calming to the body and the mind, it is great for stress, anxiety and childhood hysterics. A good antioxidant and anti-inflammatory, Melissa can help to calm rashes, irritations and eczema.

**Neroli Hydrosol**
This hydrosol is an excellent anti-stress and calming agent for the central nervous system without being sedative. Great skin treatment for delicate, sensitive and oily skin.

**Peppermint Hydrosol**
A topical anti-inflammatory, this hydrosol can be used for athletes' stiff muscles, aches and pains. Acneic skin may be treated with peppermint hydrosol compresses. Spritz on the face and body to help with hot flashes or during hot weather.

**Rose Hydrosol**
A natural humectant, this hydrosol helps to add and retain moisture to the skin. Excellent for dry, mature, sensitive and devitalized skins. It is cooling and mildly astringent.

**Rosemary Hydrosol**
This hydrosol is a great mental and physical stimulant. It is a strong antioxidant and also promotes healthy, shiny hair. Should be avoided with high blood pressure and in the first trimester of pregnancy.

**Tea Tree Hydrosol**
This hydrosol is antiseptic, antifungal, and antibacterial. It is helpful to cleanse cuts, scrapes and wounds as well as help with all kinds of skin infections.

**Witch Hazel Hydrosol**
This 100% natural hydrosol is an astringent and tonic that has a variety of uses. It is great for bruising and is a natural anti-inflammatory. It is also useful for insect and mosquito bites, helping to relieve the pain and swelling.

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**Facials2Go**

What will they think of next? These little tablets hold the key to relaxed and healthy skin when you travel or even just for a quick pick-me-up at the end of a long day at work. And here's the best part... you don't even have to worry about your make up being ruined, this facial pad sits gently on top of your skin, refreshing and revitalizing without removing anything you don't want touched! Just lay back and breathe deeply.

It's easy to use too! Just take one of the Facials2Go tablets and drop it into its handy little carrying case. Fill the container with hydrosol and watch the magic happen! The tablet grows as it absorbs the hydrosol! All you need to do is gently unfold the facial mask and lay it over your face, lining up the openings for your face and mouth. Find a quiet spot for 15-20 minutes, relax and enjoy. Once you're done you can either use the facial pad to cleanse your face or you can gently lift it off and toss it away.

This kit contains three Facials2Go tablets in a compact carrying container and your choice of one of the following hydrosols: Neroli, Peppermint or Rose.
A complete line of products that make aromatherapy easy for you! Green Valley has taken the work out of aromatherapy for those of you too busy to fuss, yet who want the convenience of Aromatherapy at your fingertips. Our trained Aromatherapists have created a selection of blends that you can use for therapeutic reasons, or just enjoy the natural aroma.

**Personal Massage Rollers** *Winner of Alive Magazine’s Award of Excellence!*

These 30ml units are amazing! Designed to work deeply into knotted muscles, your massager is portable - it goes where you go. Use it yourself or have someone you know lend a hand, either way the results are incredible! Make sure you order more than one though, because once your friends experience yours, you may never get it back. Suitable for all skin types. Available in Acheaway, Energize, Masculine Moments, Menopausal Madness, Peppermint, Scents & Sensuality and Tranquility.

**Allergen Alert:** This product is based in sweet almond Oil

**Roll-ons**

Available in 10ml glass vial, with a convenient, no-spill roller top. Based in coconut oil. Sold individually or in sets of 8 (8 for the price of 7!). Available in Energize, Headache, Lavender, PMS, Scents & Sensuality, Sniff-B-Gone, StressBuster and Tranquility.

**Massage Oils**

All specially blended massage oils are based in vitamin E and sweet almond oil, renowned for relieving itching, dryness and inflammation. Green Valley’s sweet almond oil is rich in vitamins A, B1, B2, B6 and E, has a shelf life of up to one year and is recommended for all skin types. Try massage oils in your bath - add 2 tsp. to the running water. Available in Acheaway, Masculine Moments, Peppermint, Scents & Sensuality and Tranquility.

