

AROMATIC ESSENTIAL OILS

*Love Nature - Nurture Yourself*



# Your Guide To Choosing & Using Essential Oils



[www.AromaticEssentialOils.co.za](http://www.AromaticEssentialOils.co.za)

Aromatherapy and the practice of using essential oils to enhance man's wellbeing of mind, body and spirit, have been recognised and used throughout history dating as far back as the Ancient Egyptians and beyond.

Essential oils, extracted from seeds, flowers, woods and leaves encapture both the fragrance and life-force of the given plant. They have various applications and therapeutic benefits, and can be used for skin care, to calm anxieties, soothe a headache and to detoxify the body. And more

The essential oils bearing our name, **Aromatic Essential Oils** are guaranteed full strength undiluted pure Aromatherapy quality (with the exception of those listed as N.I/Blend).

Each 11ml bottle of essential oils contains 240 drops of high-quality concentrated essence. So, with only a few drops you will add fragrance to your day, as well as health, vitality and instant luxury.

Our extensive range includes essential oils, carrier oils, plant extract massage bases, hydrosols, and pot-pourri oils.



The essential oil that you choose will depend on the purpose—do you want it to help elevate your mood or do you need something to treat a burn? There is no definitive list that specifies which essential oil is used to treat which health condition.

For example, while the essential oils of lavender, basil, Frankincense, are generally found to have a calming effect and may help with anxiety and bergamot and peppermint oil are stimulating and can help those with depression, this is somewhat individual.

So, you need to be proactive about doing research and talking with qualified aromatherapists or other individuals with training in using essential oils.

## How do I use Aromatherapy Essential Oils?

### *Bath Oil*

Add 3-6 drops to a full bath, soak for 10 minutes or longer. Choose oils that relax, uplift, stimulate, or just pamper yourself.

### *Massage*

Add 15-25 drops of essential oils(s) (never use more than 3 different oils) to 50ml vegetable oil such as Almond or Grapeseed. Use for a body massage, after bath skin care, to soothe tired muscles, to detoxify the body or just to make you feel good. For the ultimate luxury treat yourself to a massage by a trained Aromatherapist. Call us for a name near you.

### *Inhalation/Complexion*

For colds and flu or to improve your complexion add 3-5 drops to a bowl of hot water, cover your head with a towel and inhale for 5-10 minutes. This is the best way to treat a sinusitis attack.

### *Compresses*

Disperse 3 drops into a bowl of water (1/2 pint) and immerse a cloth into the mixture, wring it and place it on the affected area. Use cold water for sprains, bruises, headaches and hot water for boils, abscesses, cystitis, and period pains.



## **Starter Pack**

In your starter pack you will find a selection of essential oils and a vegetable oil which will give you an introduction into the wonderful world of essential oils and an idea of the many ways to use them. Kindly take note of the guidelines before using the oils... bath time will never be the same again!

### **Sweet Almond 50ml**

A general skin softening vegetable oil into which you can mix your essential oil(s). add 4 drops of essential oils per tablespoon of Sweet Almond, use as a massage or after a bath.

### **Eucalyptus**

A well know inhalation for colds, flu and nasal congestion. Use on tired overworked muscles. It is a strong antiseptic and is an excellent insect repellent.

### **Rosemary**

Rev up and go in the morning! Add 6 drops to your morning bath. To aid concentration or help a tension headache, inhale a few drops on a tissue. A few drops in your shampoo will add shine to the hair. It can be used in a massage to tone the muscles.

### **Lavender**

Known and loved by most for its fortifying balancing effect, it blends well with most other essential oils. Add 6 drops to an evening bath to aid relaxation and sound sleep. Inhale for a headache or for a clear complexion. Treat those tired aching muscles to a massage with this oil.

### **Lemongrass**

The strong lemon scent makes this ideal for your burner. Enjoy a refreshing bath by adding only 3 drops. Two drops to your dog's bath or shampoo keeps his coat fresh and clean and will also keep pests at bay. A few drops to your household tile and floor cleaner gives a hint of lemon. Be aware of skin sensitivity.

### **Orange (Sweet)**

Known as the 'jolly oil' it adds zest and a sense of fun to your day it will give memories of carefree summer days no matter what the season. It is lovely as an uplifting bath oil as it soothes anxious moods and may be used freely on your aroma burner.

