



ESSENTIAL THERAPEUTICS
THE ULTIMATE PROFESSIONAL AROMATHERAPY RANGE

Professional Reference Guide

Pure Essential Oils and Related Products
for the Practice of Aromatherapy



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About *Essential Therapeutics*...

I became enamoured of the possibilities of Aromatherapy while I lived in San Francisco in the early 1980's. Emigrating to Australia in 1986, I had the good fortune to study and work with Dr. Daniel Pénoël while he lived in Melbourne, Australia. Dr. Pénoël is a medical physician renowned for his passion and expertise in the practice of Aromatic Medicine - or the more clinical uses of aromatic extracts and essential oils used as a specialised form of herbal medicine.

At that time, Aromatherapy was just becoming popular. However, what was locally available as "essential oils" left much to be desired. Based on how French physicians, naturopaths and pharmacists utilised essential oils effectively for treating a wide range of conditions, it became very clear that only real, authentic, guaranteed essential oils were suitable for therapeutic use and this was further confirmed in my own clinical work with clients.

Essential Therapeutics began in 1988 as the first professional-only range of essential oils and related products, specifically for use by trained complementary therapists and health care professionals. In 1994, we were amongst the first group of Aromatherapy companies to apply for registration with the Australian Therapeutic Goods Administration (TGA).

This registration as a licensed therapeutic goods manufacturer allows us to make substantiated therapeutic claims where possible and demands that we follow Good Manufacturing Standards (GMP), an international standard controlled by the Pharmaceutical Inspection Convention Scheme. These GMP standards include an annual independent audit by the TGA to ascertain our on-going compliance with all the standards, including quality assurance. Such a program of independent verification by a governmental authority for Aromatherapy products is completely unique to Australia and further assures you of our commitment to real quality.

Becoming part of Australian Botanical Products in 1997, *Essential Therapeutics* offers a comprehensive range of guaranteed products, supported by a large number of expert, dedicated staff. Our overall wealth of international relationships with growers and suppliers and our in-house technical expertise cannot be surpassed.

If you are truly interested in the possibilities of Aromatherapy and Aromatic Medicine, I heartily invite you to experience the essential difference that real, guaranteed quality provides.

Aromatically Yours,

Ron Guba

Founder and General Manager

About the Reference Guide...



This reference guide will provide you with an excellent summary of the characteristics and uses of our product range.

If you require further information on a specific product, such as Material Safety Data Sheets, Certificates of Analysis, etc., please contact your nearest approved distributor or Essential Therapeutics directly.

If you are not a trained professional, but are interested in Essential Therapeutics products, please seek professional advice on the safe application of essential oils and recommendation of the best products to suit your requirements.

If you require bulk essential oils or other natural raw materials...

If you are looking for large volume sizes of essential oils and other raw materials, or specific products not in the *Essential Therapeutics* range, please contact us. Australian Botanical Products (ABP) is Australia's premier manufacturer and supplier of an extensive range of bulk essential oils, vegetable oils, natural products and raw materials. As part of the ABP group, *Essential Therapeutics* can provide you whatever you require from our overall extensive range and inventory.

Head Office Contact Details

Essential Therapeutics

39 Melverton Drive Victoria 3803 Australia

Phone: + 61 (0)3 9709 4821 / + 61 (0)3 9796 4833 (orders)

Fax: + 61 (0)3 9796 4966

Email: info@essentialtherapeutics.com.au

Website: www.essentialtherapeutics.com.au



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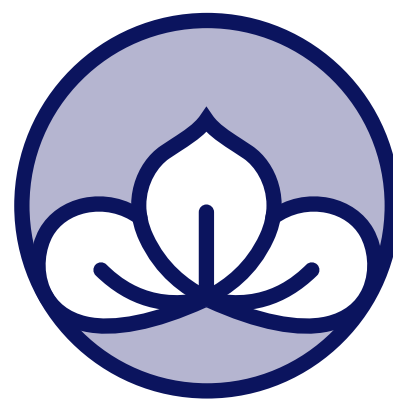
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CHAPTER ONE

Therapeutic Grade Essential Oils & Aromatic Extracts

- The Therapeutic Grade Essential Oil Quality Guarantee
 - Our Quality Assurance Program
 - TGEO Essential Oils and Extracts
 - About Carbon Dioxide Extracts



Therapeutic Grade Essential Oils & Aromatic Extracts

The Therapeutic Grade Essential Oil Quality Guarantee

Aromatherapy, or the therapeutic use of plant essential oils, is a potent natural therapy that serves to heal and harmonise many imbalances of body and mind.

The effectiveness of aromatherapy is directly dependent on the quality of essential oils employed. You simply will not enjoy the real therapeutic benefits possible, without using guaranteed, 100% genuine & authentic essential oils.

We at *Essential Therapeutics* are pleased to offer you our extensive range of **TGEO Guaranteed Essential Oils**. Through extensive travel, research and analysis since 1988, we have compiled this range of simply the **world's finest therapeutic quality essential oils and aromatherapy products**.

Instead of depending on the usual "Fragrance and Flavour" companies here and overseas (with the real problems of dubious product quality), we deal directly with growers, producers and trusted suppliers whose sole interest is in producing and supplying only the highest quality essential oils.



Why does quality matter?

If one looks at herbal medicine products out in the marketplace in Australia, we see almost exclusively products that are listed with the Australian Therapeutic Goods Administration and are guaranteed in their quality. That is, the products are analysed and then guaranteed to contain what they claim to contain.

If one is to expect real therapeutic outcomes from a herbal medicine – or any therapeutic product, we must be assured that we are using a **real** product – one that is backed up by expert testing and audited independently. Hence, this is exactly what we should demand when we wish to enjoy the **therapeutic benefits of pure essential oils**.

However, the whole plethora of 'Aromatherapy' products available throughout the world does present a different picture. Many of the products available to the public are 'life style' products that use the concept of 'Aromatherapy'. There is no particular therapeutic claim being made, even though it is often implied. The ingredients contained may be simply "commercial" adulterated essential oils or synthetic fragrance compounds. This is simply the reality of consumer products that exploit the popular 'feel good' idea of Aromatherapy.

More to the point, however, are the availability of so-called "essential oils" from companies that are happy to promote their products as "100% pure & natural Aromatherapy oils" to unsuspecting complementary therapists and health care professionals, along with the general public. Even though these essential oils are "guaranteed" to be pure, we have seen that many of these oils are in fact adulterated.

In this, the loophole is that such essential oils are not listed with the Australian Therapeutic Goods Administration, and no therapeutic claims have to be substantiated. Hence, such essential oils can be promoted as "100% pure & natural", without having to pass ANY quality standards, such as is demanded by the **Good Manufacturing Practice** standards of the Australian Therapeutic Goods Act. No independent auditing or validation is done nor required. The actual quality of such products has been



demonstrated to be from “OK” to highly adulterated. You might even be provided with a so-called “certificate of analysis”. Let the buyer beware!

When it comes to the true therapeutic uses of essential oils, quality DOES matter.

I'd like to discuss with you what we at *Essential Therapeutics* do to actually guarantee the authenticity of each and every essential oil that we provide.

Our Quality Assurance Program

Back in 1991, John Fergeus, our Chief Executive Officer, acquired our first gas chromatography/mass spectrometry (GC/MS) unit. GC/MS analysis, combined with other standard physical tests, is the **state-of-the-art method** for analysing essential oils for authenticity.

However, having this equipment is **not enough by itself**. John Fergeus and our other QA staff have spent many years of study and practice in developing the specific expertise in the analysis of **essential oils**, including the detection of sophisticated methods of essential oil adulteration. In other words, simply to send a sample of an essential oil out for analysis to a company or University who will do simple gas chromatography or GC/MS analysis may very well not be fruitful. Or, simply for **marketing purposes**, a company will purchase expensive analytical equipment. However, unless the operator is a real expert in essential oil analysis and up-to-date with all the possible aspects of adulteration, you will likely only receive some identification of major components at best, with no clear guarantee of authenticity.

Hence, a Lavender oil sample may be shown to meet the ‘B.P.’ standard (British Pharmacopoeia), with appropriate levels of linalool, linalyl acetate and camphor as prime components, as well as basic physical tests. The oil can then be passed off as ‘real’ Lavender oil, even perhaps being supplied with a “certificate of analysis”.

However, upon closer inspection (which we have done many times on Lavender samples), one may very well find on GC/MS analysis, trace amounts of compounds such as dihydro linalool. Detection of such a compound is a **sure sign** that the oil is a **blend** including synthetically produced linalool. The dihydro linalool is a by-product of a synthetic manufacturing process, **never** found in True Lavender oil.

We have developed an extensive ‘adulteration library’, giving us the capability to detect even the most ‘sophisticated’ adulteration for each and every essential oil that we provide.

Therefore, without **expert** analysis, ‘essential oils’ can be demonstrated to meet various international standards (B.P., ISO, AFNOR) relating to chemical composition, yet still be adulterated.

As well, the demand for guaranteeing **species purity** is routinely disregarded by flavour & fragrance suppliers. That is, True Lavender should be exclusively from *Lavandula angustifolia*, not hybrid Lavandin, *L. intermedia*. It becomes an issue of what level of adulteration can be “gotten away with”.

Hence, an essential oil can meet all the Australian TGA/GMP standards and be “passed” to be promoted as a “therapeutic” product, yet be an inferior, adulterated essential oil. It is our in-depth analysis and our long-term relationships with distillers that allow us to fully guarantee our oils.

Most importantly for our customers, we do not depend on “out sourcing” our product analysis to other companies. We have a dedicated, expert Quality Assurance team that fully analyses and guarantees **every** essential oil that we offer.





Examples of adulterated essential oils

Following are just two examples of adulterated essential oils that are offered as “100% pure & natural” Aromatherapy oils in Australia. These oils were analysed in-house, using our own Gas Chromatography/Mass Spectrometry (GC/MS) equipment. Over many years of essential oil analysis, we are expert at detecting adulteration and understand the procedures used by flavour and fragrance companies in creating “blended” products.

We have chosen Lavender essential oil as a useful example.

Sample One

This is an example of a grossly adulterated essential oil. It appears this product has passed through at least two levels of construction, first as a Lavandin blend with synthetics and inexpensive fractions of essential oils added, then further blended by another company to create an inexpensive “True Lavender” blend. This product is being promoted in bulk as a fine “Aromatherapy grade” True Lavender essential oil and is a good example of conscious fraud by an unscrupulous company. Such a “blended” product has its uses in say, fragrancing a laundry detergent. But it does not belong in small bottles as an authentic True Lavender oil for therapeutic use. Unfortunately, more than one “Aromatherapy” company uses this and similar blends.

Peak 1 Alpha-pinene – 6%. This is only found in tiny amounts in True Lavender. Inexpensive terpene fractions, likely from Pine oil, have been added.

Peak 2 1,8 cineole – 8%. Cineole is less than 1% in True Lavender oil. The high cineole content is a sign of the cheap Lavandin oil used in the product.

Peak 3 Linalool – 25%. This is an appropriate amount of linalool for True Lavender. However, we detected pinol as well in small amounts, which shows that synthetic linalool has been added, synthesised from turpentine.

Peak 4 Camphor – 5%. As with 1,8 cineole, this high camphor content is from the Lavandin used.

Peak 5 Linalyl acetate – 30%. This is a reasonable amount of linalyl acetate which is found in both True Lavender and Lavandin. The source here is from Lavandin oil with added synthetic linalyl acetate. Because the Lavandin oil in the blend has been diluted with other added compounds, synthetic linalool and linalyl acetate were added to boost their content to levels seen in natural Lavender oil.

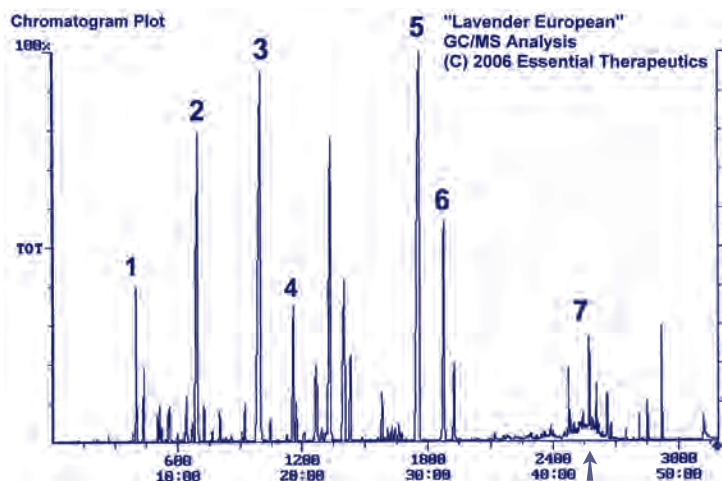
Peak 6 Isobornyl acetate – 7%. This compound, with a pine needle odour, is synthesised from pine oil. It has been added to improve the overall aroma.

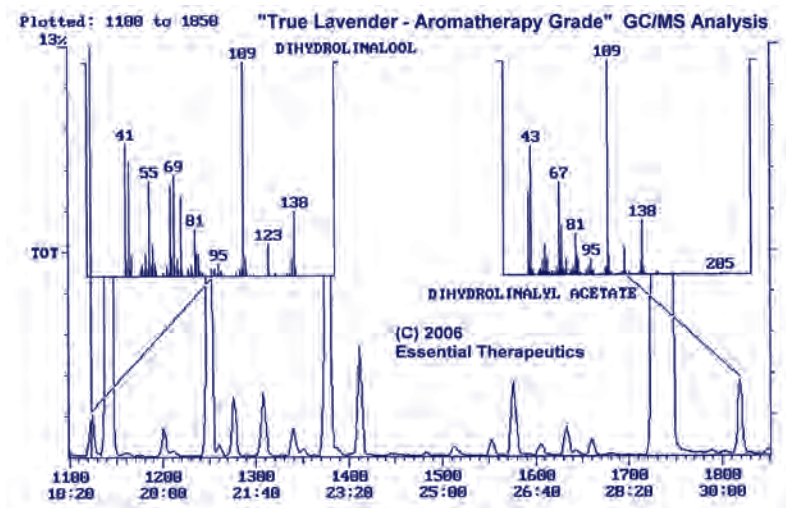
Peak 7 Mineral oil – 10%. You will see the peaks under #7. These represent various sesquiterpene compounds naturally occurring in both True Lavender and Lavandin oil. However, notice the “hump” above the arrow. These are a variety of hydrocarbon compounds found in petrochemical-derived mineral oil. It has been added to reduce the price further and the producer hoped the mineral oil would not be noticed “hiding” under the sesquiterpenes.

Sample Two

This is an example of a more sophisticated level of adulteration. This oil is sold in small bottles to therapists and the public by an Aromatherapy company. This product meets the basic B.P. standard (British Pharmacopeia 2010) for True Lavender oil in terms of the proper content of major constituents. The BP standard is used as a standard for essential oils by the Australian Therapeutic Goods Administration.

However, the BP standard states: “Essential oil obtained by steam distillation from the fresh flowering tops of *Lavandula angustifolia* Miller (*Lavandula officinalis* Chaix)”. In other words, the true essential oil obtained from the correct species. This “blended” product is not from *Lavandula angustifolia*, but a blend of inexpensive Lavandin (*Lavandula x intermedia*) and synthetically produced compounds naturally found in True Lavender essential oil.

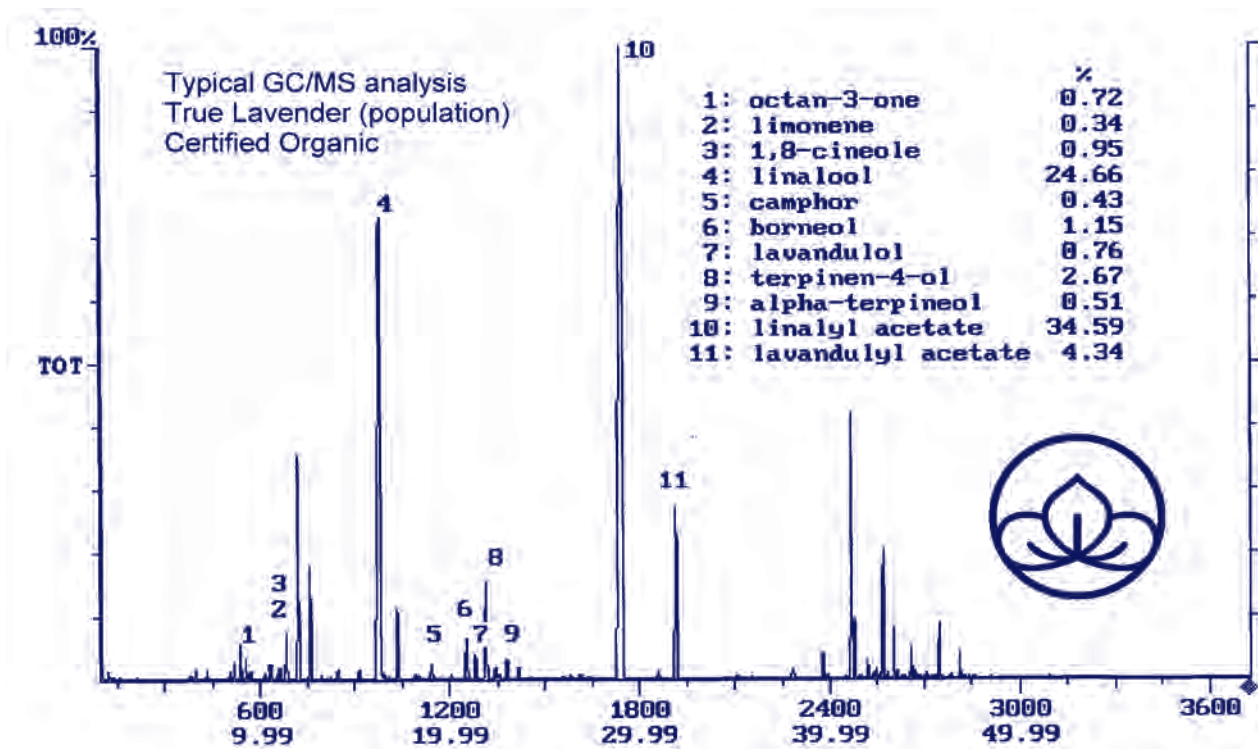




Above is a magnification of the GC/MS analysis, with the corresponding mass spectra for dihydrolinalool and dihydrolinalyl acetate. These compounds are only present in trace amounts and are missed by standard gas chromatography analysis. These two compounds do not occur in any essential oil. Dihydrolinalool and dihydrolinalyl acetate are only produced as by-products when synthetic linalool and linalyl acetate is made from acetylene gas as a starting point. In the BP 2010 standard, linalool must be present from 20.0% to 45.0% and linalyl acetate, 25.0% to 46.0% in True Lavender essential oil. Synthetic linalool and linalyl acetate were added to this product both to meet the BP standard and to enhance the aroma. Linalool and linalyl acetate are also major constituents in other essential oils, such as Bergamot and Clary Sage. Adulteration with synthetic linalool and linalyl acetate is also common in these essential oils.

An example of true, True Lavender oil

Following is a typical GC/MS analysis of the *Essential Therapeutics* certified organic True Lavender essential oil. This essential oil has the proper, balanced profile of True Lavender with no adulterants. It is vetted by Australian Certified Organic to be from certified organic growing practice. It is a "population" Lavender oil, meaning that the plants are grown from wild harvested seed, not from genetically identical cuttings, as in "clonal" Lavenders. Hence, "population" Lavender closely corresponds with wild-harvested Lavender.





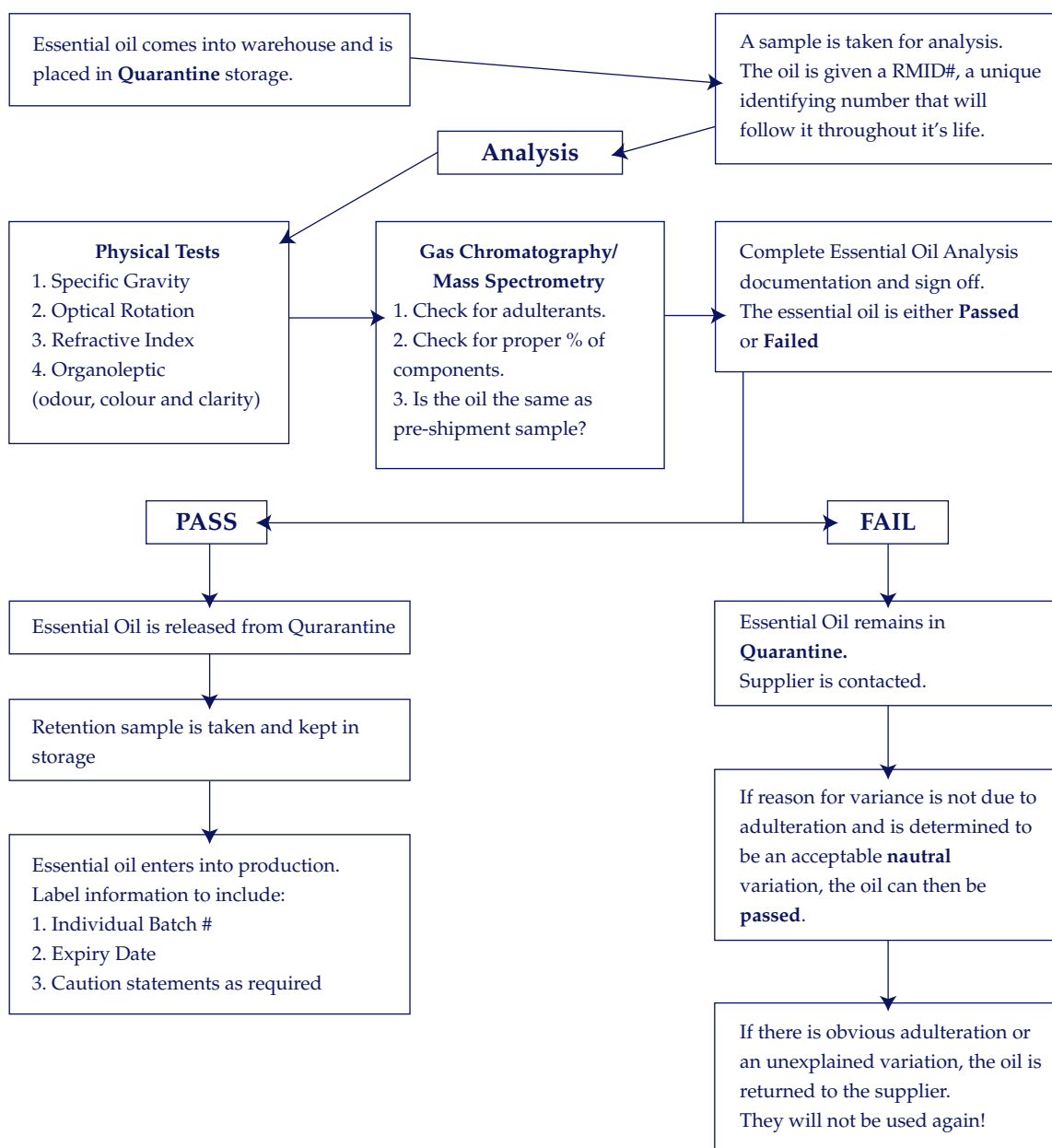
Quality Assurance Procedures:

Following is a diagram of the procedures and analysis that every essential oil that we provide must go through.