**Allergen Alert:** This product is based in sweet almond Oil

**Inhalers**

These personal inhalers are wonderful. Carry them with you everywhere. They are small, discreet and simple to use - just twist off the lid and inhale! Available in Buzz Me, Energize, Headache, Menopausal Madness, Peace, PMS, Road Scents, Silent Night, Sniff-B-Gone, StressBuster, Sunshine, Terminator and Tranquility. Sold individually or in a variety pack (9 for the price of 8!).

**Body Care**

**Itch Over 15ml**

A soothing blend of essential oils in a cream base to help stop any itch or minor skin irritation. Great for bug bites, chicken pox, etc. This item belongs in the 'must-have' category whenever you are out enjoying the great outdoors. Contains: Lavender, Eucalyptus and Peppermint essential oils in a base cream.

**Brian's Arthritis Cream 30ml**

This blend was created specifically for a long time arthritis sufferer (Bobbi's step-dad, Brian). The healing and anti-inflammatory properties of Emu oil along with essential oils of Eucalyptus, Birch, Clove, Rosemary and Camphor (well known for their anti-inflammatory properties) all combine to create a helpful, pain relieving formulation. Also great when massaged into sore muscles after sports, working-out or hiking!

**Bugz Off 60ml**

Our popular Bugz Off pure essential oil blend has been well-tested by our staff, family and friends while camping and enjoying other outdoor activities with great success for over 8 years. The threat of West Nile Virus moving west of the Rockies, combined with the demand from our customers, has motivated us to highlight our ready-to-use insect repellent in a handy 60ml spray. Our blend contains essential oils of Lemon Eucalyptus, Lemon Grass, Lavender, and Thyme combined in an all natural witch hazel base.

**Hot Flash Spray 60ml**

Created for our friends and associates caught up in the throws of menopause, this spray is cooling and refreshing. Keep it with you in your purse or briefcase or, for a cooler and more refreshing treat, keep it in your fridge. Whew! Contains peppermint hydrosol and witch hazel.
The seven basic chakras are commonly referred to as the base, sacral, solar plexus, heart, throat, third eye and crown. The eighth chakra, known as the thymus, is a secondary chakra, but one that we feel will be receiving a great deal more attention in the new age to come. Because each chakra is connected to internal organs and emotional issues, daily stress can cause emotional and physical disease. Energy work (through Reiki or relaxation techniques) can re-align the chakras and clean out the aura to help relieve stress, thereby aiding in the healing of emotional and physical disease. Energy work is an excellent compliment to conventional medicine, but should never be used as a replacement.

Green Valley has developed eight wonderfully balanced blends to complement the eight healing centers of the body. Each is color coded and easily identified to the associated chakra point, with soothing essential oil blends that promote the receiving and radiating of energy that is an integral part of meditation and centering. These are powerful keys to self awareness and spiritual growth. Create a peaceful space within your busy life and home by using these special blends to center yourself and begin the inner journey to a calmer and more centered inner spirit.

### Chakra Blends

<table>
<thead>
<tr>
<th>Chakra #</th>
<th>Name</th>
<th>Blend containing...</th>
</tr>
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<tbody>
<tr>
<td>1st</td>
<td>Root</td>
<td>Amyris, Marjoram, Sage, Tea Tree, Vetivert</td>
</tr>
<tr>
<td>2nd</td>
<td>Sacral</td>
<td>Clary Sage, Patchouli, Rose Abs., Ylang Ylang</td>
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<td>3rd</td>
<td>Solar Plexus</td>
<td>Clove, Fennel, Patchouli, Peppermint</td>
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<td>4th</td>
<td>Heart</td>
<td>Geranium, Mandarin, Lavender, Ylang Ylang</td>
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<td>5th</td>
<td>Throat</td>
<td>Cedarwood, Ginger, Lemon</td>
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<td>6th</td>
<td>Third Eye</td>
<td>Amyris, Basil, Benzoin</td>
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<tr>
<td>7th</td>
<td>Crown</td>
<td>Chamomile (r), Geranium, Orange (sweet), Palmarosa</td>
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<tr>
<td>8th</td>
<td>Thymus</td>
<td>Myrrh, Orange (sweet), Orange (bitter), Petitgrain</td>
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</tbody>
</table>

### Anointments
Each blend contains coconut oil, beeswax and pure essential oils (as listed above). They come in 15ml amber jars and are sold individually or in a complete set of 8.

