



# June 2007



**A**romatherapy is the use of purely plant derived essences in the form of essential oils which are prepared via the process of extraction or distillation from fresh plants and flowers. Essential oils have been used since ancient times to therapeutically effect the mind and body. Therapeutic uses for essential oils are many and diverse—from calming (Lavender) or stimulating (Rosemary) the mind; to fighting off viruses (Tea Tree) and infections (Eucalyptus); to decreasing muscular pain (Juniper) and inflammation (Peppermint). Aromatherapy can be incorporated into your day to benefit your health and enhance your well being.

At the start of your day shake some Lime or Pine essential oil onto the floor of the shower for an energizing steam. Use Lavender on your morning commute to keep you serene and avoid traffic frustration. During your workday use geranium to promote peacefulness (A.K.A. Prozac for the nose!) Or use Peppermint to refresh and Rosemary to concentrate. Frankincense will inspire creativity. To keep balanced through the late afternoon low blood sugar swings enjoy Cinnamon to hold you over till dinner. Unwind at home with the fragrance of a Vanilla-scented candle or promote joy and contentment within the family with the scents of Tangerine or Rose. Before bed Mr. Sandman recommends Jasmine to relax and soothe to sleep. In case the mood strikes there is even essential oils with aphrodisiac properties such as Ylang Ylang and Sandlewood.

Health food stores and most pharmacies or specialty shops such as Aveda will supply you with high quality essential oils.



## The **Spiritual** Side of the Mountains



**W**hile adventure is always an option in the mountains, so is a more spiritual approach. Many guests are now taking advantage of their heli hiking or heli mountaineering vacation to take a retreat — from work, from family responsibilities, simply from an often hectic everyday life.

It works. Imagine being surrounded by a landscape millions of years old, by air that's fresh and pure, by nature that's always seeking a balance. You can look at the mountain peaks and know that they were there yesterday and they'll be there tomorrow, no matter what happens anywhere else in the world.

Many of us who spend our days and nights in the Rockies find solace and spirituality in the peaks and the slopes, in the blooms on the wildflowers and the glimpses of wildlife. Here are a few tips to make the most of your mountain retreat, whether you're traveling alone or with a group.

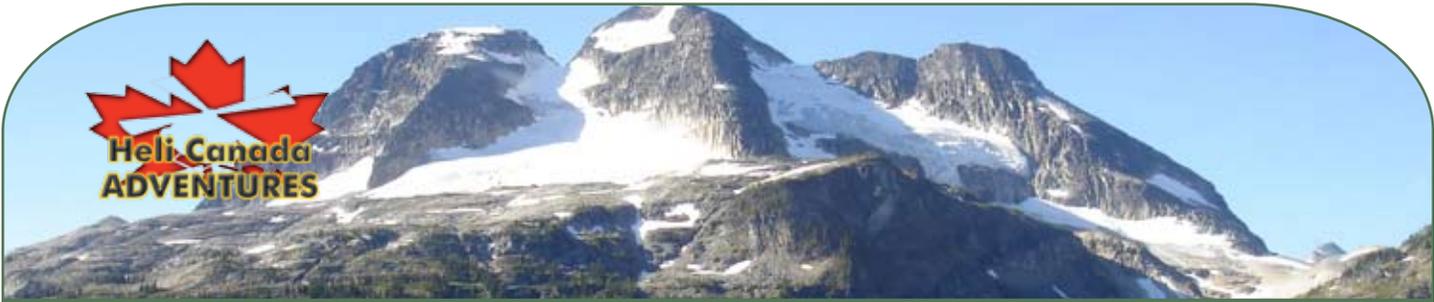
Ask yourself a question at the beginning of your time in the mountains, and then let it go. Don't

think about it, don't worry about it, just let it go. As your retreat ends, you may find that your subconscious mind has figured out an answer for you.

Stay in the moment. If you've ever walked a dog, you know how they live completely in the present. They're not reviewing the past or worrying about the future — they're simply enjoying the senses (and scents!) Of that very moment. Try approaching a mountain retreat in the same way. Enjoy the sights, sounds, scents, textures and even the tastes...

Breathe. We know: you breathe in and out

**www.helicanada.com**  
**1-888-837-5417**  
**(toll free in North America)**



Featured Adventure

## All About Heli Mountaineering and Heli Rock Climbing

Since we often receive questions about the difference between heli mountaineering and heli rock climbing, we thought we'd provide a quick go-to guide for these two exhilarating adventures. Here's how it works:

Think of **heli mountaineering** as a muscled-up version of heli hiking. You're still using foot power, and you're still walking — it's just that your end goal is usually a mountain peak or ridge. That's why we say that if you can take stairs two at a time, you're ready for heli mountaineering. We might sometimes use ropes to give us something extra to hold onto, but it's not technical at all: just uphill, and then downhill. And, of course, some stunning scenery along the way.

**Heli rock climbing**, on the other hand, is more technical. You're learning (or using) skills that involve climbing a rock face using ropes, footholds and handholds. It takes a little more fitness, since you're using upper body strength as well as leg and "glute" power. For those who want to challenge themselves, it's an awesome experience.

For both adventures, the experience begins and ends with a helicopter ride, providing quick access to the mountaineering or rock climbing route — no lengthy approach hikes needed!

If you have questions about any of our heli adventures, don't hesitate to ask us: check out [our website](#), and click or call for more information.

throughout the day, so how can this possibly be advice? Because we tend to breathe on automatic pilot, and when we're stressed, our breathing becomes shallow, often accompanied by hunched shoulders that reduce our lung capacity still further. Try straightening your shoulders and breathing from your diaphragm (your stomach) instead of your chest — this gets the oxygen flowing more efficiently through your body, and can give your brain and your wellbeing a boost.

If you're interested in going on retreat, or organizing one for a group (which can start with as few as two!), talk to us — we'll be happy to suggest an itinerary and destinations that will suit your goals.



## Happy Honeymoons

Want to start your married life on a honeymoon high? We might be a little biased (HCA owner Bob did, after all, propose to Debbie on a heli hiking trip!), But we think that a honeymoon spent adventuring in the Rockies is a great way to start the adventure that's married life. You can share the exhilaration and the fun — and even the challenge, if that's where your goals are.

If you'd like us to start a "honeymoon registry" for you, just contact us and tell us which adventure you'd like to book. You can then let friends and family know how to reach us, and we'll keep track of any gifts from them towards the cost of your trip. It's too easy!

## About Heli Canada Adventures

HCA specializes in exclusive, small group heli adventures. Our summer adventures range from heli picnics to heli backpacking, with heli hiking and heli mountaineering as our signature offerings.

Our winter adventures feature powder ski and snowboard touring, and heli snowshoeing — and we also team up with two high-quality partner companies to offer heli skiing and heli snowboarding.

We match each trip and group to your pace and expertise, making our adventures ideal for families, couples and single travelers. We also specialize in designing corporate, private and incentive heli adventures to fit your goals. From our base in Revelstoke, British Columbia, we provide unparalleled access to some of North America's most pristine mountain wilderness.



## Contact Information:

1 (888) 837-5417 (toll-free in North America)

1 (250) 837-5417 (outside North America)

[info@helicanada.com](mailto:info@helicanada.com)

[www.helicanada.com](http://www.helicanada.com)

[www.helicanada.com](http://www.helicanada.com)

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(toll free in North America)



We would love to hear from you!