It must be said that we have long-standing relationships with our major suppliers. They do not provide us with adulterated essential oils! Certainly, our quality assurance program will always “keep them honest”, should it ever become an issue.

More to the point are potential suppliers, who provide us with samples of essential oils they wish to offer us. In this situation, our QA testing has demonstrated adulteration on various occasions. Such results settle the matter very quickly, with an immediate ban placed on the supplier.

Quality Assurance Procedures for Essential Oils





▲ Tin Tran Ph.D. conducting GC/MS analysis.

Gas Chromatography combined with Mass Spectroscopy analysis allows us to fully determine the composition of essential oils and detect any adulteration.

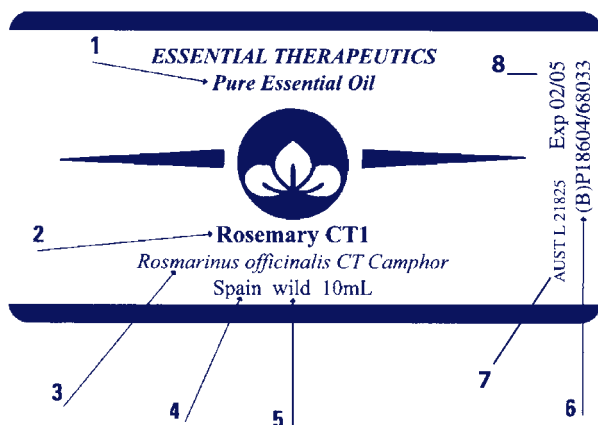
The equipment itself is not enough – it is also our extensive database of essential oil compounds and our years of experience that back our expertise.



The Therapeutic Grade Essential Oil (TGE O) Guarantee

Decidedly, our extensive Quality Assurance program is unique amongst Aromatherapy suppliers. Our procedures fully meet and surpass all the requirements of the Australian Therapeutic Goods Administration (TGA) and the necessary Good Manufacturing Practice standards.

Above and beyond the TGA standard, we offer you complete assurance on each essential oil that we provide:



1. Purity

All essential oils are guaranteed to be 100% pure and 100% natural. No addition or “blending” of cheaper essential oils (such as “reconstituted” Melissa, or cheap Lavandin blends such as “Lavender Mt Blanc”) and no addition of synthetically derived aroma chemicals (such as in enhancement with synthetic linalool). All essential oils are fully analysed for purity, using state-of-the-art GC/MS technology.

2. Name and Extraction Method

The accepted “common” name is given and the plant part used is specified (further details are in our product guide).

3. Defined Botanical Species

Therapeutic Goods requirements do demand that the exact botanical species is to be used. However, we have seen that this requirement can be bypassed, as a simple analysis to meet a “standard” leaves room for the blending of oils from less expensive species, as in the case of Lavandin and True Lavender. We make certain that we provide you the exact botanical species as stated and the chemotype where applicable.



4. Country of Origin

The proper country of origin is stated. We source essential oils from around the world and we provide a wide range of high-quality Australian oils.

5. Growing Method

An important and unique aspect of our TGEO Quality Guarantee is to provide the growing method for each essential oil, either Select, Traditional, Organic, Wild Harvested or Wild Harvested / Organic. Please see the explanation for growing methods on page 13.

6. Further Quality Assurance

All our essential oils are packaged under the Australian TGA Good Manufacturing Practice Standards, which includes:

- The listing number (the AUST L or AUST R number) means that we have listed the essential oil as an approved therapeutic product that we can offer TGA approved therapeutic claims for.
- The batch number is on every bottle, so we know exactly where the oil came from and to account for any natural variations from harvest to harvest. We store all our essential oils in a temperature controlled environment, and oils prone to oxidation, such as our citrus oils, we refrigerate and store under nitrogen gas.
- Our storage methods and the inclusion of an expiry date on every bottle guarantee you freshness.

In summary, our TGEO Guarantee assures you of our commitment to provide you the highest quality essential oils available for the true practice of Aromatherapy.

We certainly hope you enjoy them.



TGEO Essential Oils & Aromatic Extracts

All essential oils are supplied in various sizes of pharmaceutical amber bottles and have accurate drop dispenser inserts. Please see our price list for available sizes. Bulk sizes of our essential oils are available. Please contact your local *Essential Therapeutics* distributor or contact us directly for more information. Due to changing natural conditions, some essential oils may be unavailable at certain times and prices may change without notice.

Key to Headings:

- **Common Name** is the commonly accepted name.

Botanical Name is the accepted name on the Australian Approved Names list of the Therapeutic Goods Administration. More than one botanical name may be in common use for a plant species, as in the example of True Lavender. The accepted name is *Lavandula angustifolia* and another traditional botanical name still in use is *Lavandula officinalis*. Please contact us if you have questions.

Chemotype With certain plant species, such as Rosemary, Thyme and Eucalyptus, genetic variations can see plants of the same species produce two or more essential oils that can vary widely in their composition. Where applicable, we list the botanical species followed by CT and the distinguishing compound. Hence there is *Rosmarinus officinalis* CT1 *Camphor*, CT2 *Cineole* and CT3 *Verbenone*, with each chemotype having its own specific properties.

- **Extraction Method** Under Common Name, all essential oils are derived from steam distillation. CO2 extracts are from supercritical carbon dioxide extraction. Absolutes are from highly purified hexane extraction with less than 0.001% of any hexane residues. All citrus oils are technically known as essences and are derived from expeller pressing of the fruit rinds.
- **Principal Constituents** details the most important natural chemical compounds found in the authentic oil from our own in-house GC/MS analysis.
- **Plant Part** states the plant structure from which the essential oil or extract is derived. This is important in that some essential oils can be derived from different structures of the plant, giving essential oils of varying composition and uses. Rind EP means Rind, Expeller Pressed.
- **Country of Origin** A number of aromatic plants have their 'vintage' areas of growth, where the essential oils produced are regarded as the highest quality due to their balanced composition and superior aroma. Wild Alpine Lavender, for example, grows only in the higher altitudes of the Provence region of France, Tea Tree from Northern NSW in Australia and so on. We specify the

proper country of origin of each oil.

- **Growing Method** Not only do we wish to support sustainable agriculture, our experience has been that the large-scale "broad acre" cultivation supported by pesticides, herbicides, etc., generally leads to a poorer quality essential oil. We look for growers and suppliers who deal with either small-scale cultivation, certified organic growing practices or ecologically sound wild harvesting, to offer the highest therapeutic quality essential oil. We fully specify the growing method of each essential oil:

Select The premium selected authentic essential oil derived from conventional agriculture. Guaranteed to be 100% pure, natural and suitable for therapeutic use. Damask Rose essential oil is a good example.

Traditional An essential oil derived from non-certified organic growing practices. As one example, Patchouli is traditionally grown in Aceh province in Indonesia without the use of pesticides, herbicides, etc., but is not certified organic.

Organic Essential oils derived from certified organic growing practices, guaranteed by member associations of IFOAM (International Federation of Organic Agriculture Movements) or other respected Organic governing bodies such as ECOCERT. We hold an organic wholesalers license, W310 from the ACO organisation (Australian Certified Organic) and are regularly audited for compliance. One example is True Lavender Organic.

Wild Harvested Wild essential oils are derived from wild-harvested plants. Such essential oils generally represent the highest quality and excellent value, as compared to the higher costs of plantation-grown, certified organic plants. As well, we look to source sustainably wild-harvested plants. Prime examples include Rosemary CT 1 from Spain and *Melaleuca ericifolia* or 'Rosalina' from New South Wales.

Wild / Organic Essential oils derived from sustainably wild harvested plants that are certified organic as well. Tea Tree Ecowild essential oil is one example.



Effects & Comments offers a summary of potential therapeutic benefits, properties and other useful information. For further information, please contact us.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Angelica Root <i>Angelica archangelica</i>	α -pinene (30%), α - & β -phellandrene, limonene, bornyl acetate (<2%), β -bisabolene, pentadecanolide, furanocoumarins	Root
Tropical Basil <i>Ocimum basilicum CT methylchavicol</i>	Methyl chavicol (>74%), linalool (<20%), 1,8 cineole, α -trans-bergamotene, germacrene D	Aerial Plant
Sweet Basil <i>Ocimum basilicum var album</i>	Linalool (30-40%), methyl chavicol (30-40%), 1,8 cineole, α -trans-bergamotene, eugenol	Aerial Plant
Bergamot <i>Citrus aurantium var bergamia</i>	Limonene (39%), linalool (10%), linalyl acetate (30%), α - (1%) & β - (6%) pinene, bergaptene	Rind EP
Bergamot Non-Phototoxic Organic <i>Citrus aurantium var bergamia</i>	Limonene (38%), linalool (9.9%), linalyl acetate (30%), α - (1%) & β - (6%) pinene, bergaptene is less than 10ppm (<0.001%)	Rind EP
Bergamot Supreme Organic <i>Citrus aurantium var bergamia</i>	Limonene (38%), linalool (12%), linalyl acetate (29%), α - (1%) & β - (7%) pinene, bergaptene	Rind EP
Calendula CO₂ Extract 25% in Jojoba Oil <i>Calendula officinalis Supercritical CO₂ extract</i>	Triterpendiols and triterpendiol esters (18.6%) primarily faradiol and faradiol monoesters, carotenoids (primarily β -carotene) and plant sterols. <5% of aromatic compounds.	Flower
Cardamon <i>Elletaria cardamomum</i>	α -terpinyl acetate (40-44%), 1,8-cineole (25-31%), linalyl acetate (~6%), linalool (<5%)	Seed
Carrot Seed <i>Daucus carota</i>	Carotol (>70%), daucene (<6%), daucol (>4%), trans- β -farnesene	Seed
Carrot CO₂ Extract <i>Daucus carota Supercritical CO₂ extract</i>	0.15% - 0.21 % total carotenes (α -, β -, γ -, δ -, ϵ -carotene), lycopene, traces of essential and fatty oil and lipophilic flavones.	Root
Atlas Cedarwood <i>Cedrus atlantica</i>	α - (16%), β - (46%) & γ -himachalene (<10%), δ -cadinene (2%), trans- α - atlantone (<3%), deodarone	Wood
Virginian Cedarwood <i>Juniperus virginiana</i>	thujopsene (12%), cedrol (27%), α - cedrene (30%), β -cedrene (7%)	Wood
German Chamomile CO₂ Extract 25% in Jojoba <i>Matricaria recutita CT bisabolol Supercritical CO₂ extract</i>	7 - 17 % essential oil with 20 - 45 % bisabolol and 5 - 20 % bisabolol oxides, matricin (1-3%), cis - & trans-en-indicycloether, spathulenol, herniarine and waxes.	Flowering top

Country of Origin	Growing Method	Effects and Comments
France	Select	As used in herbal medicine, this is the pure oil from the root. Very relaxing and grounding. For temporary relief of: coughs, pain of rheumatism, nervous tension and insomnia. Excellent for digestive upsets, especially due to nervous tension & stress. It has mild anti-coagulant properties. Photosensitising above 0.78% concentration.
India	Select	Rich in methylchavicol; considered to be the best anti-spasmodic Basil. Calming, relaxing and warming. Useful for relief of muscular pain, cramps and spasm, symptoms of irregular periods, symptoms of colds and 'flu, aids digestion, helps with insomnia and stress; headaches, including migraines.
West Australia	Select	A 'sweet' Basil containing a balance of linalool and methylchavicol. Antibacterial, analgesic, calming and warming. Indications as above.
Italy	Select	Absolutely genuine Bergamot – sadly, often not the case. Beautiful sweet & fresh citrus scent. A gentle antiseptic oil, it is useful for infectious complaints such as sore throats & cystitis. Calming & anti-spasmodic, it is useful for digestive upsets and for calming nervous tension & stress. Can be photosensitising if used above 0.4% on the skin.
Italy	Organic	This certified organic Italian expeller pressed oil has been molecularly distilled at low temperature to remove the photosensitising bergaptene. Hence, concentrations of up to 30% can be used on the skin without having to be concerned about sun exposure.
Italy	Organic	The highest quality Italian cold pressed oil and certified organic. As above. Bergamot oil is useful with skin complaints, anti-inflammatory & healing for relief of eczema, psoriasis & acne and for minor wounds. Photosensitising above 0.4%.
Germany	Select	This highly concentrated pure extract offers many of the therapeutic benefits of the whole herb. It is 45 times more concentrated than the herbal infused oil. A definitive extract for skin complaints, with superb anti-inflammatory and healing properties. Excellent for skin inflammation, such as eczema & allergic dermatitis, minor wounds, burns, sunburn, bruising and on.
Guatemala	Select	A classic Indian Ayurvedic 'digestive' spice. Rich in soothing esters, Cardamon is invigorating, warming & stimulating. Specific for the digestive system, its anti-spasmodic properties give benefit to muscular complaints as well.
France	Select	Quite different from the root extract, Carrot Seed is a good balancing oil for the nervous system. Revitalising & toning in skin care, beneficial for mature skin & wrinkles, dry, devitalised skin & reduces skin irritations. French practitioners see this essence as useful for supporting liver function in digestive complaints.
Spain	Select	This concentrated root extract is rich in natural beta-carotene (pro-vitamin A) and lycopenes. Excellent "free radical" scavenging activity - anti-inflammatory and healing. Especially suited for inflamed skin conditions, as well as dry and mature skin types.
Morocco	Wild	A true Cedar (<i>Cedrus</i>), it is closely related to the original 'Cedar of Lebanon', used extensively in ancient Egypt. An excellent 'grounding' oil, Atlas Cedar is healing & soothing to the skin and is useful in scalp complaints, such as dandruff & alopecia. Specific for the lymphatic system, as in lymphatic congestion & cellulite.
USA	Wild	Not to be confused with Atlas Cedar, Virginian Cedar is a good 'base' note with calming and grounding properties. Useful to tone and refresh the skin, especially for oily skin. Useful on the lymphatic system, similar to Atlas Cedar.
Spain	Select	Rich in matricin (as compared to chamazulene in the essential oil) and bisabolol, this extract exhibits many of the beneficial properties of the whole herb. An excellent healing, anti-inflammatory & anti-allergic extract. Very useful for skin complaints such as eczema & inflamed skin conditions, for minor wounds, burns, bruises & contusions. Emmenagogue properties for menstrual complaints such as dysmenorrhea.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
German Chamomile Extra <i>Matricaria recutita</i> CT bisabolol	Trans- β -farnesene (22%), α -farnesene (5%), α -bisabolol (53.1%), α -bisabolol oxide A (1%), α -bisabolol oxide B (2.5%), chamazulene (2.5%), cis-en-yn-bicycloether (2.2%)	Flowering top
German Chamomile 3% in Jojoba <i>Matricaria recutita</i> CT bisabolol	See above	Flowering top
Roman Chamomile <i>Anthemis nobilis</i>	Primarily angelic, butanoic, acrylic & tiglic acid esters (70 -80%), with isobutyl angelate (35%), 2-methylbutyl angelate (17%)	Flowering top
Roman Chamomile Organic <i>Anthemis nobilis</i>	Primarily angelic, butanoic, acrylic & tiglic acid esters (70 -80%), with isobutyl angelate (36%), 2-methylbutyl angelate (16%)	Flowering top
Roman Chamomile 3% in Jojoba <i>Anthemis nobilis</i>	See above	Flowering top
Cinnamon Bark <i>Cinnamomum zeylanicum</i>	Trans-cinnamaldehyde (>70%), eugenol (<10%), cinnamyl & eugenyl acetate, β -caryophyllene	Bark
Cinnamon Leaf <i>Cinnamomum zeylanicum</i>	Eugenol (>70%), eugenyl & cinnamyl acetate, β -caryophyllene, cinnamaldehyde (<2%), benzyl benzoate, linalool	Leaf
Cistus <i>Cistus landaniferus</i>	α -pinene (<50%), camphene (6%), bornyl acetate (3%), 2,2,6-trimethylcyclohexanone (<3%), viridiflorol (3%)	Aerial Plant
Citronella Organic <i>Cymbopogon winterianus</i>	Citronellal (12%), citronellol (11%), neral (11%), geraniol (33%), geranial (14%), citronellyl and geranyl acetate (1% and 2%), β -caryophyllene (2%)	Aerial Plant
Clary Sage French Traditional <i>Salvia sclarea</i>	Linalyl acetate (>55%), linalool (>19%), α -terpineol, germacrene D, sclareol	Flowering plant
Clary Sage Russian <i>Salvia sclarea</i>	See above	Flowering plant
Clove Bud 'extra' <i>Syzygium aromaticum</i>	Eugenol (85%), eugenyl acetate (3%), β -caryophyllene (7%), caryophellene oxide	Flower bud
Cypress Wild <i>Cupressus sempervirens</i>	α -pinene (43-55%), δ -3-carene (16-20%), terpinolene, α -terpinyl acetate, karahanaenone	Needles/ cones

Country of Origin	Growing Method	Effects and Comments
Croatia	Traditional	As with the CO2 extract, this distilled 'extra' variety is the correct chemotype rich in anti-inflammatory bisabolol. Uses as above. Useful as well for the pain of cystitis, headaches, teething pain, ear ache and colic.
Croatia	Traditional	A 3% dilution of the correct German Chamomile chemotype in pure Jojoba oil that can be used directly on the skin. As above.
England	Select	A supreme calming and relaxing oil. Very rich in esters, it is very useful to calm irritability, stress, insomnia, tension headaches & the like. Considered by some to be the essential oil 'Rescue Remedy'. As with German Chamomile, it has soothing effects on sensitive and irritated skin, eczema & dermatitis
France	Organic	See above. A vintage certified organic Roman Chamomile essential oil.
France	Select	A 3% dilution of Roman Chamomile in pure Jojoba oil that can be used directly on the skin. As above.
Sri Lanka	Traditional	The classic Sri Lankan Cinnamon Bark oil, with a wonderful aroma and taste. Very stimulating and strongly antiseptic. Careful! Cinnamon Bark is irritating and potentially sensitising when applied to the skin. Always use diluted and is best used with Clove Bud or Citrus oils to prevent potential allergic skin reactions.
Sri Lanka	Traditional	A strong, stimulating essence, similar to Clove Bud oil. Excellent for digestive complaints, such as non-specific dyspepsia and in inhalations. Use with other oils for respiratory complaints. A tonifying, 'yang' essence, Cinnamon Leaf will aid in the maintenance of general well-being. A potential skin irritant – always use diluted! Strongly antiseptic.
Spain	Wild	An ancient source of incense, as ancient as Frankincense and Myrrh, with an evocative, penetrating aroma. Originally the gum resin was used, known as labdanum. Cistus oil is best known amongst French practitioners as a useful neurotonic essence, with expectorant and healing properties. Excellent for use in regenerative skin care preparations.
Nepal	Organic	Citronella is best known for its benefits as an insect deterrent, but has other good uses. This certified organic oil contains a high amount of anti-infectious alcohols (geraniol and citronellol) and lemon-scented citral (neral and geranial). Overall, this Citronella oil is an excellent air purifier when diffused.
France	Traditional	The finest French oil available. An oil well regarded for menstrual complaints, aiding in the relief of menstrual cramps, PMS, irregular periods and the like. A calming, even euphoric oil, it is useful to help relieve nervous tension and stress; muscular spasms and temporary headache relief.
Russia	Select	As above. A select, top quality oil from Russia at an excellent price.
Madagascar	Select	The finest Clove Bud oil (not leaf or stem oil) for therapeutic use. Useful for relieving the symptoms of colds, flu, coughs and mild respiratory infections. For dental problems, such as mouth ulcers and sore gums. A strong stimulating oil and highly antiseptic. Always use diluted.
France	Wild	Cypress is known for its astringent and 'drying' qualities. Useful to aid in the treatment of fluid retention, varicose veins and haemorrhoids; relief of muscular & menstrual cramps and menopausal symptoms. Good for respiratory complaints, for the temporary relief of coughs and the symptoms of colds and 'flu' (not for children under 2 years).



