

ESSENTIAL OIL

BENEFITS

USAGES APPLICABLE TO ALL ESSENTIAL OILS

EUCALYPTUS OIL

(Wholly derived from fresh leaves of Eucalyptus Globulus, 100% pure and nature.)

In aromatherapy: treat mucus congestion, asthma, bronchitis, and sinusitis, promotes relaxation and believed to treat anxiety and respiratory allergies.

In massage: pain reliever (joints and nerves pains), headaches

On skin: clean the skin, treat breakouts, pigmentation.

On hair: treat dandruff or dermatitis and even preventing head lice.

-Mosquito repellent.

GERANIUM OIL

(Wholly derived from fresh leaves of Pelargonium ssp, 100% pure and organic.)

In aromatherapy: natural perfume, calms mind, body, and emotions. **/-Mosquito repellent.**

In massage: balances the emotions as well as the hormones

On skin: treat spots and acnes, reducing wrinkles and the signs of aging, glow of skin

On hair: treat dry and oily dandruff, deep-cleanses the scalp, hair growth.

LEMONGRASS OIL

(Wholly derived from fresh leaves of Cymbopogon citratus, 100% pure and organic.)

In aromatherapy: relieve stress and anxiety, decrease depression, room freshener. **/-Mosquito repellent.**

In massage: muscle relief, ease diarrhea, reduce fever, relieve headache, gives good night sleep

On skin: treats oily skin, fabulous fragrance, acne fighting, reduce inflammation, reduce redness

On hair: supports hair growth, eliminate itchiness, relief scalp cleansing, reduce dandruff.

ROSEMARY OIL

(Wholly derived from fresh leaves of Rosmarinus Officinalis, 100% pure and organic.)

In aromatherapy: improving mood, clearing the mind, relieving stress, help to concentrate.

In massage: facilitate in digestion, relieve flatulence, bloating and cramps and relieve constipation.

On skin: Fight Acne and fine Lines, Tighten Skin Tone.

On hair: treat hair loss, improve circulation, promotes scalp health.

In aromatherapy:

For Diffuser: add water into a diffuser add a few drops of essential oil (3-5) switch on the power (Always look on the catalogue of diffuser for the best use).

For Oil burner: pour water up to the top of oil burner add few drops of essential oil (3-5), place tea light candle underneath.

For steaming: add (3-7) drops of essential oil to boiling water in a large pot or heatproof bowl. Use a towel to cover your head, and breathe through your nose (1-5) minutes.

In massage:

Combine 2-5 drops of essential oil with 1-2 teaspoons of carrier oil, such as jojoba, olive, moringa oil, coconut oil, etc and simply massage into the muscles until the cooling effect becomes a warm sensation.

-NOTE: massage blends should not exceed 2% concentration of essential oils (one drop in a teaspoon) for adults.

On skin:

Add a few drops of essential oil to a warm bath (2%).

Make a hot or cold compress by soaking a cloth in water, adding essential oils, and then applying to the desired area. Always remember to use 2% of essential oil.

Add essential oil to a lotion or moisturizer and then apply to skin.

-HINT: 20 drops equals to 1 milliliter.

On hair:

Place one drop of essential oil along with 1 teaspoon carrier oil on your scalp and gently massage.

Include a drop or two with your shampoo or conditioner.

Simply add the essential oil to your palm with your shampoo or conditioner before lathering it on your scalp or hair.

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PATCHOULI OIL

(Wholly derived from dried leaves of Pogostemon cablin 100% pure and organic.)

In aromatherapy: boosting mood, helps alleviate stress and anxiety, help to induce sleep.
In massage: fight off bad body odor, moisturize and deeply hydrate the skin, improve the look of chapped skin
On skin: to treat wounds, soothes dry and irritated skin, it is anti-ageing; eliminate fine lines and wrinkles, to balance oily and acne-prone skin.
On hair: enhances hair growth, helps prevent dandruff, make your hair shinier.

TAGETES OIL

(Wholly derived from wild collection of Tagetes minuta, 100% pure and natural.)

In aromatherapy: help in treating cough and chest infections, relieves congestion, improve sleep quality and reducing anxiety levels.
In massage: eases muscle aches and strains.
On skin: antifungal, anti-inflammatory, and antibacterial properties that might make it useful in healing wounds
On hair: can be one of hair growth; reduce dandruff, hair fall, and lice of the hair.

LAVENDER OIL

(Wholly derived from wild collection of Lavandula angustifolia 100% pure and nature.)

In aromatherapy: promotes relaxation and believed to treat depression, insomnia, nausea.
In massage: relieve stress and emotional pain, help sedate your nervous system and improve overall relaxation.
On skin: treat eczema, reduces inflammation, lessens pain, and cleans the surface of the skin.
On hair: promote hair growth, help prevent or kill head lice, prevents hair loss.

PEPPERMINT OIL

(Wholly derived from steam distillation of Mentha x piperita 100% pure and natural.)

In aromatherapy: provides a refreshing and invigorating scent, known to enhance mental clarity, focus, and alertness.
In massage: helps relieve muscle tension and soreness, offers a cooling sensation, and promotes a sense of relaxation.
On skin: soothes itching and irritation, reduces redness, and has potential antimicrobial properties.
On hair: stimulates hair follicles, promoting hair growth, provides a tingling sensation on the scalp, and may help control dandruff.

In aromatherapy:

For Diffuser: add water into a diffuser add few drops of essential oil (3-5) switch on the power (Always look on the catalogue of diffuser to the best use).

For Oil burner: pour water up to oil burner add few drops of essential oil (3-5), place tea light candle underneath.

For steaming: add (3-7) drops of essential oil to boiling water in a large pot or heatproof bowl. Use a towel to cover your head, and breathe through your nose (1-5) minutes.

In massage:

Combine 2-5 drops of essential oil with 1-2 teaspoons of carrier oil, such as jojoba, olive, moringa oil, coconut oil, etc and simply massage into the muscles until the cooling effect becomes a warm sensation.

-NOTE: massage blends should not exceed 2% concentration of essential oils (one drop in a teaspoon) for adults.

On skin:

Add a few drops of essential oil to a warm bath (2%).
 Make a hot or cold compress by soaking a cloth in water, adding essential oils, and then applying to the desired area. Always remember to use 2% of essential oil.
 Add essential oil to a lotion or moisturizer and then apply to skin.
-HINT: 20 drops equals to 1 milliliter.

On hair:

Place one drop of essential oil along with 1 teaspoon carrier oil on your scalp and gently massage.
 Include a drop or two with your shampoo or conditioner.
 Simply add the essential oil to your palm with your shampoo or conditioner before lathering it into your scalp or hair.