### Chakra Blends
Our chakra anointments have generated a great deal of interest since their creation. We have found, however, that our clients are interested in doing more with them. The call went up for the pure essential oil blends of these anointments! Now available from Green Valley, our chakra blends can be used in the bath (5 to 6 drops per full tub), in massage oils, diffused in a burner, blended into a room spray or simply dotted onto a tissue and carried with you throughout your day for inhalation when necessary. Available in 5ml and 10ml sizes. Sold individually or in a set of eight - 5ml bottles.
**SPIRITUAL OILS**

**Pure essential oils and synergies to help you connect with your spirit**

**Nurturance** - So many carry a scared, neglected and lonely little child within their spirits. Our Nurturance blend was created to help envelop this delicate little one into a gentle fragrant embrace. We used Bitter Orange for its loving and peaceful nature. It helps to encourage self recognition and offers relief from our inner demons. Bitter Orange helps us to lift our sorrows, offers joy, understanding, regeneration and peace. Rose Geranium offers a gentle hand of comfort to the frightened inner child and helps us to open our hearts while encouraging us to begin the journey to healing our inner pain. Petitgrain can help us to see ahead and begin to form a link with our inner truth. It encourages gentle strength and empathetic connection to the human spirit. Finally, Patchouli was added because it is a fragrance of action, helping us to move forward and make things happen. It allows us to appreciate the sacredness of life and encourages one’s sense of knowing.

**Solace** - In times of grieving it can be easy to lose your connection to that tiny voice inside that connects you to your spirit. Solace was created to help you work through the grief and gently guide you through the dark, back into the sunshine once again. Benzoin is cushioning and protective to help encourage comfort and peace. In a more peaceful state of being you are then more able to make choices that must be made by the heart. To help encourage warmth, sensitivity, harmony and peace we included East Indian Sandalwood. This beautifully rich oil can also help instill insightfulness and sensitivity. To help calm the senses, we used Marjoram, to enable a sense of peacefulness to envelop an unsettled mind. To help give strength we added Bergamot FCF. This oil can help to amplify light energy, opening our hearts to feeling joy. It whispers gently that our angels are nearby always, all we need do is reach out towards them. With the heart open, it feels lighter helping us to move towards the realms of peace and joy.

**Higher Being** - The journey within to connect with our Higher Being must begin with a single step. It is likely that each step will be met with challenges, but don’t let fear stop you. This blend began with Black Pepper to help us endure and build up our courage, to listen to our inner voice of inspiration and then to act with strength. Black Pepper also helps to instill the faith within us that we are protected and guided along our path to change. Cedarwood was used to help with strength also, but it is also invaluable for improving focus and concentration while helping to encourage confidence. Sage offers us the wisdom and power to help us protect and heal our inner spirit through cleansing and purification. It is a very grounding oil, one that responds well to being diffused. Grapefruit was added to help energize and enliven the soul. It encourages joy and confidence and is uplifting, helping us to connect to our own angels within. To help encourage an empathetic link with other vulnerable human spirits, Petitgrain was added to the blend. It brings to us a gentle spiritual strength to help guide us through difficult times. It can help to encourage harmony, inner vision and confidence.

> These synergies contain powerful, therapeutic grade essential oils and should be blended into a carrier oil or unscented base cream before being applied to the body.