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Eucalyptus Australiana Organic <i>Eucalyptus radiata ssp. radiata</i>	1,8-cineole (75%), α -terpineol (9%), limonene, citral (<2%), terpinen-4-ol, α -terpinyl acetate	Leaf/stem
Eucalyptus Blue Gum <i>Eucalyptus globulus</i>	1,8 cineole (77%), α -pinene (8%), α -terpineol (3.5%), < 1% of globulol, pinocarveol	Leaf/stem
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	Citronellal (>70%), citronellol (5%), isopulegol (6%), p-menthane-3,8-diol (<1%), citronellyl acetate (>1%)	Leaf/stem
Peppermint Eucalyptus <i>Eucalyptus dives</i>	Piperitone (43%), α -phellandrene (23%), p-cymene (7%), terpinen-4-ol (4%), α -thujene (4%)	Leaf/stem
Eucalyptus staigeriana <i>Eucalyptus staigeriana</i>	Neral (9%), geranial (12%), geranyl acetate (4-14%), methyl geranate (3%) geraniol (5%), limonene	Leaf/stem
Everlasting <i>Helichrysum italicum</i>	Neryl acetate (36%), neryl propionate (5%), γ -curcumene, nerol, linalool, limonene, italdiones: I, II, III	Aerial Plant
Sweet Fennel <i>Foeniculum vulgare var dulce</i>	Trans-anethole (76%), fenchone (11%), methyl chavicol (<4%), p-anisaldehyde	Aerial Plant
Frankincense <i>Boswellia carterii</i>	α -pinene (40%), limonene (13%), myrcene, sabinene, trans-verbenol, incensole, β -caryophyllene	Gum Oleoresin
Frankincense CO₂ Extract <i>Boswellia carterii</i>	See above. Richer in heavier sesquiterpenes and incensole.	Gum Oleoresin
Fragonia <i>Agonis fragrans</i>	1,8 cineole (20%), α - (30%) & β - (2%) pinene, linalool (7.2%), terpinen-4-ol (4.3%), α -terpineol (6%), < 2.2% of myrtenol, geraniol, nerol & citronellol	Leaf/stem
Geranium Bourbon <i>Pelargonium graveolens</i>	Geraniol (8%), citronellol (31%), linalool (4%), geranyl formate (9%), citronellyl formate (9%), geranyl tiglate (2%)	Aerial Plant

Country of Origin	Growing Method	Effects and Comments
Australia	Organic	THE medicinal Eucalyptus oil, as praised by Australian researchers, Penfold & Morrison in the 1930's. Excellent for aiding in the relief of many respiratory complaints. Seen by French practitioners as a potential anti-viral essence, <i>Eucalyptus radiata</i> has good 'toning' qualities, for boosting our Defensive Qi, the 'energetic' aspect of our immune system. Sustainably wild harvested and single distilled.
Portugal	Wild	The classic Tasmanian Blue Gum oil, as mentioned in most Aromatherapy texts. As with <i>E. radiata</i> , useful for many respiratory complaints, and aids in the relief of nerve pain, headaches, minor wounds and burns. Sustainably wild harvested and single distilled.
Brazil	Wild	From the beautiful 'ghost gum', this oil is a useful anti-inflammatory essence, to assist in the temporary relief of the pain of rheumatoid arthritis, rheumatism, muscular pain & spasm and sore throat. Calming qualities for nervous tension and stress. Topical use for treatment of fungal infections. A good insect repellent!
Australia	Wild	Rich in piperitone, this essence helps to break up congestion in respiratory complaints, as in aiding the temporary relief of the cough of bronchitis. Useful applications as well in regenerative skin care.
Australia	Wild	A relatively new Australian essence, <i>E. staigerana</i> is a beautiful lemon scented oil, rich in lemon-scented citral and esters of geraniol. Perhaps comparable with other lemon scented oils, its therapeutics qualities have yet to be fully investigated.
France	Wild/Organic	A complex essence, French practitioners have noted the wound healing and anti-coagulant benefits (as in sprains and bruises) of Everlasting oil. A good anti-inflammatory oil, it is useful for muscular pain and the temporary relief of the pain of arthritis and rheumatism; and assists in the treatment of minor skin disorders – wounds, eczema, dermatitis and on.
Hungary	Traditional	Along with Clary Sage, an essential oil useful for menstrual complaints, as in the relief of menopausal symptoms, including mood swings. Well known for its digestive benefits, Fennel is useful for the relief of indigestion and over-indulgence. For respiratory complaints, as in temporary relief of coughs and mucous congestion.
Somalia	Wild	Also known as <i>Boswellia sacra</i> , this is the true Frankincense oil. A warming & 'protective' essence, supporting Defensive Qi, helping to maintain well-being and beneficial during times of stress. Useful for respiratory complaints and regenerative for the skin.
Oman	Wild	As above. From supercritical carbon dioxide extraction, this is most true to the aroma of the resin. Calming and uplifting, Frankincense has long been used to aid meditation and other religious practices. The CO2 extract has the most pleasing aroma, exactly that of the gum resin.
West Australia	Wild	A new Australian essence from the Myrtaceae family, Fragonia oil is derived from a fine leafed Tea Tree native to the South West of Western Australia. The essential oil has a very pleasant aroma, less of a medicinal aroma than common Tea Tree oil. Containing over 20% of a variety of monoterpene alcohols, it has significant anti-bacterial properties as with common Tea Tree. Overall, it appears Fragonia is a good toning & stimulating essence, much in the vein of Tea Tree.
Comores	Select	Considered by many to be the 'crème de la crème' of Geranium oils, this is the true Bourbon oil from the Comores Islands. Known for many skin care benefits, as aiding in the relief of cold sores, shingles, minor wounds, burns, eczema and the like. Useful for circulatory complaints, such as fluid retention and haemorrhoids and with menstrual complaints as well.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Geranium Egypt <i>Pelargonium graveolens</i>	Geraniol (8%), citronellol (37%), linalool (3%), geranyl formate (2%), citronellyl formate (11%), guaia-6,9-diene	Aerial Plant
Geranium Egypt Organic <i>Pelargonium graveolens</i>	Geraniol (17%), citronellol (29%), linalool (9%), geranyl formate (2.5%) & tiglate (2%), citronellyl formate (5%), 10-epi-gamma-eudesmol (6.8%)	Aerial Plant
Geranium, China <i>Pelargonium graveolens</i>	Geraniol (7%), citronellol (45%), linalool (4%), geranyl acetate, tiglate & butyrate, citral, citronellal	Aerial Plant
Ginger <i>Zingiber officinale</i>	α -zingiberene (28%), limonene/ β -phellandrene (5%), trans- α -farnesene (13%), β -sesquiphellandrene (<10%), citral (7%)	Rhizome
Ginger CO₂ Extract <i>Zingiber officinale</i>	See above, contains gingerol (15-20%), shogaol (3-5%) as well.	Rhizome
Grapefruit <i>Citrus x paradisi</i>	Limonene (95%), myrcene (2%), n-decanal (0.3%), n-octanal & decanal, furanocoumarins	Rind EP
Ho Leaf <i>Cinnamomum camphora HO-SHO</i>	Linalool (84%), 1,8 cineole (5%), sabinene (1%), <1% of α -terpineol, camphor, β -caryophyllene	Leaf/stem
Hyssop <i>Hyssopus officinalis</i>	trans- (13%) & cis- (42%) pinocampnone, β -pinene (11%), germacrene D (5%), bicyclogermacrene, elemol.	Aerial Plant
Jasmine Egypt Absolute <i>Jasminum officinale</i>	Benzyl acetate (22%), linalool (5%), benzyl alcohol (1.6%), benzyl benzoate (20%) jasmone, indole (3.5%), α -farnesene (2%)	Flower
Jasmine 3% in Jojoba <i>Jasminum officinale</i>	See above	Flower
Jasmine Sambac (Mogra) <i>Jasminum sambac</i>	Benzyl acetate (8%), linalool (10%), benzyl alcohol (9%), indole (2%), methyl anthranilate (7%), α -farnesene (20%)	Flower
Juniper Berry Supreme <i>Juniperus communis ssp communis</i>	α -pinene (46%), sabinene (11%), myrcene (11%), limonene (5%), terpinen-4-ol (3%), germacrene B & D, abietatriene	Berry
Juniper Himalayan <i>Juniperus communis</i>	α -pinene (41%), sabinene (1%), myrcene (29%), limonene (9%), cedrol (1.7%), germacrene B & D, abietatriene	Berry/ branch

Country of Origin	Growing Method	Effects and Comments
Egypt	Select	As above, similar to the Bourbon oil. To forestall confusion, all our Geraniums are 'Rose Geranium' oils or rose-scented. Sadly, this name has often stood for so-called essential oils that are fractions of Geranium oil with synthetic rose fragrance added!
Egypt	Organic	As above. A premium certified organic Geranium essential oil.
China	Select	As above, understanding that Geranium oils vary somewhat in composition from locale to locale. All these Geranium oils are useful in their 'balancing' quality – beneficial during times of stress and relieving irritability, nervous tension and the like.
China	Select	Distilled from the fresh rhizome, this is a warming and stimulating essence. A good 'sports' oil, Ginger is known to relieve muscular spasms, aches and pain and is considered to be a masculine essence for support and balance.
Nigeria	Traditional	As above. The carbon dioxide extract contains the heaviest, most active compounds not found in the distilled oil. Excellent for muscular complaints, along with temporary relief of arthritic pain and most specific for digestive complaints.
Australia	Select	Our locally-produced Grapefruit oil is guaranteed fresh – we store all our citrus oils under nitrogen gas under refrigeration. A useful oil for aiding in the treatment of fluid retention and may be beneficial for cellulite in massage treatments. A refreshing & uplifting essence, Grapefruit is suited for diffusing, with its air antiseptic properties helping to cleanse indoor environments. Photosensitising above 4.0%.
China	Select	As a major source of natural linalool, this plantation grown Camphor tree yields an essential oil similar to Rosewood. Quite mild and gentle on the skin, Ho Leaf oil is suitable for use on young children, properly diluted.
France	Traditional	Traditionally used for respiratory complaints, Hyssop oil is good in inhalations and diluted preparations for the symptoms of catarrh, coughs, hayfever, colds, 'flu and the like. Also a skin regenerating essence, to aid in the treatment of minor wounds, bruising, dermatitis and on.
Egypt	Select	True Jasmine absolute, from highly purified hexane extraction. Considered the 'King of Essences', Jasmine is a stimulating and euphoric essence, traditionally seen as an aphrodisiac. For menstrual complaints – menstrual pain & cramps – and a balancing essence for men as well. Seen to be beneficial during the early stages of childbirth. For irritated, dry skin conditions.
Egypt	Select	As above. A 3% concentration of pure Jasmine absolute in Jojoba oil. Use as is or further dilute for topical applications.
India	Select	Also known as Mogra essence in India, this species of Jasmine is used in Jasmine tea. It has an intensely sweet fragrance, without the musky note of indole as in traditional Jasmine. Uses as above.
Hungary	Wild	Premium Juniper essential oil distilled only from the berries. Best known as a diuretic essence, Juniper can assist in the treatment of fluid retention, cellulite and in the relief of the symptoms of cystitis. Useful as well for muscular aches and the pain of gout.
Nepal	Wild	As above. From the terminal branches and berries of Nepalese Juniper, from the lower reaches of Himalayan forests. Famous as a Buddhist purifying incense. Sustainably wild harvested via Smartwood certification.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Kunzea <i>Kunzea ambigua</i>	α -pinene (51%), 1,8 cineole (16%), globulol (7%), viridiflorol (6%), bicyclogemracrene (4.6%), α -terpineol (2%)	Plant
Bay Laurel <i>Laurus nobilis</i>	1,8-cineole (>40%), linalool (4%), α -terpineol, terpinyl acetate (9.5%), sabinene, eugenol, eugenol methyl ether (2.6%), costunolide	Leaf/stem
True Lavender Organic <i>Lavandula angustifolia</i>	Linalool (35%), linalyl acetate (31%), 1,8 cineole (1%), camphor (0.27%), lavandulyl acetate (2%)	Flowering top
True Lavender France <i>Lavandula angustifolia (population)</i>	Population Lavenders are grown from wild seed, giving the greater diversity of wild harvested Lavender. 34% linalool, 36.4% linalyl acetate, <1% camphor & 1,8 cineole	Flowering top
True Lavender Australia <i>Lavandula angustifolia (clonal)</i>	Linalool (>28%), linalyl acetate (>35%), 1,8 cineole (<1%), camphor (<1%), β -caryophyllene	Flowering top
True Lavender Bulgaria <i>Lavandula angustifolia (clonal)</i>	See above. Clonal Lavenders are grown from cuttings, giving a consistent composition.	Flowering top
Lavender Super Hybrid <i>Lavandula intermedia (clone super linalyl acetate)</i>	Linalool (36%), linalyl acetate (37%), 1,8 cineole (<4%), camphor (<5%), lavandulyl acetate (1.2%)	Flowering top
Wild Spike Lavender <i>Lavandula latifolia</i>	Linalool (41%), α -terpineol (<2%), terpinen-4-ol (<2%), linalyl acetate (0.3%), 1,8 cineole (27%), camphor (11%), borneol, α -terpineol	Flowering top
Lemon <i>Citrus limon</i>	Limonene (68%), β -pinene (12%), γ -terpinene (8%), citral (2%), neryl acetate, furanocoumarins	Rind EP
Lemon Organic <i>Citrus limon</i>	Limonene (67%), β -pinene (10%), γ -terpinene (9%), citral (2%), neryl acetate, furanocoumarins	Rind EP
Lemon Myrtle Organic <i>Backhousia citriodora</i>	Geranial (52%), neral (39%), cis- & trans-isocitral, methyl heptanone	Leaf/stem
Lemongrass Organic <i>Cymbopogon flexuosus</i>	Geranial (46%), neral (34%), geraniol (2%), limonene (1%), geranyl acetate, β -caryophyllene	Aerial Plant

Country of Origin	Growing Method	Effects and Comments
Australia	Wild	Known as 'White Cloud' or White Kunzea, this Australian native is indigenous to SE Australia and Tasmania. A relatively new essence for aromatherapy use, Kunzea has demonstrated good pain-relieving properties for musculo-skeletal complaints. Rich in α -pinene, cineole and other compounds it is useful in respiratory complaints for its expectorant qualities. In skin care, it apparently has useful healing, anti-inflammatory properties.
Morocco	Wild	The Noble Laurel of antiquity. A superior essence for musculo-skeletal complaints, such as muscular pain and spasms and for respiratory complaints. A warming, stimulating essence, French practitioners consider Bay Laurel to be an advantageous anti-infectious and anti-viral essence.
Russia	Organic	ACO certified organic. True Lavender has a host of applications, such as its acknowledged healing benefits for the skin such as for minor wounds & burns; anti-inflammatory & healing for the relief of eczema & psoriasis and is a gentle anti-infectious essence.
France	Select	From the high Provence in France, a vintage True Lavender from complete distillation – not a short 20 minute 'perfume' distillation. True Lavender, especially with other oils such as Rosemary CT1 and Basil, is superb for muscular pain & cramps and headache pain.
Australia	Select	True Lavender from Tasmania. Lavender is appreciated for its balancing & calming properties, advantageous for relieving stress & irritability and has been demonstrated to relieve insomnia and establish balanced sleeping patterns.
Bulgaria	Select	As above. This is a top quality clonal True Lavender at an attractive price. Below: Lavandins are a sterile hybrid of True & Spike Lavender. They grow well at sea level and give a higher yield of essential oil – hence a lower price.
France	Traditional	The most widely grown hybrids are Lavandin Grosso & Abrial. All have higher levels of cineole & camphor than True Lavender. The traditional Lavandin 'Super' that we offer is closest in composition to True Lavender and can generally be used in the same ways.
Spain	Wild	Quite different to True Lavender, Spike Lavender is a more stimulating essence similar to Rosemary CT1. With significant levels of cineole & camphor, it is a beneficial analgesic oil for musculo-skeletal conditions and has helpful anti-infectious properties. French practitioners have ascribed anti-viral effects to this oil as well.
Australia	Select	Locally produced fresh Lemon oil. Known for its benefits in strengthening and maintaining capillary circulation. Topical use can assist in relief of cold sores, tinea, acne, warts and minor wounds. With oils such as <i>Eucalyptus radiata</i> , it is of benefit in respiratory complaints. Photosensitising above a 2% concentration.
Italy	Organic	As above. Premium certified organic Lemon oil from Italy.
Australia	Organic	This new organic Australian essence is intensely lemon-scented – with the highest citral content of any essential oil. The dried leaf has become popular as a lemongrass flavour. The uses of this oil may be similar to other lemon-scented oils. Always use diluted, as with all high citral oils – they are potential skin irritants.
Nepal	Organic	ACO certified organic. Lemongrass is best known for its flavour applications and its beneficial effects on digestion. An oil with invigorating and stimulating properties. Lemongrass and other oils high in citral have strong antiseptic properties. Lemongrass is seen in Indian Ayurvedic medicine to have anti-inflammatory effects, suggested for use in joint inflammation and fevers.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Lime <i>Citrus aurantifolia</i>	Limonene (60%), β -pinene (11.3%), γ -terpinene (13.6%), citral (2.3%), n-decanal, neryl acetate, trans- α -bergamotene, β -bisabolene	Rind EP
May Chang <i>Litsea cubeba</i>	Geranial (40%), neral (31%), limonene (13%), isocitral (2.5%)	Fruit
Mandarin <i>Citrus reticulata</i>	Limonene (73%), γ -terpinene (16%), α -pinene (2%), myrcene (1.7%), methyl-N-methyl anthranilate (0.5%), α -sinensal	Rind EP
Mandarin Australia <i>Citrus reticulata</i>	Limonene (94%), γ -terpinene, α -pinene, myrcene (2%), methyl-N-methylantranilate (0.05%)	Rind EP
Sweet Marjoram <i>Origanum majorana</i>	Sabinene (7.5%), α -terpinene (9.2%), γ -terpinene (14.7%), trans-thuyanol-4 (2.1%), linalool, cis-thuyanol-4 (9.8%), terpinen-4-ol (25%), α -terpineol (4%), linalyl acetate (1.9%), β -caryophyllene (2.2%)	Aerial Plant
Sweet Marjoram Organic <i>Origanum majorana</i>	Sabinene (7.2%), α -terpinene (8.7%), γ -terpinene (14.4%), cis-thuyanol-4 (3.7%), linalool, trans-thuyanol-4 (8.7%), terpinen-4-ol (25.2%), α -terpineol (4.2%), linalyl acetate (2%), β -caryophyllene (2.7%)	Aerial Plant
Melaleuca ericifolia "Rosalina" <i>Melaleuca ericifolia</i>	1,8 cineole ($\leq 26\%$), linalool (44%), α -terpineol (4%), α -pinene, aromadendrene, viridiflorene (2.5%)	Leaf/stem
Melissa <i>Melissa officinalis</i>	Citronellal (4.1%), neral (21.5%), geraniol (1.6%), geranial (29.8%), geranyl acetate (2.1%), β -caryophyllene (16.7%), germacrene D (4.6%)	Aerial Plant
Melissa 3% in Jojoba <i>Melissa officinalis</i>	See above	Aerial Plant
MQ Nerolidol <i>Melaleuca quinquenervia CT2 nerolidol</i>	Trans-nerolidol ($>86\%$), $<1\%$ of benzaldehyde, β -bisabolene, α -bisabolol, farnesol isomers	Leaf/stem
Myrrh <i>Commiphora molmol</i>	Lindrestrene isomer (47%), lindrestrene (15%), curzerene (12%) β - & γ -elemene, germacrene B	Gum Oleoresin
Red Myrtle <i>Myrtus communis CT2 myrtenyl acetate</i>	1,8-cineole (24%), limonene (13%), α -pinene (18%), myrtenyl acetate (15%), linalool (9%), linalyl & geranyl acetate (4% & 2%)	Leaf/stem

Country of Origin	Growing Method	Effects and Comments
Mexico	Select	Expeller pressed Lime oil with a superb fresh aroma. A refreshing, yet calming essence in nature, its uses are similar to Lemon. Mildly photosensitising, Do not use more than a 0.7% concentration on the skin before exposure to sunlight, as in sun bathing.
China	Select	With a high content of lemon-scented citral, May Chang has similar applications to Lemongrass. The herb has been used in traditional Chinese medicine for indigestion & nausea, low back pain and in general as a 'heat clearing' herb – anti-inflammatory in nature. Properly diluted, it is considered a useful astringent essence in skin care, for oily skin & hair and excessive perspiration.
Italy	Select	Often described as a children's essence, this red Mandarin (from fully ripened fruit) is a gently calming oil with a comforting aroma, excellent for reducing tension and mild anxiety. Hence, it is of benefit in relieving restlessness and insomnia, and for stomach complaints due to nervous tension.
Australia	Select	Tangerine essence is mentioned in many Aromatherapy texts – it is another cultivar of Mandarin. This locally produced fresh Australian Mandarin oil has the same profile as a Tangerine oil and can be used in all the same ways.
Egypt	Select	True Sweet Marjoram – not the less expensive Wild Marjoram (<i>Thymus mastichina</i>) with quite different attributes. Appreciated as a strong relaxing, anti-spasmodic oil, it is useful on the sphere of the muscles and the respiratory, digestive and nervous system. It is similar to Tea Tree oil in its anti-infectious power.
Egypt	Organic	True Sweet Marjoram again, but this one is certified organic. Uses as above.
Australia	Wild	A 'Sweet' Tea Tree oil, this Australian essence is similar in composition to 'standard' Tea Tree – except that <i>M. ericifolia</i> contains a high concentration of the gentle alcohol, linalool, instead of terpinen-4-ol. It is more calming and relaxing in nature and is gentler on the skin in applications as for Tea Tree.
France	Organic	Really true Melissa oil (!) and certified organic. The herb has been used since antiquity in western herbal medicine and much of its activity is due to the essential oil content. A major benefit is its use as a mild, uplifting tranquiliser to calm 'overheated' conditions of stress and anxiety. This relates to digestive complaints as well. Recent studies showed benefit in calming agitated dementia and improving Attention Deficit Disorder. Always use diluted.
France	Organic	As above. Melissa can also help relieve cold sores and be of benefit with allergies.
Australia	Wild	A chemotype of True Niaouli, this oil is very rich in the C15 alcohol, nerolidol. French practitioners have suggested the possible uses of this oil as a male hormonal balancer, a good neurotonic for fatigue, anti-inflammatory properties and more.
Somalia	Wild	An astringent and healing essence from antiquity. Excellent for wound healing and mildly antiseptic for fungal infections and the like. Accepted uses for treating mouth ulcers, gingivitis and sore throats and is useful in respiratory complaints. Maintains digestive function and can aid in the treatment of diarrhea. In skin care, Myrrh is helpful for mature skin, wrinkles and cracked skin.
Morocco	Wild	From the prolific Myrtaceae family, as are <i>Eucalyptus</i> species, Myrtle oil is indicated in respiratory complaints, especially in inhalations. Beneficial for the peripheral circulation, it is useful for the discomfort of haemorrhoids and minor varicose veins.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Neroli <i>Citrus aurantium ssp amara</i>	Linalool (43%), limonene (11%), β -pinene, linalyl acetate (6%), geranyl & neryl acetate, trans-nerolidol, methyl anthranilate, farnesol	Flower
Neroli 3% in Jojoba <i>Citrus aurantium ssp amara</i>	See above	Flower
True Niaouli <i>Melaleuca quinquenervia CT1 cineole</i>	1,8-cineole (50%), α -pinene (9%), limonene (8%), viridiflorol (5.4%), α -terpineol (6%), nerolidol (4%)	Leaf/stem
Nutmeg <i>Myristica fragrans</i>	Sabinene (20%), α -pinene (29%) myristicin (3%), β -pinene, terpinen-4-ol (4%), γ -terpinene (4%), safrole (<1%)	Seed
Bitter Orange <i>Citrus aurantium ssp aurantium</i>	Limonene (95%), myrcene, β -pinene, <1% of citral, other aldehydes, linalyl acetate, psoralens	Rind EP
Sweet Orange <i>Citrus sinensis</i>	Limonene (95%), myrcene, <1% of sabinene, n-decanal, no photosensitising psoralens	Rind EP
Oregano <i>Oreganum vulgare</i>	p-cymene (2.2%), γ -terpinene (3.3%), linalool (2.5%), carvacrol (74.6%), thymol (4%), β -caryophyllene (3.7%)	Aerial Plant
Palmarosa Organic <i>Cymbopogon martini var motia</i>	Geraniol (84%), geranyl acetate (8%), linalool (>2%), trans- β -ocimene, geranyl hexanoate	Aerial Plant
Patchouli Aceh <i>Pogostemon cablin</i>	β -patchoulene (2.8%), β -caryophyllene (4.2%), α -guaiene (14.8%), seychellene (7.3%), α -bulnesene (17.3%), pogostol (1.9%), patchouli alcohol (30%)	Aerial Plant
Black Pepper <i>Piper nigrum</i>	Sabinene (10%), β -caryophyllene (28%), limonene (15%), δ -3-carene (8%), limonene, α - & β -pinene, α -copaene, α -humulene	Seed
Peppermint <i>Mentha x piperita</i>	Menthol (44%), menthone (22%), isomenthone (2.8%), menthofuran (1.2%), neo-menthol (1.4%), menthyl acetate (2.8%)	Aerial Plant
Peppermint Arvensis Organic <i>Mentha arvensis</i>	Menthol (72%), neo-menthol (1.3%), menthone (11%), iso-menthone (4%), limonene (3%), menthyl acetate (1.7%)	Aerial Plant