### **Blending**

Essential oils can be blended together (but no more than 3) to create the fragrance or mood of your choice. Try Lavender and Rosemary, Orange (Sweet) and Petitgrain, Lemongrass and Orange (Sweet), depending on the ambience you want. The possibilities are endless.



## Essential Oils To Use For:

<i>Antiseptic</i>	Niaouli, Eucalyptus, Tea-tree, Lavender
<i>Aphrodisiac</i>	Ylang Ylang, Patchouli, Rose Formulation Rose Absolute
<i>Cellulite</i>	Black pepper, Cypress, Juniper, Geranium, Marjoram, Rosemary, Lemongrass, all citrus oils, Clary Sage, Lavender
<i>Circulation</i>	Black pepper, Juniper, Cypress, Geranium, Ginger
<i>Depression</i>	Ylang Ylang, Bergamot, Melissa, Patchouli, Rose, Benzoin, Jasmine (absolute)
<i>Fatigue</i>	Basil, Camomile, Lavender, Geranium, Ginger, Rosemary, Cypress
<i>Fungus</i>	Tea-tree, Lavender, Tagettes, Khakibos
<i>Hair Care</i>	Rosemary, Lavender, Cedarwood, Carrot, Tea-tree
<i>Insect Repellent</i>	Geranium, Lavender, Eucalyptus, Peppermint, Citronella, Tea-tree
<i>Colds and Flu</i>	Tea-tree, Eucalyptus, Cajuput, Niaouli, Lavender, Ginger, Peppermint

### **Muscles**

<i>Aches and Pains</i>	Eucalyptus, Peppermint, Basil, Black pepper, Clary Sage, Ginger, Marjoram
<i>Stiffness</i>	Rosemary, Cypress, Peppermint, Marjoram
<i>Rheumatism</i>	Rosemary, Pine, Marjoram, Lavender, Juniper, Cypress, Ginger
<i>Tone</i>	Lavender, Lemongrass, Rosemary, Black pepper
<i>Nervousness</i>	Clary Sage, Ylang Ylang, Marjoram, Lavender, Vetiver
<i>Relaxation</i>	Lavender, Ylang Ylang, Rose, Sandalwood, Marjoram, Vetiver
<i>Sinusitis</i>	Tea-tree, Niaouli, Cajuput, Lavender, Eucalyptus, Pine, Basil, Cedarwood

### **Skin Care**

<i>Mature/dry</i>	Rose Formulation, Lavender, Frankincense, Elemi, Geranium, Myrrh, Palmarosa, Carrot, Carrot Seed
<i>Oily/acne</i>	Juniper, Cedarwood, Lavender, Lemongrass, Lemon, Cypress, Bergamot, Jojoba or Macadamia Nut Vegetable Oil, Aloe Vera
<i>Inflamed sunburn</i>	Lavender, Peppermint, Tea-tree (add drops to cold pressed Jojoba vegetable oil, or drops to a cool bath)
<i>Varicose veins</i>	Cypress, Lavender, Juniper, Rosemary (bath or blend essential oils with a vegetable oil, apply gently over the area, do not massage veins).

## ESSENTIAL OILS – Nature Identical (N.I.) / Blends

We have a number of oils we refer to as Nature Identical (N.I.) and/or blends; The facts being that some plants have a low yield of essential oil, resulting in them being more expensive and/or limited availability.

Therefore, those that fall under this category on our Product Range have been created to match the essential oil in aroma however by their nature are not pure essential oils.

However as these remain popular for their quality we continue to make them available for our customers;

**Herbal types:-**

Camomile German (N.I.)

Camomile Roman (N.I.)

**Floral types:-**

Jasmin (Blend)

Neroli (Blend)

## Essential Oil Formulations

Our range of Formulations (or Recipe) are made up from a number of complimenting essential oils that are blended together for a specific need for which the name will refer.

These are pure essential oil formulations and must be added to a carrier oil as you would with single essential oils from our range.

Rose Formulation is somewhat different as this is a Formulation containing a percentage of Rose Absolute and other complimentary essential oils to this thereby making this Absolute less expensive however the wonderful aroma and benefits that Rose Absolute offers can be enjoyed.