**BIBLICAL OILS**

<table>
<thead>
<tr>
<th>Cinnamon (Cinnamomum zeylanicum)</th>
<th>Galbanum (Ferula galbaniflua)</th>
<th>Myrtle (Myrtus communis)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clove (Eugenia caryophyllata)</td>
<td>Hyssop (Hyssopus officinalis)</td>
<td>Rose (Rosa damascena)</td>
</tr>
<tr>
<td>Cypress (Cupressus sempervirens)</td>
<td>Marjoram (Origanum marjorana)</td>
<td>Spikenard (Nardostachys grandiflora)</td>
</tr>
<tr>
<td>Frankincense (Boswellia thrurifera)</td>
<td>Myrrh (Commiphora myrrha)</td>
<td></td>
</tr>
</tbody>
</table>

These oils are listed with our regular oils on pages 2 and 3 of this catalogue.
KITS

Personal Start-up Kit
Green Valley has created an outstanding Start-up Kit for those of you wanting to practice aromatherapy in your own home. You will be able to blend personalized massage oils, add your favorite oil to your shampoo, fill your home with enlivening fragrance, naturally combat insects, customize a natural facial scrub or create your own signature perfume or facial cream - the possibilities are endless - and exciting! The Start-up Kit contains the following 5ml therapeutic grade, pure essential oils, in a compact cedar case: Bergamot, Clary Sage, Eucalyptus, Geranium, Ginger, Lavender, Orange, Patchouli, Peppermint, Rosemary, Tea Tree and Ylang Ylang.

Professional Start-up Kit
Green Valley has developed a complete and comprehensive tool kit of top quality essential oils for the professional aromatherapist. Our Professional Start-up Kit gives you everything you’ll need to create customized blends for your clients. Your new practice will be complete and professional. Start here and then build! The Kit contains two 50ml amber bottles of Sweet Almond carrier oil and the following pure, therapeutic grade essential oils in an attractive and compact cedar case:
(2ml) Australian Sandalwood, Black Pepper, Chamomile (Roman), Frankincense, Myrrh, Rose. (5ml) Benzoin, Bergamot, Cedarwood, Clary Sage, Geranium, Ginger, Marjoram, Patchouli, Petitgrain, Tea Tree, Vanilla and Ylang Ylang. (10ml) Eucalyptus globulus, Lavender, Lemon, Orange, Peppermint and Rosemary.

Roll-on Set
One each of our 8 fantastic roll-on blends: Energize, Headeaze, Lavender, PMS, Scents & Sensuality, Sniff-B-Gone, StressBuster and Tranquility. Pay for 7 and get one free! (10ml).

Inhaler Variety Pack
A great way to try our top selling inhalers and save money at the same time! When you purchase the set of 9 you are getting one FREE! The variety pack includes: Energize, Headeaze, Peace, PMS, Road Scents, Sniff-B-Gone, Stressbuster, Terminator and Tranquility.

Top 30 Kit
Our top 24 essential oils and 6 synergies all in a customized, hand crafted wooden box for ease and convenience. Your kit contains 5ml bottles of the following pure, therapeutic grade essential oils: Bergamot FCF, Birch (sweet), Cedarwood, Chamomile (Roman), Cinnamon, Clary Sage, Cypress, Eucalyptus, Frankincense, Geranium, Ginger, Grapefruit, Juniper, Lavender, Lemon, Lemon Grass, Orange (sweet), Patchouli, Peppermint, Rose Geranium, Rosemary, Tea tree, Vanilla and Ylang ylang. Also 5ml bottles of the following synergies: Acheaway, HeadEaze, Peace, Sniff-B-Gone, Terminator, and Tranquility.
These beautiful hand crafted cedar boxes are made right here on Vancouver Island, and have been created to help you transport or display your essential oils in safety and style!

**Small Box**
The small box holds twelve - 5ml bottles. It is 6cm deep x 7cm wide x 13cm long.

**Medium Box**
The medium box holds twenty-eight - 5ml bottles and six - 2ml bottles. It is 6.5cm deep x 10.5cm wide x 23cm long.