Country of Origin	Growing Method	Effects and Comments
Tunisia	Select	Tranquil and uplifting are two words to describe the true Bitter Orange flower oil. Very potent on the energetic sphere of action, Neroli is often indicated where there is unrest, anxiety, sleeplessness and the like. Its action extends to the digestive system, as for cramps and diarrhoea and is splendid in regenerative skin care applications.
Tunisia	Select	As above.
Australia	Wild	French physicians in New Caledonia used Niaouli extensively in years past for many conditions and remains highly regarded in aromatic medicine practice today. An Australian native, Niaouli is beneficial for a variety of complaints of the skin, muscular and respiratory systems. It is seen to have useful anti-infectious and anti-viral properties.
Indonesia	Select	Nutmeg is a well known analgesic essence, beneficial for many musculo-skeletal complaints, in serving to relieve pain and spasm. Overall, it is an excellent general tonic to help boost bodily energy. Along with oils such as Neroli, Nutmeg has been used by midwives to assist with childbirth.
Italy	Select	Another essence from the Bitter Orange tree, the rind oil is gently calming & sedative. As with Mandarin, this action extends to digestive upsets due to nervous upsets. It is weakly photosensitising – do not use greater than a 1.4% concentration on skin to be exposed to prolonged periods of sunlight.
Australia	Select	Locally produced fresh Sweet Orange. A beautiful sweet citrus aroma with indications for use as with Bitter Orange. As with citrus oils in general, excellent as an air antiseptic to cleanse indoor environments. Non-photosensitising.
Morocco	Wild	Considered by French practitioners to be one of the most powerful anti-infectious oils and is used extensively as such. A strong stimulating 'Yang' essence for boosting energy and Defensive Qi. Warming & analgesic for musculo-skeletal complaints. Rich in phenolic compounds, Oregano can be irritating to the skin – always use diluted.
Nepal	Organic	Related to Lemongrass, Palmarosa contains a high concentration of geraniol. In a variety of studies, this oil demonstrated excellent bactericidal effects, stronger than Tea Tree and gentler on the skin than oils like Oregano. A good overall tonifying essence, Palmarosa is also useful in skin care for its hydrating benefits.
Indonesia	Traditional	Traditional Patchouli oil from small-scale distillation. Patchouli is perhaps underrated as a highly beneficial oil for the skin. It is a superb regenerating and anti-inflammatory essence useful for minor wounds, burns, dermatitis, acne and on. A grounding, calming oil for the nervous system.
Madagascar	Select	Classic Black Pepper, one of the renowned 'heating seeds' of Ayurvedic medicine. Beneficial warming & analgesic properties for muscular, joint and nerve pain. Excellent to aid digestion with its heating properties, useful for complaints such as overindulgence & constipation.
Australia	Select	A champion 'first aid' essence for many common complaints. Anaesthetic and anti-spasmodic, Peppermint serves acute painful conditions of the muscles & joints, nerve pain, headaches, migraines and on. Specific for the digestive system, for indigestion & cramps and irritable bowel syndrome. With other respiratory oils, very useful for colds, congestion & other complaints.
China	Organic	Peppermint Arvensis or 'Japanese Mint' is the richest natural source of menthol. This premium certified organic oil is similar to Peppermint oil in its actions.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Petitgrain Bigarade Organic <i>Citrus aurantium ssp amara</i>	Linalyl acetate (50%), linalool (27%), α -terpineol (4%), geranyl acetate (4%), neryl acetate (2.2%)	Leaf
Scotch Pine <i>Pinus sylvestris</i>	α -pinene (58%), β -pinene (8%), δ -3-carene (8%), limonene, <1% of α -terpineol, bornyl acetate, longifolene, α -cedrene	Needle
Ravensare <i>Ravensara aromatica</i>	α - & β - pinene (5.3% & 2.8%), sabinene (14%), 1,8 cineole (1.7%), limonene, α -phellandrene (15.6%), linalool (4.7%), terpinen-4-ol (3.6%), methyl chavicol (6%), methyl eugenol (6%)	Leaf/stem
Damask Rose Bulgaria <i>Rosa damascena</i>	citronellol (41%), geraniol (23%), phenyl ethyl alcohol (2.8%), stearoptenes (23%), nerol, geraniol, linalool, eugenol	Flower
Damask Rose Absolute <i>Rosa damascena</i>	Phenyl ethyl alcohol (63%), geraniol (10%), citronellol (5%), n-nonadecane (5%),hexadecanol, benzyl alcohol, geranyl acetate	Flower
Damask Rose 3% in Jojoba Oil <i>Rosa damascena</i>	See Damask Rose Bulgaria	Flower
Rosewood <i>Aniba rosaeodora</i>	Linalool (88%), α -terpineol (2%), <1% of geraniol, benzyl benzoate, α - & β -selinene, α -copaene	Wood
Rosemary CT1 <i>Rosmarinus officinalis CT1 camphor</i>	Camphor (18%), 1,8 cineole (20%), α -pinene (24%), camphene (9%), borneol, verbenone (1%)	Leaf/stem
Rosemary CT2 Organic <i>Rosmarinus officinalis CT2 cineole</i>	Camphor (12%), 1,8 cineole (40%), α -pinene (11%), camphene, borneol, α -terpineol, verbenone (0.2%)	Leaf/stem
Rosemary CT3 <i>Rosmarinus officinalis CT3 verbenone</i>	Camphor (10%), 1,8 cineole (27%), α -pinene (23%), verbenone (5%),borneol (4%), bornyl acetate	Leaf/stem

Country of Origin	Growing Method	Effects and Comments
Italy	Organic	The third oil from the Bitter Orange tree. Similar to True Lavender, Petitgrain is an excellent 'balancing' essence for the nervous system, rich in calming 'Yin' esters and mildly 'Yang' alcohols.
France	Wild	Of the numerous <i>Pinus</i> species, Scotch Pine oil has a wide spectrum of uses. Well known to be of benefit in respiratory complaints, with expectorant & anti-infectious properties. Useful for muscular & arthritic pain. A stimulating, tonic essence, French practitioners utilise it for fatigue states and exhaustion.
Madagascar	Wild	This is the true <i>Ravensara aromatica</i> oil, not from <i>Cinnamomum camphora</i> as has been confusingly named 'Ravensara' or 'Ravintsara' oil. French practitioners often employ this oil for viral infections. It would be useful for respiratory complaints and for muscular & joint pain.
Bulgaria	Select	Considered the Queen of essential oils! Expensive, but priceless in its actions. Used extensively in traditional Islamic & European herbal medicine in past centuries, Rose was well regarded as a strong 'cooling & binding' essence, beneficial for liver complaints. Energetically, a superb essence 'to strengthen the heart & spirit' (Nicholas Culpeper) in times of grief, disappointment and the like.
Bulgaria	Select	From highly purified hexane extraction (with a higher oil yield), pure Rose absolute is less expensive than the distilled oil and has similar uses. Rose oil is seen to be a 'feminine' essence for its sensual, even aphrodisiac nature and was long suggested for menstrual complaints. Certainly, useful for both men & women.
Bulgaria	Select	As above. A 3% concentration of Bulgarian Rose oil in pure Jojoba oil.
Brazil	Wild	True Rosewood oil, sustainably harvested, with three new trees planted for each tree taken. A gentle oil, rich in natural linalool, Rosewood has good anti-infectious properties, yet is so mild it can be used on babies skin. Excellent in skin care for dry & sensitive skin & for minor skin infections, as with acne.
Spain	Wild	This chemotype of Rosemary is the most commonly used in Aromatherapy. Rosemary CT 1 is reported by French practitioners as the most specific for neuromuscular problems, such as muscular aches, cramps and spasm; menstrual and rheumatic pains and as a general "tonic", warming and energising for memory and concentration problems & fatigue states. Rosemary CT 1 is also seen as a digestive stimulant useful for the liver and gall bladder, mucolytic and decongestant for respiratory conditions and useful for skin and scalp conditions such as acne, mature & oily skin and dandruff.
Morocco	Wild/ Organic	This chemotype is reported to be the most specific for respiratory and ENT (ear, nose and throat) complaints, such as colds, 'flu, bronchitis, ear infections and the like, with its expectorant and mucolytic properties. Rosemary CT2 is also considered a useful analgesic oil, for conditions such as headaches and the pain of rheumatoid arthritis & gout; a circulatory tonic for peripheral venous circulation.
Australia	Select	This special chemotype, now sourced from Australia, is reported to be the most specific for liver and gall bladder complaints, as indicated by poor digestion, difficulty with fatty foods, constipation and the like. Rosemary CT3, with its gentle mucolytic properties, is also considered useful for respiratory complaints. French practitioners have suggested this chemotype as a potential immune enhancer – good for Defensive Qi, and generally as a restorative of psychological balance and well being.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Wild Sage <i>Salvia officinalis</i>	α -thujone (23%), β -thujone (8%), camphor (18%), borneol (3%), bornyl acetate (2%), β -caryophyllene (6%), α -humulene (5%), viridiflorol	Aerial Plant
Sandalwood <i>Santalum album</i>	α - & β -santalols (52% & 21%), cis- α -trans-bergamotol (6%), epi- β -santalol (4%), α - & β santalene	Wood
Australian Sandalwood <i>Santalum spicatum</i>	α - & β -santalols (20% & 8%), cis- α -trans-bergamotol (3%), nuciferols (18%), epi- α -bisabolol (8.6%), E,E farnesol (13%), dendrolasin (3.5%)	Wood
Vanuatu Sandalwood <i>Santalum australcaledonicum</i>	α - & β -santalols (49% & 19%), cis- α -trans-bergamotol (7.4%), cis-lanceol (10%), α - & β santalene	Wood
Spearmint <i>Mentha spicata</i>	l-carvone (61%), limonene (23%), dihydrocarveol (2%), menthone, dihydrocarvone, β -bourbenene	Aerial Plant
Spikenard <i>Nardostachys jatamansi</i>	Seychellene (4.2%), aristolene (1.5-5.4%), β -gurjenene (>5%), Patchouli alcohol (<2.5%), spathulenol (<2.4%), viridifloral (1.4%), valeranone (6.9%), aristolone (1.6%)	Root
Black Spruce <i>Picea mariana</i>	Limonene (\leq 24%), bornyl acetate (>19%), camphene (<20%), α - & β -pinene, δ -3-carene	Needle
Tea Tree Ecowild <i>Melaleuca alternifolia</i>	Terpinen-4-ol (38%), α - & γ -terpinene, p-cymene, 1,8 cineole (4%), α -terpineol (3%)	Leaf/stem
Tea Tree Premium <i>Melaleuca alternifolia</i>	Terpinen-4-ol (45%), α - & γ -terpinene, p-cymene, 1,8 cineole (1.8%), α -terpineol (2.5%)	Leaf/stem
Lemon Tea Tree <i>Leptospermum petersonii</i>	Geranial (36%), neral (26%), citronellal (17%), linalool (2%), iso-pulegol, trans- & cis-iso-citral	Leaf/stem

Country of Origin	Growing Method	Effects and Comments
Croatia	Wild	Highly regarded as a medicinal herb since the days of ancient Greece, the name <i>Salvia</i> means 'to heal or save' and <i>officinalis</i> stands for the species accepted as the official medicinal plant. Sage oil has a spectrum of benefits on the sphere of the respiratory, muscular, digestive, nervous & genito-urinary systems. Very good as well for its healing benefits for the skin.
India	Wild	REAL Indian Sandalwood. Far too often adulterated, as demand exceeds supply. Regarded in Ayurvedic medicine as a definitive anti-pitta essence – very cooling to fiery, over-heated conditions. Useful for fiery conditions of the skin (dry, irritated, chapped, acne); tonic for the lymphatic & circulatory system, beneficial in respiratory complaints, as with coughs & laryngitis. Overall, a cooling & grounding essence, long used in spiritual practice.
West Australia	Wild	Australian Sandalwood is a close relative, has similar applications and is wild harvested in a true sustainable manner. Containing compounds like bisabolol, this oil appears to have even stronger anti-inflammatory qualities than the Indian oil. Long used for genito-urinary complaints such as cystitis.
Vanuatu	Wild	The price of Indian Sandalwood has risen to very high levels and is becoming increasingly difficult to obtain. Beware of adulterated blends! A very close relative to Indian Sandalwood in composition, <i>S. australcaledonicum</i> is an excellent alternative at a more reasonable price, with all the same applications.
USA	Select	Originally native to the Mediterranean, Spearmint is cultivated in many countries. Long used as a culinary & medicinal herb, the essential oil has a stunning aroma and is quite uplifting and refreshing in nature. The oil is well known as a digestive tonic, specific for the liver & gall bladder. It has decongestant action, useful in respiratory complaints. Spearmint appears to have good skin healing properties and without menthol, it is gentler on the skin than Peppermint.
Nepal	Wild	From the Valerian family, Spikenard is an ancient medicinal & incense herb, mentioned as a priceless anointing herb in the Christian Bible. Highly regarded in Ayurvedic medicine for nervous & spasmodic conditions. It has excellent calming & sedative properties, harmonising to the autonomic nervous system. Useful for the skin, with anti-inflammatory effects and is a purported good anti-aging essence.
Canada	Wild	Rich in the 'Christmas Tree' aroma of bornyl acetate, Spruce is a beneficial essence similar to Scotch Pine. These two oils are often used together by French practitioners for their tonifying benefits in fatigue states & exhaustion. It is of benefit in respiratory complaints, with expectorant, anti-spasmodic & anti-infectious properties. Useful for muscular & arthritic pain.
Australia	Wild/ Organic	This is traditional wild harvested Tea Tree, certified organic. Tea Tree is appreciated for being a strong anti-infectious essence, yet quite gentle on the skin as compared to an oil like Oregano. It is a good first aid oil for many minor complaints such as fungal, bacterial (as in acne) & viral infections (as in <i>Herpes</i> cold sores).
Australia	Select	This is a premium plantation grown oil, rich in terpinen-4-ol and low in cineole. Tea Tree is beneficial used on minor wounds & burns, as well as many respiratory complaints. Benefits peripheral circulation, as in serving minor varicose veins & haemorrhoids. Overall, it is a warming & stimulating essence for the nervous system and boosts our Defensive Qi.
Australia	Select	A close Australian relative of Tea Tree that produces a lovely, fresh lemon-scented oil. As with Lemongrass, it is an oil with invigorating and stimulating properties. Rich in citral, its applications are similar. As with all citral-rich oils, dilute appropriately when used on the skin to minimise potential irritation.



Common Name Botanical Name & Chemotype	Principal Constituents	Plant Part
Wild Thyme <i>Thymus serpyllum</i>	p-cymene (15.8%), γ -terpinene (9.6%), linalool (4.6%), borneol (2.3%), terpinen-4-ol (1.8%), geraniol (3.2%), thymol (12.7%), carvacrol (15.3%), geranyl acetate (3.4%), β -caryophyllene (3%)	Aerial Plant
Red Thyme <i>Thymus vulgaris CT1 thymol</i>	Myrcene (1.52%), p-cymene (17.7%), γ -terpinene (9.5%), linalool (5%), terpinen-4-ol (1.2%), thymol (44.6%), carvacrol (3.6%)	Aerial Plant
Sweet Thyme CT2 <i>Thymus vulgaris CT2 linalool</i>	Linalool (79%), geraniol / linalyl acetate (5.6%), thymol (3.3%), geranyl acetate (1%), β -carophyllene (4%)	Aerial Plant
Valerian <i>Valeriana officinalis</i>	bornyl acetate (36%), borneol (10%), bornyl valerate, valeranone, patchouli alcohol, valerianol	Root
Vetiver <i>Vetiveria zizanioides</i>	Khusimol (7%), vetiverol (<25%), vetivones (5%), β -vetivenene (7%), bicyclovetivenol (2.7%), α -vetispiene (3%)	Root
Wintergreen Organic <i>Gaultheria procumbens</i>	Methyl salicylate (>99%), ethyl salicylate (0.25%), linalool	Aerial Plant
Blue Yarrow <i>Achillea millefolium CT chamazulene</i>	Chamazulene (9%), linalool (11%), β -caryophyllene (6%), α -thuyone (3%), camphor (3.5%), 1,8-cineole (6%), piperitone oxide (5%)	Aerial Plant
Ylang Ylang Complete Organic <i>Cananga odorata forma genuina</i>	p-methyl anisole (4.3%), methyl benzoate (2.3%), linalool (9.7%), geranyl acetate (8%), β -caryophyllene (12.7%), α -humulene (3.6%), germacrene D (19.3%), α -farnesene (6%), farnesol (2.5%), benzyl benzoate (6.7%)	Flower

Country of Origin	Growing Method	Effects and Comments
Croatia	Wild	This is a strong stimulating, anti-infectious essence. It contains lower amounts of the phenols, carvacrol & thymol, than Red Thyme and is gentler on the skin. French practitioners employ this oil in many infectious conditions. It is seen to be a good restorative oil, for reviving bodily energy & the nervous system in fatigue states and the like.
France	Select	This is the potent thymol chemotype of Thyme. In French practice, Red Thyme is in the top class of 'major anti-infectious oils' and is routinely used as such with many infectious illnesses. Specific for respiratory complaints. Properly diluted, it is excellent for muscular pain, rheumatism, headaches and the like. Like Wild Thyme, it is a potent restorative "Yang" oil.
France	Organic	This is the gentle linalool chemotype of Thyme. Like Rosewood, it is a useful anti-infectious oil, yet is mild enough for use on the skin of children and the elderly without irritation. Effective in skin care; in French practice it is used for inflammatory skin complaints and minor infections. A mild, but useful restorative oil.
Hungary	Wild	Used as a medicinal herb since at least the time of Hippocrates. The herb is well known and much used as a good tranquilising sedative. The oil, containing valeranone and valeric acid esters has similar uses, very relaxing & calming for highly agitated states. Excellent for insomnia, restlessness and disturbed sleep patterns. Beneficial as well for tension and migraine headaches.
Indonesia	Select	A top quality oil from Sumatran plantations. Vetiver is known as a good sedative & grounding essence, useful for stress-related & sleep complaints. From a researcher in Cameroon, 'people say Vetiver sends away bad dreams'. Useful for muscular & joint pain, and in skin care it is regenerating for all skin types & for acneic skin.
China	Organic	REAL Wintergreen oil, now certified organic, NOT synthetic methyl salicylate as commonly offered! As with aspirin (acetylsalicylic acid), Wintergreen oil rich in methyl salicylate is well known and extensively used for its anti-inflammatory and analgesic properties for muscular aches & pains, joint inflammations and the like. Properly used, Wintergreen is NOT a 'dangerous' oil. For comparison, 24 drops (0.75mL) is equivalent to two standard 300mg aspirin tablets.
Croatia	Wild	Unique Blue Yarrow, with a high content of anti-inflammatory chamazulene. The herb has been long used for its anti-inflammatory, wound healing and emmenagogue properties. The oil has similar applications, healing and cooling on minor wounds, burns, skin inflammations and sensitive, dry skin. Aids in the relief of nerve pain & neuralgia, muscular pain & joint inflammation. Useful for menstrual complaints, such as painful periods.
Madagascar	Organic	The 'flower of flowers' oil, from the full distillation and certified organic. Seen as a supreme calming & euphoric essence, Ylang calms the nervous system, uplifts the spirits and considered to be aphrodisiac in nature. Excellent in skin care for its balancing effects on both dry & oily skin.



About Carbon Dioxide Extracts

Our CO₂ (or carbon dioxide) extracts are derived from a unique extraction process known as supercritical carbon dioxide extraction. This is a fantastic process that produces very pure and highly concentrated plant extracts that can be used for Aromatherapy and Herbal Medicine.

Generally, carbon dioxide is found only as a gas or as a solid in the form of dry ice. There is no liquid form of carbon dioxide under normal conditions.

However, if we squeeze or condense carbon dioxide under very high pressure, we will first create liquid carbon dioxide, which can be used for extraction purposes. Increase the pressure further (to about 1,711 times normal atmospheric pressure) and increase the temperature to around 30° to 40°C, the carbon dioxide enters the 'supercritical' phase - an unusual state where the carbon dioxide has the properties (or acts like) a gas, yet is as dense as a liquid.

In this supercritical state, carbon dioxide is a very effective solvent for extracting any oily (or lipophilic) compounds from plant material and in certain cases, water-soluble compounds as well (carbon dioxide is used for removing caffeine from coffee beans when a small amount of water is added to the mix).

After the pressure is released at the end of the extraction process, the carbon dioxide simply evaporates, leaving an extremely pure plant extract behind.

There are two types of CO₂ extracts. First, there are **select** extracts, using Frankincense CO₂ extract as an example. In this case, powdered Frankincense resin is extracted for a limited period of time so that the final extract contains 90% + of aromatic compounds, as would be found in the steam distilled essential oil.

The second type are **total** extracts, where the plant material has been extracted for the time it requires to remove all oily, lipophilic compounds, including vegetable oils, waxes, etc.

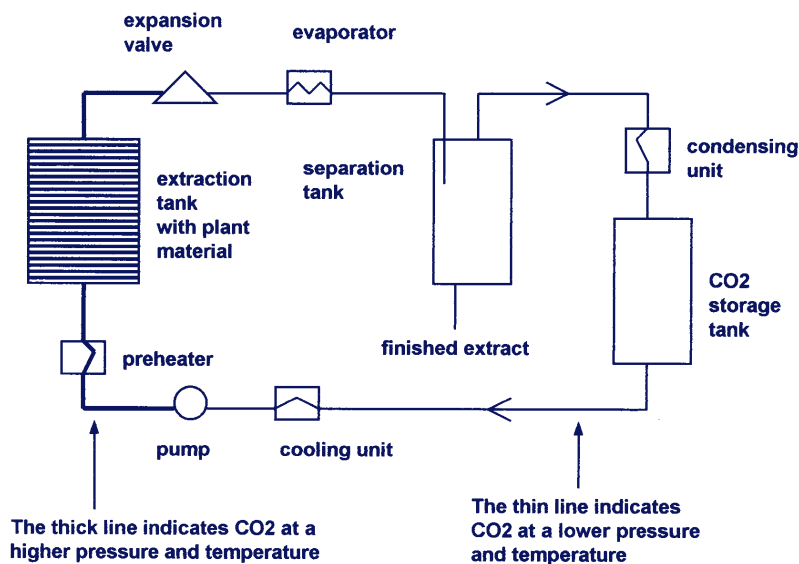
Using Calendula CO₂ extract as an example, the total extract is desired in this case because the most active ingredients (faradiol and its esters - strongly anti-inflammatory & healing) require a longer extraction to remove and would be too heavy to extract using steam distillation.