Of course, if you prefer, you may prefer to purchase the pure Rose Absolute found in our main list; Available in sizes 6ml / 11ml / 22ml;

Important to note the Names of our Formulations have been specifically chosen in order to avoid implying potential “medical condition and/or diagnosis” and then “offering a cure!” For example, Anti-Fat (not cellulite), Clearing (not Sinus), Tension (not Stress) etc.

You may enjoy creating your own unique formulations by selecting individual Essential Oils that your Formulation Recipe needs, this is easy and fun.

**Essential Oil Formulations:-**

- Anti-Fat Oil
- Anti-Flea Oil Mixture
- Clearing Oil
- Childrens Oil
- Rose Oil
- Sauna Oil
- Sensual Oil
- Sports Oil
- Tension Oil
- 4Thieves Oil

Kindly always remember to follow our list of ‘Important Guidelines’ when using our range of Essential Oils.

## The Fragrant House

### ***Pot-pourri***

Pot-pourri is a mixture of dried petals, leaves, stems, spices, orris root and oils, mixed for fragrance and stored in jars. The origin of pot-pourri goes back to ancient times. Man has always been drawn to fragrances, and has yearned and endeavoured to preserve it since time immemorial. Fragrances lift the spirit and make our homes happier places to live in.

There are many different types of pot-pourri, the most common one being the 'dried pot'. Since flowers have no aroma once dried, one has to add pot-pourri oils to the mixture to 'fix' the fragrance.

Select the pot-pourri of your choice, add essential oils to the dried pot-pourri ingredients drop by drop, until the desired strength is reached. Mix well and be sure to cover your jar the fragrance to penetrate.

Once the fragrance diminishes (usually after a few months) refresh and revive your pot-pourri by adding a few drops of your chosen oil.

### ***Aroma Burner***

The first thing to greet you or your guests as you enter the home is the aroma. This unique aroma fingerprint says a great deal about the people who occupy the house.

Essential oils, diffused in a burner gives your home a delightful fragrance. Certain oils have anti-bacterial and anti-viral characteristics such as Tea Tree and 4 Thieves. Other oils can lift the atmosphere when the gloom of depression hangs. In short you can create any ambience and mood that you want.

To a tablespoon of water in the dish of your burner add 4-6 drops of the oil of your choice, light the candle and inhale the exquisite aroma. Remember to clean the bowl of the burner every time you change the oil and be sure to keep your burner out of reach of children.

To keep alert when driving and at the same time to add fragrance to your car put 4 drops of essential oil such as Lemongrass and Eucalyptus on cotton wool and place this on the air vent.



## Important Guidelines

*Our range of essential oils are highly concentrated, please use only as directed. Remember our general rule – less is always best.*

- Do not take oils internally, some oils are highly toxic even in small doses.
- Keep out of reach of children and away from your eyes.
- Some oils such as Basil, Lemongrass, Fennel, Lemon can irritate the skin – use with care.
- Essential oils should not be used neat on the skin, always dilute in a vegetable oil such as Grapeseed, Avocado or Jojoba.
- If you suffer from heart problems, high blood pressure, epilepsy, are pregnant, plan to use oils on young babies and children, or if you have any queries, please consult an Aromatherapist, ourselves [ (011) 646-5472 ], or refer to the many books on the subject before using essential oils.
- Avoid using citrus oils in direct sunlight.

# Our Product Range



## Pure Essential Oils

**Available in 11ml, 22ml, 50ml, 100ml (500ml / 1000ml bulk contact us)**

***The following are available:***

- Aniseed Star
- Basil - Sweet
- Bay Laurel
- Benzoin
- Bergamot
- Black Pepper
- Cajuput
- Camphor White
- Cape Snowbush
- Cardamon
- Caraway
- Carrot
- Carrot Seed
- Cedarwood Atlas
- Celery Seed
- Cinnamon Leaf
- Citronella
- Clary Sage
- Clove Bud
- Coriander
- Cumin Seed
- Cypress
- Dill Seed
- Eucalyptus Globulus
- Eucalyptus Lemon
- Eucalyptus Radiata
- Eucalyptus Smitthii
- Fennel - Sweet
- Frankincense Serreta
- Frankincense Bos, Carteri
- Galbanum
- Geranium (Rose)
- Geranium (SA)
- Ginger
- Grapefruit
- Helichrysum (Bractiferum)
- Helichrysum (Splendidum)
- Hyssop
- Juniper Berry
- Lavandin
- Lavender - French
- Lavender SA
- Lavender Spike
- Lemon
- Lemongrass Flexuosus
- Lemon Verbena
- Lime
- Litsea Cubeba
- Mandarin
- Marjoram (Spain)
- Myrtle
- Myrrh
- Niaouli
- Nutmeg
- Orange Sweet
- Origanum
- Palmarosa
- Patchouli
- Peppermint
- Petitgrain
- Pine
- Pine Needle
- Ravensara Aromatica
- Rose Absolute
- Rosemary
- Rosewood
- Sage Officinalis
- Sandalwood W.I
- Spearmint
- Tagetes (Khakibos)
- Tangerine
- Tea Tree
- Tea Tree Lemon
- Terebanthine
- Thyme (Red)
- Vetyver
- Wilde Als
- Wintergreen
- Ylang Ylang