**Hinge Box**
The large box holds thirty - 5 or 10ml bottles. It is 8cm deep x 20.5 cm wide x 17.5 cm long.

**Tier Boxes**
These hand-crafted wooden boxes come complete with header and a pocket at the back of the unit for you to display Green Valley’s POS materials.
The drawers slide out for easy merchandising and inventory tracking. They are geared to hold 6 - 5ml bottles but will also hold 10ml bottles as well. Each row is 6 bottles across. Upper rack was created to hold testers of essential oils.

Available in 3 and 4 tier sizes. All you need to do is customize them with the essential oils of your choice.

**Essential Oil Travel Bags**
Soft sided with a zip closure, these travel bags are an excellent way to take your essential oils and carrier oils with you wherever you go. Velcro holders keep your bottles snug and secure, avoiding the worry of breakage and nasty leaks! Contains holders for six 5 or 10 ml bottles, two 50ml bottles and two 100 ml bottles. Product is not included.

**STAFF FAVOURITES**
Customers always ask which are our favourites. So we thought we’d give you an idea of which products the Green Valley team use at home on our friends, families & ourselves!

<table>
<thead>
<tr>
<th>Name</th>
<th>Favourites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barb</td>
<td>Lavender, Neroli, Sunshine, Terminator, Shea Butter, Virgin Coconut Cream</td>
</tr>
<tr>
<td>Bobbi</td>
<td>Neroli, Vetivert, Sunshine, Higher Being, Macadamia Nut Oil, Shea Butter,</td>
</tr>
<tr>
<td>Camille</td>
<td>Virgin Coconut Cream, Scents &amp; Scentuality, Virgin Coconut Cream</td>
</tr>
<tr>
<td>Denise</td>
<td>Black Spruce, Chamomile, Helichrysum, Ravintara, Sunshine, Heart, Shea Butter,</td>
</tr>
<tr>
<td>Karen</td>
<td>Clary Sage, Frankincense, Aroma2000, Menopausal Madness, Heart, Sacral,</td>
</tr>
<tr>
<td></td>
<td>Higher Being, Macadamia Nut Oil and Jojoba Oil</td>
</tr>
<tr>
<td>Kelly</td>
<td>Lavender, Ylang ylang, Road Scents, Tranquility, all the chakras, Shea Butter,</td>
</tr>
<tr>
<td>Paula</td>
<td>Virgin Coconut</td>
</tr>
<tr>
<td>Sarah</td>
<td>Jasmine, Lavender, Sandalwood (EI), Acheaway, Sunshine, Bugz Off spray, Shea Butter,</td>
</tr>
<tr>
<td></td>
<td>and Virgin Coconut Cream</td>
</tr>
</tbody>
</table>

Want to find out more about Shea Nut Butter (a recurring staff favourite)? Check out our back page.
CONTAINERS

Green Valley has been successful in locating and making available to our clients an attractive selection of bottles and containers. Unlike many suppliers, who sell only in large case lots, we are able to sell to you in smaller quantities. This is a plus for those of you making small batches of natural based products, who still wish to create a professional looking product.

Amber Glass Bottles

The dark amber shade of these glass containers will protect your essential oil products from damaging sunlight, lengthening their life and usability. The 2ml bottle includes a reducer and black top. The 5, 10, 15, 50 and 100ml bottles include tamper-evident, black, banded caps and droppers. The 250, 500 and 1Litre size include a sealing cap.

Flexible Plastic Liquid Containers

PVC white in six sizes - the containers with spray tops are perfect for hydrosol refreshers, personal perfumes and room sprays. The containers with regular tops are good for blended lotions, cleansing creams, massage oils blends, etc. All sizes are available with a regular top or massage top. 30ml, 60ml and 120ml are available with black spray tops.

Cream Jars

Plastic and Amber

These jars range in size from 5ml to 1 Litre. Larger jar sizes (500ml and 1 Litre) are single wall; jars from 5ml to 250ml are double wall construction. Amber jars are available in 15ml and 25ml size. Perfect for your hand-made skincare creations! All jars come complete with lid.

Roll-on Bottles

These 10ml roll-ons are great for making your own perfume, lip gloss or facial oil or even your own personal essential oil blend (jojoba works well as a base oil!). They are available with white or black hard plastic tops and are a great way to make your 'essentials' mobile!