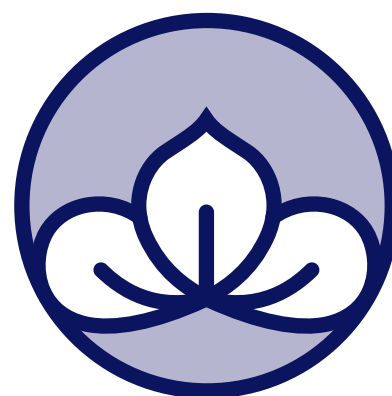
What are the advantages of carbon dioxide extracts?

- With some plants, the most active compounds are too heavy to be extracted with steam distillation. Carbon dioxide extraction will remove these compounds. Ginger CO₂ extract is a good example. Gingerol and shogaol, the most pungent, warming compounds in Ginger are best extracted with carbon dioxide, not with steam distillation.
- Because the plant material is not exposed to air (oxygen) or heat, as compared to steam distillation, none of the compounds change or oxidise during extraction. Hence, the final extract is just the same as in the plant - the same composition and aroma. In the case of German Chamomile CO₂ extract, matricin is not converted to the dark blue chamazulene, as in the steam distilled oil. In studies, matricin was shown to be 10 times more potent in reducing inflammation than chamazulene. Steam distilled German Chamomile is still quite useful, however. It appears chamazulene may well be more active in cases of allergic skin reactions.
- Carbon dioxide, as compared to using hexane for extraction, fully evaporates from the final extract, leaving an extremely pure extract with no solvent residues.

Highly concentrated CO₂ extracts can be used at low dilutions in vegetable oils and our other base products to great benefit.

Below: Diagram of a supercritical carbon dioxide unit.





CHAPTER TWO

Aromatherapy Blends & Creations

- Premium Essential Oil Blends
- Therapeutic Massage Blends and Concentrates
 - Aromatherapy Diffuser Blends
- The Aromatizer Aromatherapy Diffuser
 - Aromatic Skin Synergies
- Revitalising Skin Care Creations
 - Story: Natural Variations



Premium Essential Oil Blends

Essential Therapeutics offers a well-considered range of pure essential oil blends, for therapeutic purposes, for regenerative skin care and for diffusion.

These blends offer the practising therapist a straightforward solution for addressing many of the common issues that can be well served by Aromatherapy applications.

As always, these blends are based on our TGEO guaranteed 100% pure & natural essential oils and aromatic extracts.

On Aromatic Baths...

Aromatic baths are a simple and effective method of addressing many common complaints, as seen in the long history of the traditional use of herbal baths in both Eastern and Western medicine.

A quote from *The Practice of Aromatherapy* by the French physician, Dr. Jean Valnet (CW Daniel, publisher): "Externally, they (essential oils) may be used pure or in the form of a soapy or aqueous emulsion, in an alcoholic solution, as a liniment, or **indeed in overall or localised bathing**. They are also frequently used as enemas, vaginal douches, inhalations or aerosols..."

I undertook with my colleagues a series of wide ranging tests on various mixtures of whole natural aromatic essences in emulsion form for use in ordinary bathing and washing...

The effects, tonic or calming, decongestive or balancing were experienced after only a few baths or washes. Knowledge of the constituents of these essences clarifies why cases of obesity, cellulitis, arthrosis, circulatory problems, muscular weakness, insomnia and nervousness (and more) benefit from aromatic baths taken as a form of general treatment."



Compresses

Compresses are a very effective way of using essential oils to relieve pain and swelling and reduce inflammation. Hot compresses are most often used to treat pain of a chronic nature and cold compresses to treat acute pain, and as a first aid for injuries such as sprains.

The most effective procedure for a compress is to blend the selected essential oils to a dose between 5% and 10% into a base cream or gel, and then to apply directly to the affected area. Then cover with either a hot or cold compress. This method allows for a greater quantity of essential oils to penetrate into the affected area.

Warm a heat pack in a microwave (following manufacturer's instructions), or wring a piece of material (toweling, sheeting, bandage) through a bowl of hot water. Hot compresses are particularly helpful in treating backache, rheumatic and arthritic pain, abscesses, ear ache and tooth ache.

Cold compresses are made and applied in exactly the same way, except that the water should be as cold as possible. If you have ice cubes available, put some into the water for a few minutes before making the compress. If not, run the cold tap for a few minutes to get the water as cool as you can. As well, ice packs can be applied on top of toweling placed over the affected area.

Cold compresses are helpful for headaches (apply to forehead or back of neck), sprains, tennis elbow and other hot, swollen conditions. They should be renewed once they have warmed up to blood temperature, though there is no harm in leaving the compress in place overnight or during the day if circumstances do not allow frequent changing.

Direct Application

Neat, or undiluted essential oils, can be used on small areas. Insect bites, minor burns, cuts and small wounds are common examples. Simply apply a single drop to bites and cuts. For minor burns, first cool down the burn with cold water or ice for a minute, and then apply the essential oil, perhaps repeating every fifteen minutes for the first hour. If treatment is still needed, apply essential oil three to five times per day. To reduce the risk of any skin irritation, a simple method is to mix any essential oil with the same amount of any vegetable oil – a half & half blend. Essential oils that are basically non-irritant, such as Lavender, Bergamot, Rosewood and others are best used in this way.

Essential oils such as Oregano, Red Thyme, Cinnamon, Clove & Lemongrass are skin irritants and should always be used on the skin well diluted.

Therapeutic Massage Concentrates and Blends

We offer these essential oil blends in two styles:

- **Therapeutic Massage Concentrates** – These concentrates are the 100% pure essential oil blend. They are designed to be added to our pure vegetable oils or our other natural base products, such as **Essential Base Cream** for use in massage treatments or simply as a topical application. For application to the skin, we generally recommend from a 2.5% to 10% concentration of the concentrate in a carrier base. For application to local, specific areas of the body, concentrations up to 50% can be beneficial for various complaints utilising our blends: **Calmant**, **Muscle Relief** and **Energising**.

Our **Concentrates** are also intended for use in **therapeutic bath treatments**. Mix from 10 to 30 drops of a chosen concentrate with our **Essential Solubiliser** for addition to a warm to hot bath.

- **Therapeutic Massage Blends** – Most commercially available “Aromatherapy Blends” will contain 2.5% and often less of essential oils. Our **Therapeutic Massage Blends** contain a full 5% concentration of our **Massage Concentrates** in our **Massage Blend** of pure vegetable oils. These blends are designed to be used “as is” for direct application to affected areas, with or without complementary massage treatment. These blends may also be diluted further with pure vegetable oils for full body massage treatments. To create a 2.5% blend, simply mix equal amounts of a chosen **Massage Blend** with a vegetable oil of choice.



Calmant

A topical anti-inflammatory blend. Useful for the temporary relief of the pain and inflammation associated with rheumatoid arthritis, tendonitis (tennis elbow), bursitis, repetitive strain injury and nerve inflammations such as sciatica, neuritis and neuralgia. Use also on sprains and strains to help minimise bruising and to speed healing. Use the **Massage Blend** as is, two to three times per day on affected areas, or the **Concentrate** at a 5% to 10% strength. As much as a 50% concentration (50% **Calmant** / 50% vegetable oil) can be trialled on small, specific areas. The **Concentrate** may also be used in warm compresses or in baths.

Contains pure essential oils of Lemon Eucalyptus, Everlasting, Wintergreen, Geranium, Blue Yarrow, Peppermint and Roman Chamomile.

Circulation

A toning and decongestant blend useful for “excess fluid” of blood and lymph. **Circulation** blend is best used with massage, especially lymphatic drainage techniques. Excellent to help relieve swelling of sprains and contusions.

Contains essential oils of Cypress, Cajeput, Geranium, Sandalwood, Patchouli and Lemon.

Energising

A real “pick up” blend to stimulate, refresh and awaken! **Energising** is a blend to use wherever a boost is needed after too much work, sport or even post-illness. Use also in preparation for sporting events or whenever physical or mental challenges are to be met. Use the **Massage Blend** as is (or the **Concentrate** at 5% to 10%) on the whole body, or most especially, over the abdomen, heart region and mid-back (kidney/adrenal area), or use from 10 to 30 drops of the **Concentrate** emulsified in baths.

Contains essential oils of Spruce, Scotch Pine, Sandalwood, Tea Tree, Balsam Fir, Peppermint and Cinnamon.



Euphoria

An exotic blend of deeply relaxing and euphoric essential oils, to open your heart and create a lover's mood! Perfect in a sensual massage with your partner... You will find further uses include utilising the euphoric and uplifting qualities of **Euphoria** to help relax after a busy day, and for post-natal care for mothers after childbirth. Use the **Massage Blend** as is or the **Concentrate** in a carrier base of choice. 10 to 30 drops emulsified in **Essential Solubiliser** creates a wonderful, soothing bath treatment.

Contains essential oils of Ylang Ylang Organic, Clary Sage, Australian Sandalwood, Patchouli Aceh, Rosewood, Sweet Orange and Jasmine Sambac.

Muscle Relief

A potent, anti-spasmodic blend useful for all kinds of muscular tension. **Muscle Relief** is useful for the temporary relief of sore, over-worked muscles, muscular cramps and spasms (including menstrual cramps), lumbago (lower back pain), arthritic pain and inflammation associated with sciatica, neuritis and neuralgia. Applied to the lower abdomen and back, **Muscle Relief** can assist indigestion, intestinal cramps and colic. Its excellent stimulating and tonifying properties make **Muscle Relief** a help in relieving stress related and post-illness fatigue. **Muscle Relief** is generally used at a 5% to 10% concentration and is best used in combination with massage and/or hot compresses. For small, specific areas of the body, up to a 50% concentration can be trialled. The **Concentrate** is excellent for therapeutic baths, 10 to 30 drops emulsified in **Essential Solubiliser**.

Contains essential oils of Rosemary CT1, Wintergreen, Tropical Basil, Nutmeg, Clove Bud and Peppermint.

Relaxant

This fragrant blend will help to calm and cool stressed and frayed nerves. **Relaxant** helps to relieve nervous tension, stress, mild anxiety, depression and related conditions, such as insomnia and tension headache. Use in conjunction with massage, as a simple topical application or in warm baths (10 to 30 drops of the **Concentrate** in **Essential Solubiliser**). For the temporary relief of digestive cramps, colic or nervous "butterflies", apply the **Massage Blend** or diluted **Concentrate** to the abdomen and lower back. Additional soothing massage can be used or a warm compress can be applied. Suitable for all ages – from young to old. For children under 7 years, use a 2.5% concentration or less; under 1 year of age, 1% or less.

Contains essential oils of True Lavender, Mandarin, Mandarin Petitgrain, Bergamot Supreme Organic, YlangYlang Organic, Sandalwood, Blue Yarrow, Sweet Marjoram and Roman Chamomile.

Slimming

Aromatherapy can be a useful adjunct to help deal with "orange peel" skin combined with proper exercise and nutrition. **Slimming** blend is best used with massage at 5% to 10% concentrations in a suitable carrier base, alternating with the use of **Circulation** blend. 10 to 30 drops in **Essential Solubiliser** creates a useful therapeutic bath preparation.

Contains essential oils of Lemongrass, Lemon Eucalyptus, Peppermint Eucalyptus Australiana, Rosemary CT1, Atlas Cedar and Sage.



Aromatherapy Diffuser Blends

We have designed this range of harmonious essential oil blends specifically for diffusing – for “environmental fragrancing”, for creating an ambience, for air purification, odour reduction, inhalation therapy and on.

These blends are perfect for use in our **Aromatizer** aerosol diffuser (see following) and are suitable for use in any type of essential oil vapouriser.

Our **Diffuser Blends** can also be used in massage treatments, for topical preparations and in bath treatments if desired, in the same way as our **Massage Concentrates**.

Only 100% TGE0 guaranteed essential oils are used in our blends – **no common extending agents** such as dipropylene glycol or isopropyl myristate are ever used.

Ambience

To create a refreshing and uplifting environment. A ‘clean’ and unobtrusive blend of Sweet Orange, Ylang Ylang, Geranium and Neroli essential oils. Excellent for air purification and odour reduction.

Clarity

A great “wake-up” blend that will clear and refresh the mind. Based on research that has demonstrated how various essential oils can stimulate the brain, we have blended pure Lemon, Rosemary CT1, Peppermint, Geranium and Sage essential oils to enhance your study, your work - whenever clarity and concentration is needed.

Intimacy

A heady, sensual blend to set the mood for an intimate occasion – or simply to uplift and relax.

This blend combines the euphoric qualities of Nutmeg, Ylang Ylang, Sweet Orange, Cassia, Vetiver, Niaouli, Patchouli and Jasmine Absolute.

Lavender Relaxer

A soothing, relaxing blend to create a serene environment. Excellent as well for body and bath applications. A blend of the finest True Lavender, Mandarin, Blue Yarrow and Patchouli essential oils.

Meditation

Aromatics have been used for thousands of years in religious and spiritual practice, to sanctify and purify the environment, and to clarify and calm the hearts and minds of people of many cultures.

We have created a modern blend based on the ancient aromatics of pure Frankincense, Atlas Cedar, Clove Bud, Nutmeg, Cassia, Sandalwood, Orange, Patchouli, Peru Balsam and Myrrh essential oils.

Peaceful Sleep

Trouble sleeping? **Peaceful Sleep** is a real soporific and sedating blend – more than one research study has demonstrated the effects of essential oils such as True Lavender in helping to promote better sleep, just by simple diffusion. Excellent as well for body and bath applications.

A blend of pure True Lavender, Ho Leaf, Petitgrain, Geranium, Ylang Ylang, Australian Sandalwood, Lemongrass, Atlas Cedar, Peru Balsam, Clary Sage and Valerian essential oils.

Respiratory Blend

This is the blend for lungs and noses! A strong, anti-infectious, head-clearing blend of Eucalyptus Australiana, Red Myrtle, Tea Tree, Sea Pine, Peppermint, Spearmint and Lemon. Use in our **Aromatizer** or in steam inhalations for the temporary relief of coughs and congestion due to colds, bronchitis, etc. Diluted to 10% in vegetable oil or a base cream or gel, **Respiratory Blend** makes an excellent chest rub. Or simply diffuse in the sick room or elsewhere to make use of its strong antiseptic power and to help prevent airborne infections from spreading.





The Aromatizer Aromatherapy Diffuser

Essential Therapeutics was the first company in Australia to offer these unique aerosol diffusers, originally designed in France, the birthplace of Aromatic Medicine. The **Aromatizer** diffuser is a safe, effective and pleasant means of using pure essential oils therapeutically and recreationally.

The **Aromatizer** diffuser, manufactured in Australia, consists of a high quality air pump and a hand-blown glass nebuliser.

Just as a breeze releases and wafts the scent of flowers and leaves, cool air is the only propellant used. The diffuser will fill an average sized room in minutes with millions of ionised micro droplets of essential oil.

The advantages of using the Aromatizer diffuser:

- **More economical than candle burners**

This true aerosol effect is the superior method for diffusing oils into the air. Compared to 'candle burners', which use the heat of a candle to evaporate essential oils, the **Aromatizer** itself may cost more, yet only takes a few cents of electricity per week to operate. Candle burners, on the other hand, can cost 65¢ or more per day for candles!

- **Preserve oil quality**

Candle burners and electric burners use heat to evaporate the oils which fractionates the oils, driving off the lighter components first leaving the heavier "base" components in the bowl. The **Aromatizer** diffuses all of the essential oil, with no fractionation and leaves no residue behind.

- **Flexibility**

You can adjust the amount of essential oil used. The top volume for the **Aromatizer** is approximately 1.5ml of essential oil per hour. However, it can be adjusted to **any volume**, including 'candle burner' level, depending on the intensity of fragrance desired and the size of the room. The **Aromatizer** can also be used with easily obtained plug-in timers, so that it can be automatically turned on and off throughout the day or night.

- **Volume**

The **Aromatizer** is especially suited for the environmental fragrancing of large indoor areas. Candle or electric burners on the other hand, are only suitable for quite small areas. The **Aromatizer** is capable of fragrancing up to 1500 square feet (140 m²) of space.

- **Ambience**

The beautiful natural fragrances of essential oils create an *ambience*, a more pleasant environment in which to live and work. Everyone is aware of the unpleasant odours that can be found in most places - hospitals, nursing homes, offices, homes etc. Essential oils are very effective in reducing unpleasant odours and 'indoor pollution' and are far superior to the intense odours of synthetic commercial fragrances in common use.

- **Negative Ionisation**

Many essential oils, as they react with oxygen in the air, will then release pure ionic oxygen, creating a healthy balance of negative ions that linger in the air for hours.

- **Air Purifying**

Essential oils are also powerful disinfectants of room air, as confirmed by research studies. One study, performed in France, showed that by diffusing a blend of common essential oils, over **99.9%** of all micro-organisms in room air (bacteria, moulds, yeasts, etc.) were destroyed within 30 minutes of use. All these properties make using the **Aromatizer** a fragrant form of 'preventative medicine' to help stop the spread of air-borne illnesses.

- **Inhalation Therapy**

Like the French medical models on which the **Aromatizer** is based, it is superior for inhalation therapy as compared to standard steam inhalation. For helping to relieve cough and congestion of colds and the like, try using our **Respiratory Diffuser Blend**. Either hold the **Aromatizer** nebuliser close to your nostrils for 10 to 15 minute inhalation sessions or place in the bedroom overnight on low volume.

When diffusing essential oils, it's good not to play the music too loud...

The **Aromatizer** diffuser, because of its unique features and the large areas that can be covered, is popular with many health care facilities and clinics.

But we have heard our share of stories where staff have complained because of too high a level of fragrance, leading even to people suffering headaches.

It is good to remember the old adage, "more is not necessarily better"!

To enjoy the benefits of diffusing essential oils, the "noise level" need only be kept at a very low level – much like background music.

When essential oils are diffused into a common area, the level of fragrance should be just barely perceptible when you first enter the room. This requires setting the volume of the **Aromatizer** to suit and locating the diffuser in an area where there is good airflow.

Only after a few minutes, our sense of smell fatigues – and we will no longer perceive the aroma in the room, until we leave and return again. But the benefits are still there! This issue of "odour fatigue" sometimes leads people to keep turning up the volume on the diffuser, until the fragrance is strongly perceived at all times. This is where problems can occur.

Remember to keep the volume down and you can keep the neighbours happy.

The Aromatizer diffuser is covered by a full one year warranty. Also available are spare glass nebulisers and an accessory pack with two spare corks and ten pipettes.





Aromatic Skin Synergies

Skin Synergies are premium blends of pure essential oils and aromatic extracts, designed to assist in the treatment of many common skin complaints and conditions.

Our **Skin Synergy Blends** are for creating customized preparations, using our natural base products. These blends can be added to:

- Pure vegetable oils, such as our **Essential Fatty Acid Oils** and **Infused Oils** to create simple and effective treatment blends.
- Natural base creams, such as our **Ultimate Base Cream** – a perfect complement for **Skin Synergies**.
- Our natural **gels**, where you can also add your vegetable oils and other active ingredients of choice.
- **Argiletz Super Fine Clays** for effective treatment masques.

Skin Synergy Blends are recommended to be added to our base products at a 0.5% to 2.5% concentration. For many applications, a 0.75% to 1% concentration can be sufficient.

Acneic Synergy

– to help calm and control

This blend will help to reduce sebaceous gland over activity, unblock keratinous plugs blocking the pores, and reduce inflammation and infection. **Acneic Synergy** works well combined with EFA vegetable oils, such as Rose Hip and as in our **Ultimate Base Cream**. **Argiletz Green Clay** masques are a useful part of treatment. **Acneic Synergy** contains the pure essential oils of Artemesia, Neroli, Rosemary CT3, Spike Lavender, Ylang Ylang, Calendula CO₂ extract, Palmarosa, Eucalyptus Australiana, German Chamomile CO₂ extract and Myrrh.

Couperose Synergy

– for red and blotchy skin

Couperose Synergy assists the strengthening and toning of the microcirculation – the capillaries found just under the epidermis of the skin, helping to reduce their sensitivity and tendency to lose their elasticity. **Couperose** contains the pure essential oils of German Chamomile CO₂ extract, Blue Yarrow, Roman Chamomile, True Lavender, Cypress, Niaouli, Damask Rose, Patchouli Aceh and Everlasting.

Sensitive Synergy

– for irritated, reactive skin

For skin that is prone to irritation or reactive to many cosmetics, particular foods and on, **Sensitive Synergy** is indicated. This synergy helps to reduce inflammation and to promote healing in inflamed and sensitive skin. **Sensitive Synergy** contains the pure essential oils of German Chamomile, Roman Chamomile, Blue Yarrow, True Lavender, Geranium, Australian Sandalwood, Patchouli, Palmarosa, and Carrot Seed.

Dry Synergy

– hydrating for dry and normal skin

This blend is useful for helping to re-stimulate normal sebaceous gland function. Combined with active hydrating agents as in our **Ultimate Base Cream**, **Dry Skin Synergy** is a perfect complement to restore dry and damaged skin. Contains the pure essential oils of Damask Rose, Geranium, True Lavender, Palmarosa, Sandalwood and Carrot CO₂ extract.

Mature Synergy

– stimulating and rejuvenative

Mature Skin Synergy is highly stimulating, serving to increase cellular turnover in the important germinative layer of the epidermis and helps to maintain proper blood supply to the epidermis. We can say “it helps to reverse the visible signs of aging”! Contains the pure essential oils of Damask Rose, Cistus, Sweet Myrtle, Frankincense, Neroli, Carrot CO₂, Rosemary CT3, Sandalwood, Patchouli, Petitgrain Lemon, Galbanum and True Lavender.

Oily / Combination Synergy

– for oily to normal skin

Excellent to help reduce over activity of the sebaceous glands and prevent the occurrence of acne. Excellent for both oily and combination skin types. This **Synergy** contains the pure essential oils of Spike Lavender, Blue Yarrow, Peppermint Eucalyptus, Mandarin, Bergamot, Rosemary CT3, Bay Laurel, Ylang Ylang and Atlas Cedar.