## **Pure Essential Oil Formulations**

*(Only pure essential oils used)*

- Anti-Fat Dep. Oil
- Anti-Flea Mixture
- Clearing Oil (Children's oil)
- Rose
- Sauna Oil (Sensual oil)
- Sports Oil
- Tension Oil
- 4 Thieves Oil

## **Blends / Nature Identical (N.I.)**

- Camomile German (N.I.)
- Camomile Roman (N.I.)
- Jasmin Blend
- Neroli Blend



## **Carrier Oils**

**Available in 50ml, 100ml, 250ml, 500ml and 1000ml**

### ***The following are available:***

*(also known as base oils & vegetable oils)*

- Evening Primrose
- Aloe Vera
- Avocado
- Coconut Oil (Fractionated)
- Grapeseed
- Hazelnut
- Olive Oil - Pomace
- Peanut
- Seabuckthorn Berry
- Sunflower
- Sweet Almond
- Wheatgerm



## Carrier Oils Cold Pressed

**Available in 50ml, 100ml, 250ml, 500ml and 1000ml**

***The following are available:***

- Apricot Kernel
- Avocado Green
- Black Cumin Seed (50ml, 100ml in glass bottle)
- Argan Organic (50ml, 100ml in glass bottle)
- Jojoba
- Castor Oil
- Macadamia Nut
- Neem & Jojoba
- Olive Oil Ex Virg
- Pumpkin Seed
- Rosehip Seed (50ml, 100ml in glass bottle)
- Sesame
- Soya



## Carrier Oils Solid & Semi Solid

**Available in Various Sizes**

***The following are available:***

- Bees Wax Granules 200gram / 400gram / 800gram
- Bess Wax Blocks 250gram
- Cocoa Butter 200gram / 400gram / 800gram
- Coconut 500gram / 1kg
- Foam Bath (250ml / 500ml / 1000ml)
- Palm Oil 500gram / 1kg
- Neutral Gel 500gram / 1kg
- Shea Butter 250gram / 500gram / 1kg

## **Plant Extract Massage Bases**

**Available in 50ml, 100ml, 250ml, 500ml, and 1000ml**

*The following are available:*

- Arnica Massage Base
- Calendula Massage Base
- Carrot Massage Base
- St. John's Wort Massage Base

## **Hydrosols / Natural Floral Waters**

**Available in 125ml, 250ml, 500ml, and 1000ml**

*The following are available:*

- Geranium
- Melissa
- Rose



## Fragrance Oils Pot Pourri

**Available in 11ml, 22ml, 50ml, 100ml  
(500ml / 1000ml bulk contact us)**

***The following fragrances are available:***

- Amber
- Apple
- Carnation
- Cinnamon
- Citronella (Mos)
- Clove
- Coconut
- Fig
- Frangipani
- Freesia
- Gardenia
- Grapefruit
- Honeysuckle
- Hyacinth
- Lavender
- Lemon
- Lemongrass
- Lemon Verbena
- Lilac
- Lily Of The Valley
- Lotus Blossom
- Magnolia
- Musk
- Musk (Floral)
- Orange
- Orchidee
- Pansy
- Peach
- Pear
- Plumbago
- Pomegranate
- Rose
- Rose Geranium
- Sandalwood
- Tea Rose
- Tubereuse (Jasmin)
- Strawberry
- Vanilla
- Violet
- Wisteria
- Ylang Ylang

## Our Location

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Visit Our Website:

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