Filler Bottles

The professional way to fill bottles! These plastic squeezable containers hold 500ml of essential oils to enable you to easily fill your smaller bottles quickly and efficiently.

Cobalt Blue Bottles

Like sapphires, these little blue bottles emit a beautiful deep blue hue. Available in 5 and 10ml sizes these bottles come fully equipped with droppers and are a lovely way to display your essential oils.

Pipettes

There are times when you need help with getting essential oils out of bottles. Sometimes oil is very thick and pipettes come in handy to get a proper drop of essential oil from our 2ml bottles. These pipettes are designed for safe and easy measuring from larger containers. 25 drops = approx. 1 ml.
Diffusers are an important part of aromatherapy. Many oils work best when diffused around a room, releasing particles of the oil into the air to destroy air-borne bacteria, freshen the air and create a healthier environment. Diffusing can be accomplished in a variety of ways, for example, adding Eucalyptus to a pot of steaming water and inhaling the steam can relieve blocked nasal passages. Many people like to have a diffuser on while they are working or relaxing.

**CarScenter**
Road rage, anxiety, frustration? Try using essential oils in your car. Apply 5 to 10 drops of Green Valley essential oil on the refill pad, insert the pad into the diffuser and plug the diffuser into your cigarette lighter. You can boost your immune system (try the "Terminator" blend) on your way to work! The CarScenter comes with 5 reusable pads.

**ScentBall**
The ScentBall is an easy, inexpensive way to use aromatherapy at home and in the office. Apply 5 to 15 drops of your favorite Green Valley essential oil onto the refill pad, insert it under the protective grill and plug the ScentBall into an electrical outlet with the grill side facing up. Within minutes, the ScentBall will diffuse the oil for hours throughout a 600 to 800 sq. ft. room. It is truly a portable diffuser! Comes with 5 reusable pads.

**MIO**
MIO delivers "Aromatherapy in the palm of your hand". Enjoy the benefits of Aromatherapy at your desk, in your home, in your car or while traveling with the MIO. Battery operated, fan driven, compact and so discreet that it can be used anywhere.

**SpaScenter**
The SpaScenter meets the demands of the most discerning aromatherapists. It has been specifically designed to provide you with the most efficient diffusion of essential oils in their purest form through cold evaporation. Put the aroma pad onto the pad drawer. Apply 10 to 15 drops of Green Valley's essential oil on the reusable pad and insert the drawer into your SpaScenter. Turn the dial to select your desired diffusion speed and within seconds experience the benefits of your chosen oil.

**Blue Ceramic AromaRings**
A high-glaze, ceramic blue ring for diffusing your essential oils using heat from a lamp lightbulb. Caution: Do NOT put essential oils into the lamp ring when light is on. Make sure bulb is cold.

**Diffusing tips:**
Remember, essential oils can affect people emotionally. Having a party? Want to jazz things up? Diffuse some Rosemary, Geranium, Basil and Clove. This should help people stay awake, alert, upbeat and perhaps even more open to remembering other people's names!

Ready for a quiet night of romance? Want to be subtle? Get the fireplace going, put on some soft, romantic music, dim the lights and light some candles. Try diffusing a blend of Neroli, Black Pepper, Sandalwood, Clove, and Melissa. Then just relax and let the evening take its course!

Got children? If you find they “hyper-out” at night time try diffusing Lavender, Mandarin, and Chamomile about two hours before bed. Keep the lights low and encourage quieter activities in a low calm voice. These oils are great in the bath too! Remember, for little one (ages 2 & up) use no more than 4 to 5 drops total of essential oils to a full tub. Mix with 1/4 cup of milk to help break up the oils in water.
AROMATHERAPY RESOURCES

**Aromatherapy Essentials**
*by Green Valley Aromatherapy*

Green Valley’s own hands-on approach to aromatherapy is great for the budding aromatherapy enthusiast. Aromatherapy Essentials covers a wide range of essential oils, hydrosols and carrier oils. Also included are ways to use essential oils, a list of common ailments and oils that may help, essential oil cautions, first aid measures and explanations of methods of extraction. We have left some blank pages at the end of the book for you to add your own notes and recipes! Bound in a spiral notebook format, this book is a must-have for anyone wanting their aromatherapy information ‘to go’! 134pp.