Regenerative Skin Care Creations

Following are two products we have created, outstanding for their repairing and revitalising properties.

Damask Rose Healing Moisturiser

We are sure you have noticed just how EXPENSIVE “high-class” cosmetic creams can be! Of course, most of the high price is there to cover the cost of packaging, marketing, retail mark-up and more.

We decided to create a **state-of-the-art** regenerative skin care cream, where the price reflected the **quality of the ingredients used** – instead of all the “extra” costs seen in commercial brand name cosmetics.

The result was **Damask Rose Healing Moisturiser** – truly luxurious, natural and effective. And also AFFORDABLE!

Looking at the name of the product:

“**Damask Rose**” This cream contains a beautiful synergy of pure essential oils and aromatic extracts – pure steam-distilled Damask Rose oil, Damask Rose absolute, Geranium Bourbon, True Lavender “population”, Palmarosa, Australian Sandalwood, Patchouli Aceh, plus Calendula and Carrot carbon dioxide extracts.

“**Healing**” With its content of pure essential oils, Virgin vegetable oils and butters, natural anti-oxidants and vitamins, **Damask Rose Healing Moisturiser** has excellent regenerative properties. It is useful for all skin types, as a truly rejuvenative cream. This means the ingredients serve to increase the turnover of cells in the germinative layer of the skin’s epidermis - the cells that continually re-divide to create new skin. Ingredients, such as our unique Rosemary anti-oxidant, give this cream good “free radical scavenging” qualities as well.



Cabbage Rose *Rosa centifolia*

Damask Rose Healing Moisturiser is especially suited for sensitive and mature skin types, to help reduce sensitivity, to calm and soothe the skin and for its regenerative benefits.

“**Moisturiser**” Instead of using synthetic “oils” as in conventional cosmetics, **Damask Rose Healing Moisturiser** contains pure, Virgin vegetable oils of Jojoba, Sweet Almond, Avocado and Macadamia. We add to this pure Cocoa and Shea Butter, along with pure Vitamin E and Panthenol (pro-vitamin B5).

Overall, **Damask Rose Healing Moisturiser** is a **skin friendly** moisturising cream, that soothes and hydrates with its effective natural ingredients. Feel free to use as a face cream, body cream, eye cream – wherever you wish!

Healing Blend

A straightforward blend of pure vegetable oils, essential oils and active vitamins for skin repair. **Healing Blend** is suited for dealing with minor skin problems, to help protect and heal. Useful as an aftershave, after waxing treatments, electrolysis, dermabrasion and on. Excellent for use during pregnancy, applied daily to the abdomen as it grows.

Healing Blend contains True Lavender, Spike Lavender, Calendula CO₂ extract, Sage, Everlasting, Frankincense, Patchouli and Spearmint essential oils in a base of Hemp Seed, Sweet Almond, Macadamia, Avocado, Jojoba and Centella Infused Oil with added Vitamins D, E and Rosemary antioxidant.





Natural Variations

Manufacturers of cosmetics, fragrances and personal care products go to great lengths to create products that remain consistent in their appearance, fragrance, colour, 'skin feel' and on. Of course, this is one reason for the use of strong synthetic emulsifiers, preservatives, fragrances, 'oils' and dyes. Such products may not be of any real value for your skin, for example, but they are consistent – and this is what we as consumers have come to expect.

When we consider using fully natural products, we now find that 'consistency' in a number of areas can vary quite a bit. This has led me to answer numerous questions over the years about these issues and to people wondering whether or not a variation is acceptable.

These issues were discussed in full in our *Essential News* journal, Vol. 15 & 16. Please contact us if you'd like a back copy or go to www.essentialtherapeutics.com.au.

As a summary:

Fragrance variation

As a professional aromatherapy supplier, we find that odour acceptance can be a major issue for our customers. Most of us do not have a gas chromatography machine at home to test for authenticity, so checking the fragrance of an essential oil is often a major method of "quality control" by customers.

Natural essential oils will often vary a small amount in aroma from each harvest. Or there may be a change due to using a different steam distillation unit and on. We accept these variations – they are simply natural – and we do fully test all our oils for authenticity. If the aroma varied dramatically for any reason, we would reject the batch.

In the flavour and fragrance industry (and unfortunately what too often ends up as "Aromatherapy" oils), essential oils and synthetic aroma chemicals are routinely blended to create a consistent acceptable fragrance and a lower cost product.

Often, people are more used to the aroma of these "commercial" oils instead of the real thing.

As an interesting example, I have tested some hundreds of participants in seminars with a "blind" odour evaluation test. Using Lavender essential oil as an example, I have people evaluate three samples by odour alone – a real wild harvested True Lavender, a Lavandin "super acetate" clone and a very inexpensive Lavender "blend" of Lavandins and synthetic aroma chemicals.

On average, **50%** of people judged the **fake Lavender**, as the "real Lavender" and about **30%** of the people felt the real wild harvested **True Lavender** (as Lavender as Lavender can be!) was the adulterated Lavender blend.

In summary, we have to be careful about **only** trusting our nose!

Sediment, Crystals and Cloudiness

Some essential oils and other products can have crystals or sediment in the bottle. Sediment and the like is never "dirt" or foreign matter, but naturally occurring compounds in the raw material.

Virginian Cedarwood essential oil will develop crystals of cedrol over time. Gentle heating will re-dissolve.

Myrrh oil and **Benzoin** will slowly harden over time to a resin.

Expeller pressed citrus oils will often form a small "bloom" of natural citrus wax in the bottle when cold.

Virgin, unrefined vegetable oils can contain natural waxes that settle out when cold. **Avocado oil** is a prime example. Virgin vegetable oils can also have a **distinctive odour** – but this is simply what the natural odour of the oil when it is not fully refined.

Our **Herbal Infused Oils** can contain some very fine particles of the herbs used, even after final filtration.

Natural Waters of Distillation, such as Damask Rose water will also contain some natural 'sediment', even after fine filtration. This sediment is made up of natural waxes and essential oil compounds (phenyl ethyl alcohol) that settle out of the distillate water over time.

Appearance and colour

Natural raw materials can also vary in their appearance and colour from season to season.

Calendula and Carrot extracts can slightly vary in the amount of the deep orange beta-carotene from batch to batch. We use these extracts in our **Damask Rose Healing Moisturiser** and these variations can be enough to vary the colour of the cream.

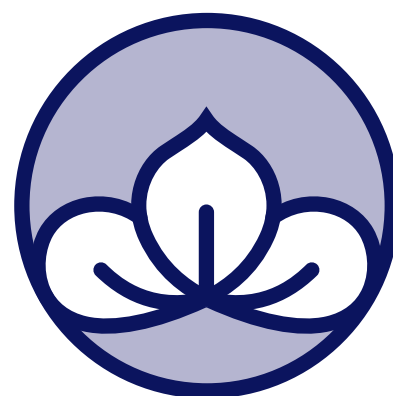
Amigel is our unique natural gelling agent. The prepared gel we provide will become somewhat 'lumpy' with some water condensing on the top of the gel over time. Simply shake the container well to re-establish a smooth consistency.

The Word on Rose Oil

We will never sell you an empty bottle of Rose oil!

The essential oil of Damask Rose will harden at low temperatures. Below 16° C, natural stearoptenes present in the oil solidify so that the oil will not dispense from the bottle.

Of course, Rose oil is quite expensive, and we have had more than one call during the winter months from a distressed customer complaining there is no Rose oil in their bottle! A few minutes in a warm pocket will rectify the problem.



CHAPTER THREE

Pure Vegetable Oils, Butters & Waxes

- Pure Vegetable Oils, Butters & Waxes
 - Pure Vegetable Oils
 - Pure Vegetable Oil Blends
 - Essential Fatty Acid Vegetable Oils
 - Essential Fatty Acid Blends
 - Amiox
 - Natural Butters & Waxes
- Extra Strength Herbal Infused Oils
 - Vegetable Oil Characteristics



Pure Vegetable Oils, Butters & Waxes

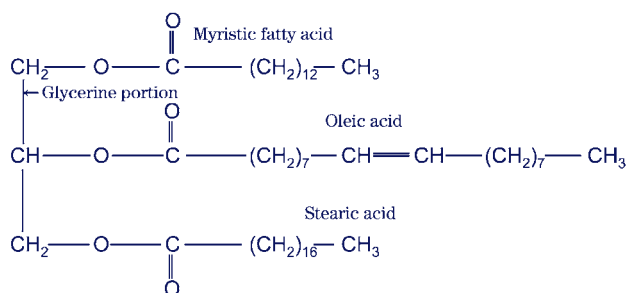
Essential Therapeutics offers a wide range of pure vegetable oils, butters and waxes, suited for all types of massage and skin care applications.

- All *Essential Therapeutics* products are from GMO-free (not genetically modified) materials
- For larger quantities of any of these products, please ask your local *Essential Therapeutics* distributor.

Pure Vegetable Oils

Vegetable oils are the non-volatile, generally liquid fats found in various nuts, seeds and legumes. They are also referred to as 'fixed' oils (they will not evaporate) and 'base' or 'carrier' oils (they are perfectly suited for the addition of essential oils).

All vegetable oils and animal fats primarily consist of *triglycerides*. A triglyceride consists of three *fatty acids* (tri) combined with one molecule of *glycerine*. The major difference between animal fats and various vegetable oils are the type of fatty acids found in the oil.



One possible triglyceride that could be found in Avocado oil, with three different fatty acids.

Types of Fatty Acids

There are three classes of fatty acids: saturated, monounsaturated and polyunsaturated.

- saturated fatty acids have no *double bonds* between adjacent carbon atoms – they are *saturated* with hydrogen atoms. These fatty acids are most common in hard animal fats and vegetable fats such as cocoa butter. They are the most resistant to oxidation (rancidity).
- Monounsaturates have one (mono) double bond. They oxidise relatively slowly.
- Polyunsaturates have two or more (poly) double bonds between carbon atoms. These are the fatty acids that oxidise most quickly.

Mono and polyunsaturated fatty acids make up the highest proportion of liquid vegetable oils.

Pure vegetable oils also contain varying small amounts of natural waxes, sterols, lecithin, vitamins (especially Vitamin E) and on.

The Processing of Vegetable Oils

There are two basic varieties of processing – **virgin** and **refined**

Virgin vegetable oils are also known as unrefined oils. In this case, the nuts or seeds are expeller pressed (also known as cold pressed) and the resulting oil is simply filtered before bottling. Virgin oils contain all the oily compounds in the seeds – the oil (triglyceride) itself, along with lecithin, vitamins, waxes, etc. In terms of benefits to the skin (and in our diet), we can say that expeller pressed virgin oils are the highest quality, because of the content of the additional compounds found in the oil.

However, with some virgin vegetable oils, these additional compounds will see an oil that is quite dark in colour, with an unpleasant odour and somewhat 'sticky' feel on the skin. Hence, virgin vegetable oils such as Grapeseed, Safflower and Wheatgerm are not generally used for massage or skin care applications because of these issues.

Refined vegetable oils can go through a number of processing steps. The least expensive supermarket variety vegetable oils are firstly solvent extracted (using hexane), as this removes a higher proportion of the oil than expeller pressing alone. The resulting oil has hexane residues removed and then put through a variety of refining processes including degumming, bleaching, deodorising and on. The total refining process removes much of the additional, beneficial compounds in the oil, such as lecithin and vitamins. The result is a light coloured oil with low odour and taste.

We prefer vegetable oils that have been expeller pressed (instead of solvent extracted) and if necessary, only lightly refined, so that the majority of the odour compounds and compounds that can cause 'tackiness' have been removed.

Such vegetable oils, as with our pure Sweet Almond oil, are excellent for massage and skin care applications. A good combination for massage applications is the use of virgin and refined oils together, as in the case of our *Organic Massage Blend*, with the best of both worlds.

Quality Assurance

As with all *Essential Therapeutics* products, we source the highest quality vegetable oils from local and overseas producers. We then extensively test these oils for authenticity and freshness.

We store our vegetable oils under nitrogen to prevent oxidation, giving you the freshest possible product.

Our Quality Assurance procedures ensure that you receive the highest quality product, suitable for massage therapy, aromatherapy and natural, regenerative skin care.

Did you know...

Some unscrupulous suppliers will supply vegetable oils, such as Sweet Almond, “at a very good price”. This is because the oil has been extensively cut with cheap, highly refined oils such as canola oil.

Only a proper analysis can tell the difference.

Quality Assurance – fatty acid profiles of some selected vegetable oils

Fatty acid %	Myristic C14:0	Palmitic C16:0	Palmitoleic C16:1	Stearic C18:0	Oleic C18:1	Linoleic C18:2	Linolenic C18:3
Almond		6 - 8		2	65-68	24-26	-
Avocado	1	4 - 12	3	2	60-90	10-20	2
Evening Primrose	-	4 - 10	-	1 - 4	5 - 12	65 - 85	9 – 14% of GLA
Hemp		6 - 9		2 - 3	10 -16	50 - 70	15 – 25, with up to 2% GLA
Macadamia	1	8	14	3	71	1	2
Rose Hip				2	15	40-48	30-40

Storage and Shelf Life

All fatty acids in vegetable oils are prone to rancidity (oxidation). Saturated fatty acids, as in coconut oil fractions (in our Super Fine Massage Blend) and Cocoa Butter, are the least susceptible to oxidation, while highly polyunsaturated vegetable oils, such as Rose Hip and Evening Primrose, will oxidise the most quickly. Jojoba oil is not a triglyceride oil, but a liquid wax. It is very stable and will not go rancid over time. All of our *Essential Therapeutics* vegetable oils have a realistic ‘use by’ date on the label and are bottled in either pharmaceutical amber glass bottles or opaque metal tins. This use by date is based on common usage and storage. You can expect your oils to stay fresh if you store them in a cool, dark place, keeping the containers tightly closed. Oxygen in the air reacts with the oils to create rancidity and this process is sped up by exposure to light and heat.

Rancid oils lose their benefits and are not recommended to be used on the skin – or for food purposes.

You can extend the shelf life of your oils further by keeping them in the coolest, darkest place – the refrigerator.

The highly polyunsaturated Essential Fatty Acid vegetable oils will definitely keep best if stored in the refrigerator –

and better again if stored in the freezer. Even in the freezer, these EFA oils will remain liquid.

Lastly, you can add some of our Amiox antioxidant to any of your vegetable oils. Amiox is our unique Rosemary CO2 extract (see below) that is a potent antioxidant, as strong as the common synthetic antioxidant, BHT. Antioxidants are helpful because these molecules ‘mop up’ oxygen and free radicals much more readily than the fatty acids in the oil.

Uses and Applications: In contrast to using greasy, inert petrochemical-derived mineral oil (or ‘baby oil’), natural vegetable oils offer a host of benefits in regenerative skin care and in helping many common skin conditions. Vegetable oils are very compatible with our own skin – our own ‘skin oil’ (sebum) is primarily composed of the same triglyceride oils. Vegetable oils represent a perfect diluting base (or ‘carrier’) for essential oils, where any amount of essential oil can be added to create a simple and effective formulation for application to the skin. By understanding the different beneficial properties of vegetable oils, you can combine any number of different oils (or use our vegetable oil blends) to suit any number of skin conditions. Pure vegetable oils are the best natural ingredients to use in creating your own creams and lotions for truly regenerative skin care.



Pure Vegetable Oils

Grade definitions:

CP = cold pressed D = deodorized FG = food grade V = virgin, unrefined O = ACO Certified Organic

Common & Botanical name	Grade	Description
Sweet Almond <i>Prunus dulcis</i>	CP, FG, D	A very popular oil for massage and skin care. Rich in mono-unsaturated fatty acids, and small amounts of vitamins A, B1, B2, B6 and E, it keeps well. Good for nourishing and protecting the skin. Light and without odour
Avocado Virgin Organic <i>Persea gratissima</i> ★ ACO Organic	CP,V, FG, O	A superb penetrating oil, with the highest natural content of beneficial lecithin, sterols and waxes. This certified organic green virgin oil also contains vitamins A, B1, B2, B5, D & E. Excellent for sensitive, mature and dry skin.
Calophyllum <i>Calophyllum inophyllum</i>	CP,V	Also known as 'Tamanu' oil, Calophyllum is expressed from the nuts of the <i>Calophyllum</i> tree of Madagascar and is rich in various aromatic compounds and unusual fatty acids. Both traditional uses and French studies have shown this blue-green oil to be excellent for a wide variety of skin conditions.
Jojoba Virgin <i>Simmondsia chinensis</i>	CP,V	Actually a liquid wax, Jojoba is very stable and will keep for many years. A good base for facial blends, oil-based perfumes and on. Jojoba provides a protective barrier, with good skin & hair softening properties. Excellent blended with other oils – wax esters as in Jojoba make up about 15% of our own 'skin oil' (sebum).
Jojoba Virgin Organic <i>Simmondsia chinensis</i> ★ ACO Organic	CP,V, O	As above, this is the ACO certified organic oil .
Macadamia Virgin <i>Macadamia integrifolia</i>	CP,V, FG	A highly nourishing oil, Macadamia is rich (20%) in the rare, skin regenerating palmitoleic fatty acid. Highly emollient, it is especially suited for mature and dry skin.
Sesame Virgin <i>Sesamum indicum</i>	CP,V, FG	Sesame oil has a long history of traditional use, especially in Indian Ayurvedic medicine, both as a base for massage, and with infused herbs for various skin complaints. This beautiful oil is rich in natural Vitamin E, it keeps well, and is excellent for skin care

Pure Vegetable Oil Blends

These are our unique blends of vegetable oils to suit all aromatherapy and massage treatments. All are compatible with our pure essential oils.

Organic Massage Blend ★ ACO Organic

Go organic at an excellent price! *Organic Massage Blend* is a balanced composition of pure ACO certified organic vegetable oils of Sunflower, Macadamia and Sweet Almond. Light on the skin and with low odour, *Organic Massage Blend* is suited for all types of massage techniques and is a perfect oil base for creating your own natural creams and lotions.

Super Fine Massage Blend

A blend of pure Coconut oil fractions, Jojoba and Camellia oil. *Superfine* blend is a very light, non-greasy, fast absorbing and non-staining oil blend. Excellent to use in all types of massage especially when you wish to leave your clients skin feeling non-oily. Excellent for reflexology and head massage. Superfine Blend is an excellent oil for use in making your own long-lasting creams and lotions. Superfine Blend is also very resistant to going rancid.

Agua Massage Blend

A water dispersible version of our most popular *Organic Massage Blend*.

As every professional massage therapist knows, massage oils are notoriously difficult to fully remove from towels and linens, leaving them with a rancid smell and stains. After extensive research and testing (with our massage therapist friends), we have created a new water dispersible massage oil called **Agua Oil**, that looks after your towels as well as your skin!

Our formula contains a coconut oil-derived dispersant enabling easy washing of towels, while still being friendly to the environment and our skin.

An excellent massage oil which is light, spreadable and suitable for all skin types and washes easily off the skin.

Compatible with pure essential oils for use in Aromatherapy treatments.

Looking for more vegetable oils?

Through our extended company, we can supply a further range of many natural vegetable oils, such as:

- Apricot Kernel • Borage • Castor
- Coconut Organic • Grape Seed • Hazelnut
- Palm Organic • Sunflower Organic
- Wheat Germ and more.

Contact your nearest distributor for more details.

Essential Fatty Acid Blends

Organic EFA Blend ★ ACO Organic

A synergistic blend of the essential fatty acid rich oils of ACO certified organic Evening Primrose, Rose Hip, Sunflower and Hemp Seed Oil with added vitamins D and E and protected by our unique Rosemary antioxidant. A veritable “skin food”, Organic EFA Blend is useful in every skin condition, such as mature skin, acneic skin and on. Use as is, or blend with other oils of choice, blend into creams, gels, etc.

Organic Facial Oil ★ ACO Organic

A therapeutic blend of the pure, **certified organic** oils of Hemp Seed, Apricot Kernel, Evening Primrose, Jojoba, Avocado and Macadamia. To this we have added an extremely pure, liquid carbon dioxide extract of Calendula flowers and Amiox. Use as is, or with essential oils, for various skin conditions, skin regeneration, facial treatments and on. Mimicking the make-up of natural skin oil (sebum) Pure Facial Oil is a perfect “all round” cosmeceutical blend.

Protect Your Vegetable Oils with Amiox

Amiox is our unique Rosemary extract that is a **potent natural** antioxidant. Antioxidants are helpful because these molecules ‘mop up’ oxygen and free radicals much more readily than the fatty acids in the oil.

By adding only **two drops** (or 0.05%) of Amiox to every 100mL of vegetable oil, the ‘shelf life’ of the oil can be extended for perhaps another 30% to 40% longer.

Amiox is far superior to either Wheatgerm oil or Vitamin E. With such a small amount required, it is very economical and does not add any additional fragrance and there are no contraindications to its use.

For our “**Essential Fatty Acid**” oils, we recommend the addition of **four drops** of Amiox (or 0.1%) for every 100mL of oil. Simply add the Amiox and shake the bottle until mixed. Amiox can also be added to natural creams and lotions for its beneficial antioxidant or **free radical scavenging** properties. Up to 1.0% (or 32 drops per 100mL) can be added for excellent “anti-aging” effects.

All of our prepared **vegetable oil blends** have Amiox already added.





Natural Butters & Waxes

Butters and waxes are useful raw materials used to create natural ointments, balms and 'body butters' – instead of the common use of petrochemical-derived mineral oil and paraffin wax.

Butters and waxes are excellent emollient and regenerating agents to add to your own customised creams and lotions.

All our butters and waxes are 100% pure & natural and freshness is guaranteed.

We recommend keeping all butters in a cool dark place, like vegetable oils, to maintain freshness.

Common & Botanical name	Description
Beeswax Virgin Organic <i>Apis mellifera wax</i> ★ ACO Organic	A certified organic unrefined beeswax with the sweet aromatic fragrance of honey. Used for creating aromatic balms and ointments and can be used in creams. You can make an organic ointment base by melting together 18% Beeswax, 10% Cocoa Butter and 72% Jojoba oil or other organic oils of choice.
Cocoa Butter Organic <i>Theobroma cacao</i> ★ ACO Organic	As used in fine chocolate, cocoa butter is a beautiful emollient butter that melts into the skin upon contact. Useful for creating ointments, 'body butters' and it is great to add to natural creams. Cocoa butter can be used as to give a good grip on the skin in forms of remedial massage, for use in pessaries and on.
Shea Butter Virgin Organic <i>Butyrospermum parkii</i> ★ ACO Organic	Also known as Karite Butter, Shea Butter has been traditionally used for centuries by Africans for its cosmetic and healing properties. Shea Butter is rich in a number of regenerative compounds, including essential fatty acids, triterpenoids, stigmaterol, allantoin (as in Comfrey) and antioxidants, including Vitamin E, beta-carotene (pro-vitamin A) and B-amyryne. Creams and lotions made with Shea Butter have a very pleasant consistency and "feel" on the skin. Shea Butter can also be used 'as is' on the skin for its regenerating & moisturising benefits.



'Extra Strength' Herbal Infused Oils

Herbal infused oils are traditionally made by macerating herbs in vegetable oil for a period of time. The vegetable oil serves as a weak solvent that removes some of the beneficial compounds from the herb that are soluble in the oil.

At *Essential Therapeutics*, we make our own infused oils, using our **unique two-step extraction process** that creates an 'extra strength' product. Our infused oils contain a higher concentration of active oil-soluble herbal compounds than those made by the traditional method.

Infused oils are traditionally used topically for a wide variety of common complaints. Each infused oil has its own

specific benefits that are well known in both traditional and modern herbal medicine.

Our Infused Oils can be used:

- At full strength – with or without the addition of suitable essential oils
- Added to other vegetable oils or made into ointments
- Added to base creams, gels, shampoos, conditioners and on.

All our Herbal Infused Oils are made with 100% pure & natural dried herbs of the correct species, locally sourced wherever possible.

Arnica *Arnica montana*

A 1:8 extraction ratio of Arnica flowers. The aromatic constituents are terpenes, thymol, thymol methyl ether and derivatives. Arnica contains helenalin (considered the main active), along with dihydrohelenalin, a steroid (arnisterin, arnidiol), flavones, luteine, phytosterol, trimethylamine, xanthophyll and carotenoids.
Base ingredients: Coconut oil fractions, Amiox antioxidant.

Calendula *Calendula officinalis*

A 1:6 extraction ratio of organic Calendula flowers. The infused oil contains small amounts of essential oil, triterpene alcohols, including α - and β -amyrin, taraxasterol, calenduladiol, arnidiol, carotenoids (especially beta-carotene) and other phytosterols. Calendula especially contains the triterpene alcohol, faradiol and its monoester, considered to be the most active constituents.

Also see our Calendula CO2 extract under the TGEO oils section.
Base ingredients: Sweet Almond oil, Vitamin E, Amiox antioxidant

Carrot *Daucus carota*

A 1:6 extraction ratio of dried Carrot root. The infused oil is rich in beta-carotene (pro-vitamin A), plus gamma-, delta- and epsilon-carotene, lycopene, traces of essential oil, fatty oil and lipophilic flavones.

Carrot Infused Oil, with its high content of 'free radical scavenging' carotenes and lycopene is useful in a variety of cosmetic applications. Carrot Infused Oil can be used for dry, sensitive and inflamed skin; excellent for mature and devitalised skin types, including its use in tanning and 'after sun' preparations.

Useful for hair care, either applied as the oil, or added to our **Essential Conditioner Base**. Suggested uses include: strengthening damaged, dry and permed hair, helping prevent hair breakage, split ends and dryness and imparting shine and elasticity to the hair.

Also see our Carrot CO2 extract under the TGEO oils section.
Base ingredients: Macadamia oil, Jojoba oil, Amiox antioxidant.

Centella *Centella asiatica*

A 1:6 extraction ratio of the dried tops. The infused oil contains asiaticoside, asiatic acid, madecassoside, madecassic acid, various phytosterols and traces of essential oil compounds.

Also known as Gotu Kola, this plant is considered to be one of the most important rejuvenating agents (or rasayana) of Indian Ayurvedic medicine. It has been used traditionally for numerous skin complaints. Excellent for mature and sun-damaged skin – Centella extracts have been shown to increase the production of collagen.

One clinical test also demonstrated a Centella extract to be beneficial in reducing the incidence of stretch marks in pregnant women.

Base ingredients: Coconut oil fractions, Amiox antioxidant.

St. Johns Wort *Hypericum perforatum*

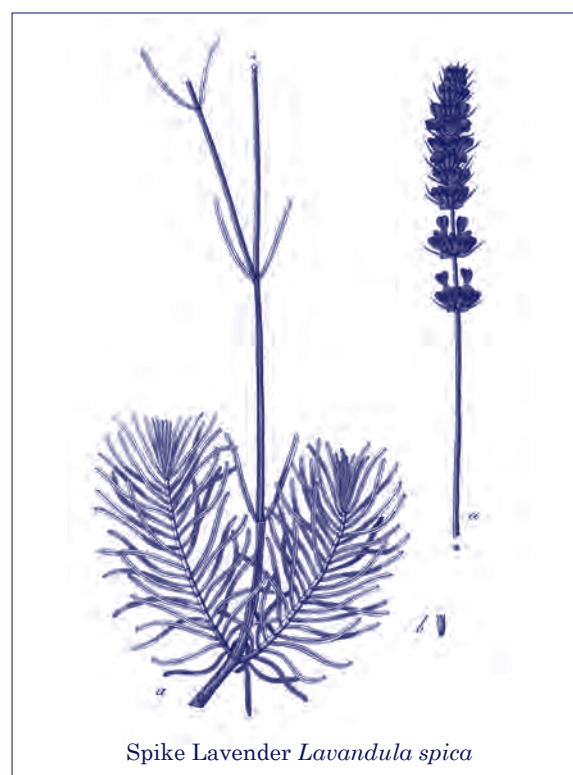
A 1:6 extraction ratio of wild-harvested flowering tops. Also known as Hypericum oil, the infused oil contains traces of essential oil compounds, flavonoids, biflavones and a high content of hyperforins (the main active ingredients). The infused oil contains a small amount of hypericin and it is not photosensitising.

Base ingredients: Coconut oil fractions, Amiox antioxidant.



Vegetable Oil Characteristics

Vegetable Oil Characteristics	Sweet Almond	Avocado	Calophyllum (Tamanu)	Evening Primrose	Hemp Seed	Jojoba	Macadamia	Rose Hip	Sesame
Acneic Skin				X	X	X		X	
Combination Skin				X	X	X		X	
Dry Skin	X	X	X	X	X	X	X	X	X
Facial Oil		X				X			X
Inflamed Skin	X		X	X	X			X	
Massage Oil	X	X					X		X
Mature Skin	X	X	X	X	X	X	X	X	X
Normal Skin	X	X		X	X	X	X	X	X
Oily Skin				X	X	X		X	
Rejuvenation & Healing		X	X	X	X		X	X	
Sensitive Skin	X	X	X	X	X	X		X	





CHAPTER FOUR

Natural Base Products

- Creams, Lotions & Ointments
 - Natural Gels
 - Dispersing Agents
- Hair & Body Base Products
 - Story: About Expiry Dates



Natural Base Products

Essential Therapeutics offers a range of unique and natural base products designed to be used either 'as is', or in the creation of customised Aromatherapy preparations.

As you will see, our base products are truly natural and of real professional quality – standing above the cosmetic products or base products commonly available.

Our base products are designed with the professional therapist in mind. Essential oils and other active ingredients can simply be mixed in to a base **without heating** to prepare effective Aromatherapy formulae or cosmeceutical products for regenerative skin care.

Creams & Lotions

Essential Base Cream

This cream is formulated as a 'skin friendly' alternative to the common Sorbolene and 'aqueous' creams. These products are based on petrochemicals – mineral oil, paraffin and petroleum jelly – along with strong synthetic emulsifiers and preservatives. They are a poor base for preparations, being neither skin-compatible nor offering any regenerative benefits for the skin.

Instead of mineral oil and other synthetic ingredients, **Essential Base Cream** is based on the pure vegetable oils of Sweet Almond, Macadamia and Coconut. The full ingredient list includes pure Cocoa Butter, vegetable oil-derived emulsifying wax, distilled water, vegetable oil-derived glycerine, Rosemary antioxidant and grapefruit seed extract as a natural preservative – nothing more and nothing less!

Essential Base Cream is our "general purpose" base cream and is an excellent carrier base for all types of topical applications. In fact, we considered naming it **Not Sorbolene Cream!**

Essential Base Cream is very versatile. You can add up to an additional 10% of **essential oils**, our **Therapeutic Massage Concentrates**, **Skin Synergy Blends** or other oily ingredients. All you need to do is to stir in any additional ingredients until fully mixed.

In summary, **Essential Base Cream** is the perfect base cream for all types of skin care applications, including "non-oily" massage, reflexology treatments and more.

Essential Base Lotion

Essential Therapeutics also offers you a lotion form of our popular **Essential Base Cream**. Containing the same ingredients, **Essential Base Lotion** is a lighter, less oily version of the cream.

Essential Base Lotion makes an excellent carrier base for all types of applications, including Aromatherapy preparations, massage, reflexology, podiatry and general skin care.

Like **Essential Base Cream**, **Essential Base Lotion** can be used as a general moisturiser for the body, face and hands as is, or for creating customised preparations.

Up to a 10% dilution of **pure essential oils**, **Massage Concentrates** or **Skin Synergies** can be added. Simply add the extra ingredients and mix in well.

Essential Base Lotion is available in pump bottles to enable the lotion to be easily dispensed without mess. This makes **Essential Base Lotion** especially useful where more than one person uses the lotion, preventing any cross contamination in health care settings.

Ultimate Base Cream

This is the crème de la crème of base creams - truly natural, highly regenerative and suitable for serving a variety of skin complaints – all without being ridiculously expensive!

Ultimate Base Cream contains a wealth of skin regenerating ingredients:

Essential Fatty Acid vegetable oils of Evening Primrose, Rose Hip, Hemp Seed, Shea Butter and **Centella Infused Oil**. The skin serving **Vitamins - D, E, B6 and Panthenol**. All in a natural base of palm oil monoglyceride emulsifier, sclerotium gel, distilled water, vegetable glycerine, Rosemary antioxidant and our Ecocert-approved preservative blend.

Consequently, **Ultimate Base Cream** is excellent to use for any common skin condition, for its healing, rejuvenative and moisturising qualities.

Ultimate Base Cream is a perfect companion for our **Skin Synergy Blends** - blends of pure essential oils and aromatic extracts for specific skin conditions. **Ultimate Base Cream** can accept up to an additional 10% of essential oils, herbal extracts, etc., without separating. Generally, the addition of 0.5% to 1.5% of **Skin Synergy Blends** or other pure essential oils is sufficient for treating most skin conditions. Simply add the essential oils and stir in well.

Most cosmetic creams do not use these very useful essential fatty acids, because these highly polyunsaturated oils go rancid (oxidise) relatively quickly. Rancid oils are **not** good for the skin. Since large cosmetic companies want at least a three year “shelf life” for their products, only highly stable synthesised oils, mineral oils, etc., are generally used.

Companies who do produce products with EFA oils like Rose Hip, generally fail to give consumers a realistic “use by” date, meaning that such products can be quite rancid.

In contrast, we produce **Ultimate Base Cream** in small batches, with a full complement of our natural Rosemary antioxidant and we give you a realistic use by date on each jar.

We recommend that **Ultimate Base Cream** be kept in a cool dark place; the refrigerator is best.

Organic Balm Base

To easily create natural ointments and balms, we offer **Organic Balm Base**. Pure essential oils of choice can be added up to an additional 10% to create your own customised product. **Organic Balm Base** contains the premium ingredients of ACO certified organic **Virgin Beeswax, Cocoa Butter, Coconut** and **Jojoba oil**.

To make your chosen ointment or balm, gently melt **Organic Balm Base** over a double boiler or low heat. When fully melted, simply mix in essential oils and other ingredients of choice and it is ready to pour into containers.

Sample formula – Chapped & Cracked Skin Balm – for 50mL total

Ingredients:

Organic Balm Base – 50mL

Benzoin/Ho Leaf essential oil – 15 drops

Geranium, Egypt – 8 drops

True Lavender – 10 drops

Calendula CO₂ extract – 16 drops

Vitamin E – 16 drops

Directions: Gently melt a sufficient amount of Essential Balm Base. Measure out 50mL of the balm into a suitable container. Add the additional ingredients, stir briefly and it is ready when cool.



Roman Chamomile *Anthemis nobilis*



Scotch Pine *Pinus sylvestris*



Natural Gels

The most common gelling agent used today in cosmetic products is methacrylate polymer. This is a gel form of 'bullet proof glass' - plexiglass or Lexan. Not exactly what you would call natural. Methacrylate gels are benign enough – they are not toxic – but they are simply a gel form of synthetic plastic! All hair setting gels, many aloe vera "gels" and more are based on this gelling agent. It is also a very common stabilising agent in many cosmetic creams and lotions.

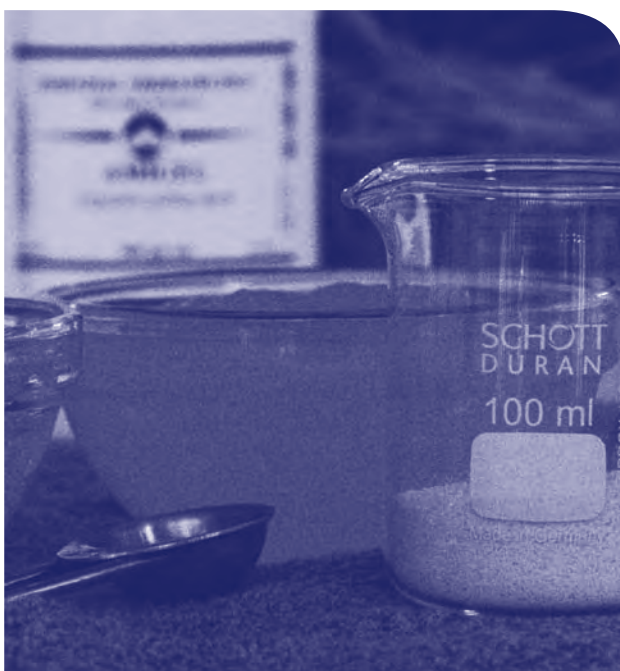
In contrast, *Essential Therapeutics* offers two natural gels that can be used to create a wide variety of beneficial preparations for topical application.

There are other natural vegetable-derived gelling agents, such as xanthan gum and guar gum. However, these products do not make a suitable base gel, as they cannot accept the addition of much additional ingredients without thinning and separating. They unfortunately have a rather "slimy" consistency as well.

Amigel

Amigel is our unique gelling agent derived from the yeast *Sclerotium rolfsii* grown on a glucose sugar culture. Known as a polysaccharide gel (meaning "many sugars"), **Amigel** has the highest capacity to absorb water than any other vegetable gelling agent and will accept a large amount of additional ingredients.

We offer our prepared **Amigel** at a 2% concentration in distilled water, with the addition of an Ecocert-approved preservative system for natural & organic products - gluconolactone & sodium benzoate.



With prepared **Amigel**, you can add up to an **additional 25%** of oily ingredients to create a stable, cream-like preparation. This means that you can fully customise the preparation you desire. Hence, you can add any **essential oil** or **blend**, **pure vegetable oil**, **Essential Fatty Acid oils**, **Herbal Infused Oils**, **vitamins** and on.

Amigel can also be diluted to an almost water-like consistency. At a concentration of only 0.2% (that would be one part **Amigel** to nine parts water), **up to 10%** of additional ingredients can be added, to create a sprayable or pumpable preparation.

Or, you can create a pumpable 'serum' preparation (treatment serums are **very** expensive cosmetic products) by using a 1% concentration of **Amigel** (this would be one part **Amigel** to one part water).

In making your own creams and lotions, **Amigel** can be added to help stabilise and emulsify oily ingredients, and gives a beautiful "skin feel" to your creams as well.

Amigel is totally non-toxic, non-allergenic and as gelled water, very hydrating for the skin. And since we have been asked, **Amigel** is perfectly fine for use by those intolerant to yeast in foods.

Amigel Powder

If you wish to create preparations using **Amigel** "from scratch", we offer **Amigel Powder** as well. By using 2% of the powder, you will create a thick stable gel. You can choose other ingredients besides water to further customise your own preparation – this could be **Aromatic Hydrosols**, **Aloe Vera Concentrate**, herbal extracts and on. Or create thinner preparations, like pumpable serums. It is all up to your own creative genius!

Sample formula – Soothing Rosewater Gel – for 500mL total

Ingredients:

- Amigel Powder – 10 grams
- Damask Rose Aromatic Hydrosol – 480mL
- Vegetable Glycerine – 10mL
- Citricidal (preservative) – 2.5mL or grams

Directions: Mix the glycerine into the Rose Hydrosol. Heat to 70° C. Slowly add Amigel Powder while blending. Continue blending until the mixture begins to thicken. Wait 10 minutes and then mix in the Citricidal.

Double Strength Aloe Gel

Once the aloe gel has been removed from the leaves of the plant, it soon becomes a liquid. Commercial aloe “gels” are generally based on simply adding liquid aloe extract to the common **methacrylate plastic gel** and some **synthetic green dye!**

We have created a more natural alternative for you, using our **Amigel** as the gelling agent – and made it **twice the strength** of usual aloe products as well! We have used our natural 10 times concentrated Aloe extract, with food grade sodium benzoate & potassium sorbate as natural preservatives.

As with our prepared **Amigel, Double Strength Aloe Gel** is suited for adding additional ingredients – or simply used as is. Excellent to use for all the well-known healing benefits of Aloe Vera.

Laponite Gel

Laponite is a unique clay-based gelling agent. It is a mixture of natural earth oxides that have been milled to a fine particle size. When added to warm water at a 3% to 4% concentration a stiff, clear “ringing” gel is produced. As with **Amigel**, you can add additional oily ingredients – **essential oils** and **blends, vegetable oils** and on – to create customised preparations.

With **Laponite Gel**, you can add up to an additional 15% of oily ingredients and still have a stable, cream-like product. **Laponite Gel** is designed to be used as the stiff gel. It cannot be thinned down and still accept a large quantity of additional ingredients, as is the case with **Amigel**. It has an excellent ‘skin feel’ when applied.

Laponite Powder

For those who want to create preparations from scratch, we offer **Laponite Powder** as well. By using 3% to 4% of the powder, you will create a thick stable gel. You can choose other ingredients besides water to further customise your own preparation – this could be **Aromatic Hydrosols**, herbal extracts and on. However, some liquids, such as Aloe juice and some herbal extracts contain compounds that prevent Laponite from gelling properly. When in doubt, always start with a small experimental batch.

Sample formula – Peppermint Foot Gel – or 500mL total

A soothing, cooling preparation for tired feet and legs.

Ingredients:

Laponite Powder – 15 grams

Spring water – 275mL

Vegetable glycerine – 10mL

Vodka (alcohol as the preservative) – 200mL

Peppermint oil – 5mL

Directions: Mix the water, vodka and glycerine together. Heat gently to 35° C. While blending, slowly add the Laponite Powder and keep blending until the powder is fully dispersed. Once the mixture has begun to thicken significantly, blend in the Peppermint essential oil.

Amigel & Laponite Gel

Which gel is better to use? **Laponite** or **Amigel**? It is often just a matter of personal preference. **Amigel** will accept a higher amount of additional ingredients, if this is required. It can also be thinned down to a more water-like consistency. **Amigel** also has a relatively ‘slippery’ feel on the skin.

Laponite creates a stiffer gel with a nice “astringent” feel when applied. If 15% or less of additional ingredients are to be added, **Laponite** is a fine choice. Try experimenting with both gels!





Dispersing Agents

We all know that oil and water do not mix. Essential oils, like vegetable oils, will not dissolve in water, except to a very small degree. In order to create stable solutions of essential oils in water and other liquids, we need to use dispersing agents that will emulsify the oils into very fine droplets and hold them in solution.

By using our natural dispersing agents, you can create any number of preparations, for bath treatments, sprayable formulations and on.

Disper

Disper is the natural emulsifier for essential oils. It consists of special soy lecithin fractions (food grade and non-GMO) added to pure neutral cane spirits (pure ethanol from cane sugar, charcoal filtered). In France, the major use for **Disper** has been to create essential oil preparations for ingestion. **Disper** is useful to create liquid preparations of any variety – for sprays, gargles, bath preparations, douches and on – and is perfectly compatible with the skin and mucous membranes.

To use, mix 10 drops (or parts) of **Disper** to each drop (or part) of essential oil used. Always mix essential oil and **Disper** together first, before adding to water. When added to water, a milky emulsion forms that remains stable over time.

Sample formula – Hydrating Mist Spray – for 100mL total

Ingredients:

Dry Skin Synergy – 16 drops (0.5mL)

Disper – 160 drops (5mL)

Glycerine – 3mL

Aloe 10x concentrate – 10mL

Spring water – 82 mL

Citricidal (preservative) – 10 drops (0.3mL)

Directions: Mix Dry Skin Synergy oil blend into Disper. Mix all other ingredients together, add Disper mixture and blend well. Pour into a cobalt blue 100mL spray bottle.

Essential Solubiliser

“Turkey Red Oil” (sulfated castor oil – the first synthetic detergent) is one older product that has been used for creating essential oil emulsions. **Essential Solubiliser** is a modern improvement on Turkey Red Oil, colourless, odourless and is a more effective emulsifier. **Essential Solubiliser** is based on mild emulsifiers derived from pure Almond and Coconut oils. These emulsifiers are non-toxic, non-allergenic and fully compatible with the skin. Such emulsifiers are the basis for a number of natural cosmetic products, such as essential oil-based “skin conditioning” sprays.

Essential Solubiliser is generally used in the ratio of 3 to 5 parts **Solubiliser** to 1 part essential oil. Lower amounts of **Solubiliser** will create a milky emulsion; higher amounts will create a clear solution. Some essential oils, such as citrus oils, require a higher amount of **Solubiliser** in order to create a clear solution. Unlike **Disper**, **Solubiliser** will also emulsify **vegetable oils** into water. For vegetable oils, use a ratio of 1 to 2 parts **Solubiliser** to each part vegetable oil.

Sample formula – Muscle Relief Bath Treatment – for 100mL total

Ingredients:

Essential Solubiliser – 90mL

Muscle Relief Massage Concentrate – 10mL

Directions: To help relieve muscular pain and stiffness, aromatic baths are a useful and effective form of treatment. Simply mix the ingredients together and bottle. To a full hot bath, 5mL to 10mL of the preparation is added and mixed into the water to disperse. As the essential oils are fully emulsified in the bath water, there will be no possible skin irritation – as can be the case if essential oils are simply “floated” on the surface of the bath.

Disper & Essential Solubiliser

When should you use Disper or Essential Solubiliser?

It is partly a matter of personal preference. Disper is most suited for application to mucous membranes (preparations for eye and throat complaints can be made with Disper, for example). It is a totally natural emulsifier made from soy lecithin that specifically works with essential oils. It makes a cloudy emulsion that can be of use in any type of application.