**Aromatherapy for the Healthy Child**
*by Valerie Ann Worwood*

An indispensable guide for every parent who thinks about their children’s physical and mental health. 313pp.

**Aromatherapy: An A - Z.**
*by Patricia Davis*

Here is the most up-to-date encyclopedia of aromatherapy available today, with over 400 entries covering more than 200 conditions from ‘abscess’ to ‘zona’, safety factors, sources and 82 essential oils. This book has been justly subtitled ‘the aromatherapist’s bible’. Entries are so comprehensive, current and fluently written, providing an easy-to-understand introduction. 336pp.

**Aroma Therapy, Vol. I**
*Music from the DNA of Plants Compact Disc by Mevlabs*

Every species and person has a unique song that can be produced by DNAudio. The plants in this CD have been chosen because of their diverse use in medicine and aromatherapy. The DNA sequence of the individual plant species has been converted into notes and chords using DNAudio technology.

**The Book of Chakra Healing**
*by Liz Simpson*

A comprehensive guide to the ancient Indian system of chakras. These centres of “spinning energy” in the body help to maintain your physical, mental, emotional, and spiritual balance. This book offers practical ways to work on your chakras and shows you how to unblock and rebalance your energy. 143pp.

**The Complete Book of Essential Oils and Aromatherapy**
*by Valerie Ann Worwood*

If you can only have one book on Aromatherapy, this is the one. It covers all aspects of home use of essential oils - recipes and blending techniques, applications that range from common household uses, health, aiding your pets and gift ideas. 546pp.

**The Encyclopedia of Aromatherapy**
*by Chrissie Wildwood*

Among the many books on aromatherapy available, this book is the first to explore the many aspects of this healing art in a single, up-to-date, highly illustrated volume. The work discusses all things aromatic, from choosing, blending and storing essential oils to planning the aromatherapeutic garden as a place to relax and renew. Included are complete profiles of oils safe for home use and practical and inspiring tips for readers to develop their own intuitive senses. 302pp.

**Fragrant Mind**
*by Valerie Ann Worwood*

This book presents the latest scientific research about aromas effects on the mind, showing how these findings are increasingly entering the mainstream. 429pp.

**Fragrant Sensuality**
*by Valerie Ann Worwood*

The secrets of scent have been used throughout time for love and seduction. Now modern science is discovering what lovers and the sensually aware have always known – that smell is a powerful sense, and that aromas affect our emotions and our memories, our well being and even our destinies. Fragrant Sensuality uncovers these secrets for you, revealing how the potent and pure essential oils of nature can put more zest into your day or enrich a romantic evening. You will learn the art of romantic massage, how to attract your sexual partner and how to make beautiful gifts as well as practical advice to help you discover your true aromatic self! 269pp.

**375 Essential Oils and Hydrosols**
*by Jeanne Rose*

In this guide to a “wide range of essential oils and hydrosols, Jeanne Rose profiles 375 different substances used in aromatherapy according to botanical family, habit and growth, chemical components, actions and uses. Rose, a leading herbalist involved in aromatherapy, adds historical lore from Chinese alchemy and botany as well as western botanical sources. Rose describes medical properties and uses, and provides new information about hydrosols, what she calls “the homeopathy of aromatherapy”, a true mix of herbalism and aromatherapy. 251pp.
AROMATHERAPY TRAINING

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✓ Brilliant in Spa treatments

“Success is finding your lifework in the work that you love.”

Barb Greenwood, R.A., RAHP
President & CEO, Green Valley Aromatherapy

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Bobbi - Sales & Media Relations

Kelly - Customer Service

Barb - President & CEO

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