Essential Solubiliser is a naturally-derived emulsifier that is quite benign & non-toxic and is used in numerous products with a natural stance. Essential Solubiliser works both with vegetable oils and essential oils. Using just essential oils, you can create a totally clear solution.

Essential Solubiliser stands out more for its use in creating bath treatments, spray preparations and the like - but it is not recommended for use in the eyes nor for ingestion

Did you know...

We are often asked if our products contain “chemicals”. Yes, our products contain nothing but chemicals! The real question is whether they are “bad” chemicals or “good” chemicals. “Bad” chemicals are compounds that can be toxic, cause skin irritation or sensitisation, cause damage to the epidermis of the skin and on.

One example would be a cheap grade of sodium lauryl sulfate. Used as a cleansing agent, it can be quite “aggressive” - drying to the skin and scalp – and can contain potentially cancer-causing compounds known as nitrosamines and dioxanes.

One natural “bad” compound is Elecampane (*Inula helenium*) essential oil. Although the whole herb is excellent when ingested for respiratory complaints, the essential oil is well known to create allergic skin reactions in many people.

“Good” chemicals are compounds that are at least completely benign to the skin, and best yet, have real benefits when applied to the skin or hair.

One natural example would be Rose Hip vegetable oil. Rose Hip oil is rich

in the beneficial essential fatty acid known by the common name of alpha-linolenic acid. That already sounds like a “chemical” name. In the chemical naming system known as IUPAC, the accepted name is octadecatrienoic acid, 18:3. This sounds perhaps even more like a “nasty” chemical name!

One example of a man-made “good” chemical is Vitamin E acetate. Although fully synthesized, it is useable just like Vitamin E extracted from Soy bean residues, and contains no toxic by-products. Another is lauryl polyglucoside. This is a new gentle cleansing agent used in our Essential Shampoo Base. Lauryl means lauric fatty acid from coconut oil and polyglucoside means many glucose sugars linked together. In short, a coconut and sugar cleanser! It is approved for use in natural & organic cosmetics by Ecocert.

So, we do hope that you are not put off by “chemical” names on our product ingredient listings. This is how they should be listed, not trying to fool people with made-up names that sound more “natural”.

And be assured, we only use benign, “good” chemicals in all our products.



Hair & Body Base Products

Essential Therapeutics offers a full range of base products for skin and hair care. All are designed to be either used “as is” or for the addition of pure essential oils and other raw materials for creation of your own customised preparations.

All our base products are:

- Made from premium natural and naturally derived plant materials
- No animal or petrochemical products are used
- Environmentally friendly
- Cruelty free – never tested on animals
- Non-toxic and hypoallergenic

Essential Shampoo Base – Sulfate & PEG-free

Our **Essential Shampoo Base** contains only skin and hair-friendly ingredients, with no lauryl sulfate or PEG detergents. The result is a shampoo for all hair types, with gentle but effective cleansing power and conditioning agents. It is **concentrated**, so a **little** will go a long way.

Essential Shampoo Base is based on mild vegetable oil-derived cleansing agents including lauryl polyglucoside, cocamidopropyl betaine, glyceryl oleate and on. All these cleansing agents are approved for use in natural & organic cosmetics by Ecocert.

We chose our ingredients because we wanted to offer an excellent shampoo free of problematic lauryl sulfate and PEG (polyethylene glycol) detergents. All the cleansing agents used are all vegetable oil-derived, free of any toxic residues (such as dioxanes and nitrosamines) and are very gentle on the hair – yet effective and conditioning.

Excellent to use “as is”, or you can customise **Essential Shampoo Base** by the addition of essential oils to suit different conditions. From 0.5% to 2% additional essential oils can be used. The most effective way to add oils to the shampoo is to mix one part of essential oil with four parts of our **Essential Solubiliser** first. Then, simply mix into the shampoo. There may be a change to the consistency and colour of the shampoo based on the essential oils and dosages used.

Essential Conditioner Base

The companion to our **Shampoo Base**, **Essential Conditioner Base** is a light, nourishing conditioner for all hair types, containing only natural coconut and palm oil conditioning agents.

For dealing with hair and scalp complaints, **Essential Conditioner Base** is a more effective base to use than shampoo, as you can leave it on for just a few minutes or **even overnight**. This allows beneficial ingredients to penetrate fully into the hair and scalp for best effect.

Sample formula – Nourishing Panthenol Conditioner – for 260mL total

An excellent formula for dry and damaged hair

Ingredients:

Essential Conditioner Base – 250mL

Jojoba oil – 5 mL

Panthenol (Vitamin B5) – 5 mL

Essential oils of:

True Lavender – 10 drops

Geranium, Egypt – 10 drops

Australian Sandalwood – 10 drops

(approximately 1mL total of essential oils)

Directions: Although the ingredients can simply be blended into the conditioner base, to allow you to pour the finished conditioner back into a bottle, warm the **Conditioner Base** to about 50° C (until liquid) and then blend in additional ingredients, using a conventional or a ‘stick’ blender. Pour into the bottle and the conditioner will thicken upon cooling.

Essential Shower Gel

An excellent “all-over” cleanser for the bath or shower, based on mild, coconut oil-derived cleansing agents of ammonium laureth sulfate and cocoamidopropyl betaine. Contrary to many books and websites that detail the ‘hazards’ of laureth sulfates, ammonium laureth sulfate is actually a very mild cleansing agent (milder than lauryl sulfates), especially when combined with cocoamidopropyl betaine (very mild) and it contains no toxic by-products. **Essential Shower Gel** is suitable both as a body wash and as a mild shampoo.

Essential Shower Gel is suited to be used as is or with the addition of pure essential oils. From 0.5% to 2% additional essential oils can be added. The most effective way to add oils to the shower gel is to mix one part of essential oil with four parts of our **Essential Solubiliser** first. Then, simply mix into the shower gel. There may be a change to the consistency and colour of the shower gel based on the essential oils and dosages used.

Castile Soap

Castile Soap is a mild traditional soap made only from the pure vegetable oils of **coconut** and **olive**. Using caustic potash (potassium hydroxide) instead of caustic soda (sodium hydroxide), as used in making hard bar soaps, **Castile Soap** is **light** and **liquid**. It is suitable for all types of cleansing needs – baths, showers and on – and is suitable for all skin types and ages. **Castile Soap** also serves as an excellent shampoo. Just remember to use a slightly acid rinse after shampooing, as any minerals in ‘hard’ tap water can leave a slight soap film on the hair after rinsing. A teaspoon or more of vinegar or lemon juice in 100mL of water makes an effective rinse. Add essential oils as desired.

Essential Cleanser Base

Cleansing lotions are non-foaming and provide the best method for gentle and effective facial cleansing – guaranteed never to dry out the skin. This natural cleansing lotion utilises pure vegetable oils and a very mild coconut oil-derived cleanser. It is suitable for all skin types. It can be used as is, or up to an additional 5% of essential oils, vegetable oils, etc. can be mixed in.

Essential Cleanser Base will effectively remove greasy dirt and makeup, leaving the skin clean and moisturised. Add essential oils as desired.

Sample formula – Cleanser for Oily Skin – for 250mL total

Ingredients:

Essential Cleanser Base – 250mL

Oily or Acneic Skin Synergy – 60 drops (2mL)

Directions: Simply mix the essential oils into the cleanser base and you are done.

Essential Exfoliant Base

A natural vegetable oil-based cream with gently exfoliating Agra fruit shell grains added. Perfect for use on the face, or as a gentle body scrub for the feet, hands, etc. Add essential oils as desired.

Epsom Salts

To create your own formulae for effective bath treatments, we offer a bulk size of natural Epsom salts – magnesium sulfate. To this base, you can add any number of ingredients of choice, from active clays, vegetable oils, essential oils and on.

Sample formula – Detox Bath Treatment – for 500 grams total

Ingredients:

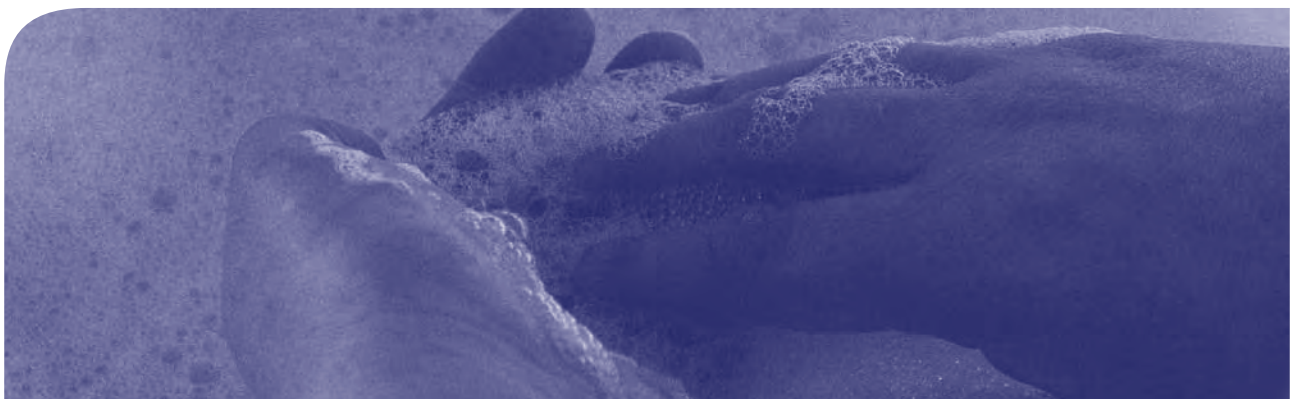
Epsom Salts – 400 grams approx.

Argiletz Green Clay – 50 mL (70 grams)

Essential Solubiliser – 40 mL

Circulation Massage Concentrate – 4mL

Directions: Mix the green clay with the Epsom Salts. Mix the Circulation Concentrate with the Solubiliser first, then mix into the bath salt mixture. Using the Solubiliser, the essential oils will disperse into bath water, instead of floating on the surface. Excellent for circulatory problems and fluid retention. The formula is enough for five bath treatments, using 100 grams per bath.





About Expiry Dates

Our essential oils and other products that are listed with the Australian Therapeutic Goods Administration (TGA) demand an expiry date on each label. This is part of Good Manufacturing Practice (GMP) standards, which is an international pharmaceutical standard. As with other pharmaceutical products, expiry dates relate to the period of time after packaging that the product will remain effective, if properly stored under 30° C.

We also apply expiry dates (or 'use by' dates) to other products that are not listed as therapeutic goods, such as vegetable oils.

Primarily, the 'expiry' relates to the oxidation of compounds in our products. In essential oils, compounds such as terpenes (limonene, α -pinene, etc.) and aldehydes (lemon-scented neral and geranial or citral) will most readily oxidise. In vegetable oils, saturated (very slow), mono- (slow) and polyunsaturated (faster) fatty acids will oxidise or go rancid.

Oxidation can reduce the therapeutic effectiveness and also make both essential and vegetable oils possibly more likely to create skin reactions.

Because oxidation is about having a product exposed to air (with oxygen), expiry dates are like a clock.

When a product is packaged, completely full and is sitting on a cool shelf, it is not exposed to the air, heat or light (heat & light speed oxidation), the expiry 'clock' is ticking very slowly. When the product is the opened and exposed to the air, the 'clock' starts ticking more quickly.

Hence, expiry dates are a compromise or average about how an essential oil, for example, will be stored and used after you purchase it.

Essential oils, vegetable oils, infused oils and creams containing vegetable oils should best be kept in a cool, dark place.

For essential oils such as citrus oils, our EFA vegetable oils (like Rose Hip oil) and creams (like Ultimate Base Cream), the coolest, darkest storage is in a **refrigerator**. Even better, a **freezer** is excellent for storing sensitive essential oils and vegetable oils.

For products that are not listed therapeutic products, they can easily last well beyond our listed 'use by' dates.

A number of our products, such as vegetable oil-derived glycerine, do not have any 'use by' date on the label. This is because these products will last indefinitely, as they will not 'go off' or oxidise.

You do not necessarily need to discard products that have gone beyond their expiry date. Properly stored, many essential oils, such as Rose and True Lavender, contain few compounds that will oxidise. Hence, these oils can remain in fine condition for many years.

Expiry dates are our guarantee and a TGA/GMP requirement that we provide you with fresh and active products.





CHAPTER FIVE

Natural Raw Materials

- Emulsifiers
- Preservatives & Antioxidants
 - Vitamins
- Miscellaneous Raw Materials
 - Argiletz Active Clays
 - Aromatic Hydrosols
- Story: Guaranteed Organic – The Importance of Certification



Natural Raw Materials

Essential Therapeutics offers a range of natural raw materials to be used in the creation of preparations for therapeutic or cosmetic use.

Further information is available from our dedicated distributors or you are welcome to contact us directly.

We offer comprehensive training courses on a variety of topics, including seminars detailing how to manufacture finished preparations, as in our **Aromatherapy & Regenerative Skin Care** and **Aromatherapy Prescription Bases** seminars. Please contact us or your nearest *Essential Therapeutics* distributor for more details.

Emulsifiers

Emulsifiers are compounds that serve to hold oil and water together, most useful to create creams and lotions. Emulsifying products range from very mild oil-like products, such as glyceryl monostearate to very active detergents, such as sodium lauryl sulfate – which can dry out the epidermis of the skin.

For application to the skin, we look to use the mildest, more oil-like emulsifiers that will produce a cream **and** are perfectly benign to the skin.

Emulsifying Wax

Emulsifying Wax is an effective emulsifier that allows you to easily create stable creams and lotions.

There are a number of emulsifying waxes available on the market. Some companies attempt to promote their emulsifying wax as “100% natural”, which is simply **not true**. **All** emulsifying waxes use one type or other of a semi-synthetic emulsifier. One popular wax uses the problematic sodium lauryl sulfate as the primary emulsifier. It works well as an emulsifier – but it is too strong and drying to the skin and is best avoided.

Essential Therapeutics offers the most benign **Emulsifying Wax** available. It is a mixture of 90% cetyl alcohol (a natural fatty alcohol – like a fatty acid – extracted from palm oil) and 10% PEG - 25 stearate. This is a semi-synthetic emulsifier, again made from palm oil (not animals) that is effective but **very mild** on the skin. Our emulsifying wax is guaranteed to be free any toxic by-products and is approved both for Kosher and Hallal use.

Lecithin Emulsifier

Another fully natural emulsifier, **Lecithin Emulsifier** consists of natural soy lecithin fractions dispersed in Xanthan gum and Amigel. Used in the water phase of

creams and lotions, it works well with **Emulsifying Wax** or other emulsifiers to make natural creams with the excellent skin benefits of lecithin. Natural soy lecithin is an excellent hydrating compound for the skin, and is rich in beneficial **essential fatty acids**.

Preservatives & Antioxidants

Preservatives are compounds that prevent the growth of bacteria, moulds and yeasts in products – any product that contains water. There are many synthetic preservatives on the market used in cosmetics – and such products can pose some potential problems with toxicity and allergic reactions with long-term use.

Essential Therapeutics offers two natural-sourced preservatives that are benign and without problems, for use in making creams, lotions, sprays, etc.

Antioxidants are compounds that strongly attract oxygen. Oxidation (also known as rancidity in vegetable oils) of compounds in products, such as vegetable and essential oils, is the major reason for the loss of activity of a product. **Antioxidants** capture reactive oxygen before they damage other compounds, extending the active life of products significantly. As with preservatives, there are many **synthetic** antioxidants in common use. We offer a potent **natural** antioxidant – Amiox - that also has real anti-aging benefits for the skin. **Also see both Natural Vitamin E and Ester C** under **Vitamins for Cosmetics**, as these products have good antioxidant properties as well.

Please note that people can be confused about “preservatives” – this heading can also include antioxidants. We specifically mean: preservatives stop microbial growth and antioxidants slow down oxidation or rancidity. We have seen more than one hand made cream turn fuzzy and green (mouldy!) because an antioxidant was added as the “preservative”.

Citricidal

This is a naturally derived preservative from **grapefruit seeds and pulp** that has been in use since the 1970's. **Citricidal** works as a benign, hypoallergenic and wide-spectrum preservative in many formulations. The recommended use level is from 0.2% to 1.0% in the water portion of creams, lotions, etc.

This is an unadulterated grapefruit seed extract, it **does not** contain added synthetic **parabens** or **triclosan**, that have been found in some grapefruit and citrus seed extracts.

Amiox

As discussed on page 53 in pure vegetable oil section – after EFA Blends, **Amiox** is our unique Rosemary extract that is a **potent natural** antioxidant.

By adding only **two to four drops** (or 0.05% to 0.1%) of **Amiox** to every 100mL of vegetable oil or the oil portion of creams and lotions, etc., the ‘shelf life’ of the oil can be extended for perhaps another 30% to 40% longer.

Amiox can also be added to natural creams and lotions for its beneficial antioxidant or **free radical scavenging** properties. Up to 1.0% (or 32 drops per 100mL) can be added for excellent “anti-aging” effects.

Straight Forward Recipe for a Base Cream

This thick cream based on vegetable oils will allow you to blend in up to 10% more of essential oils and/or vegetable oils or up to 100% (double the amount) of water, herbal extracts, aromatic hydrosols etc. You can choose other vegetable oils and butters as you wish – just keep the overall amounts used the same.



Ingredient	Amount for 500 grams of cream	Percent of total
A. Oil Phase – 22.1% of total		
Emulsifying Wax	50 grams – approximately 1/3 cup	10%
Macadamia Oil	25 grams or 27mL	5%
Superfine Massage Blend	25 grams or 27mL	5%
Cocoa Butter	10 grams or 11mL	2%
Amiox antioxidant	0.5 gram or 16 drops	0.1%
B. Hot Water Phase – 52% of total		
Pure water or Aromatic Hydrosols, etc.	260 grams or mL	52%
C. Cold Water Phase – 25.9% of total		
Pure water or Aromatic Hydrosols, etc	112 grams or mL	22.4%
Glycerine	15 grams or 12mL	3%
Citricidal preservative	2.5 grams or 2.25mL	0.5%

Directions:

Measure out Oil Phase (A) ingredients into a pot.

Measure out Hot Water Phase (B) into another pot.

For Cold Water Phase (C), mix ingredients into the water until fully dissolved.

Heat both Oil (A) and Hot Water (B) phases separately to 65° to 70°C.

Slowly add the Hot Water Phase (B) to the Oil Phase (A) while mixing with a stick blender.

Blend for approximately 30 seconds.

Then, slowly add the Cold Water Phase while mixing with a stick blender. Continue mixing for approximately another 30 seconds.

The cream is now ready to pour into jars and will thicken over the next hour.



Vitamins for Regenerative Skin Care

Specific vitamins have well documented benefits when used topically on the skin. With the exception of natural source Vitamin E, all these vitamins are “man made”, as they cannot be readily extracted in a concentrated form from natural sources. Are they “bad” in any way? No! They have the same biological activity as the natural vitamins and are totally free of any contaminants. The vitamins that we offer are of pharmaceutical quality – they are the same vitamins as used in vitamin supplements and in cosmetics.

Vitamin E Acetate

This is “man made” **Vitamin E acetate** (dl-tocopheryl acetate). It is useable just like natural source Vitamin E (it is commonly used in vitamin supplements) and is completely pure. As the acetate form, **Vitamin E acetate** is very stable, as it will not react with oxygen. Hence, it will last for years in cosmetic preparations. **Vitamin E acetate** is metabolized back to active Vitamin E once it is absorbed by cells in the epidermis.

Vitamin E acetate is an excellent moisturising and hydrating agent. It penetrates into the epidermis and serves to bind water in the skin. From 0.5% to 5% (or more) can be used in the oily portion of creams, etc.

Vitamin D

Vitamin D (cholecalciferol) is a useful vitamin to help speed skin regeneration and to help with skin inflammation. Vitamin D works well in synergy with essential fatty acids, as in Rose Hip and Hemp Seed oils.

It is heat sensitive, so it is recommended to be added to creams and other products after they have cooled. From 0.02% to 0.05% is all that is needed. Best stored in refrigerator after opening.

Panthenol

Panthenol or pro-vitamin B5 can be used in hair conditioners from 0.5% to 2%. **Panthenol** readily absorbs into the hair, being deposited onto the cuticle and penetrating into the cortex of the hair. This is even more so for bleached or permed hair. It provides benefits such as long lasting moisturisation, it imparts lustre, it has a conditioning effect resulting in easily manageable hair. It reduces considerably the formation of split ends. It serves to repair damaged hair and can thicken undamaged hair by up to 10%.

In skin care, **Panthenol** has the following effects: moisturising, anti-inflammatory and speeds wound

healing times.

Panthenol as a water soluble vitamin can be used in a number of different preparations including creams and lotions, toners, after shave lotions and mouth wash and gargle preparations.

The use levels of **Panthenol** are from 1% to 5%, to be used in the water portion of preparations.

Vitamin B₆

There is a good deal of evidence that certain skin diseases are directly associated with **Vitamin B₆** (pyridoxine) deficiency. Many researchers have described the dermatological (skin) symptoms caused by a deficiency of **Vitamin B₆**, particularly in relation to the body's use or metabolism of **essential fatty acids**. People suffering from toxic and allergic skin conditions including psoriasis and eczema often show a deficiency of **Vitamin B₆**. A deficiency of **Vitamin B₆** causes atrophy or wasting of the epidermis, hair follicles and sebaceous glands. It appears that **Vitamin B₆** will act directly on the sebaceous glands and is involved in the correction of defective fatty acid metabolism.

Given the role of **Vitamin B₆** in the metabolism of essential fatty acids in the body it appears that the combined use of **Vitamin B₆** and **essential fatty acids** such as in **Rosehip Oil** and **Evening Primrose Oil** have a good synergistic effect on various skin complaints. Its use level is from 1% to 2%, added to the water portion of creams, sprays, etc.

Ester C

We are all familiar with Vitamin C (ascorbic acid) and its many benefits. However, ascorbic acid has drawbacks when used on the skin, as for one, it can be a skin irritant. **Ester C** is ascorbyl palmitate, which is an oil-soluble compound that is created by joining (esterifying) ascorbic acid with a natural fatty acid from palm oil, palmitic fatty acid. It is highly suited for use in skin care, as it is stable, completely non-irritant and absorbs into the epidermis much better than ascorbic acid.

Ester C has been used for many years as an antioxidant in foods, vitamin products, etc. In skin care, Ester C has shown use in its ability to reduce inflammation, protect collagen from free radical damage and to stimulate collagen production.

Skin conditions that are most likely to respond to Ester C treatments are:

- Sagging skin that is losing its firmness due to damaged collagen.

- Sunburn, 'sensitive' skin and inflamed skin conditions in general.
- Fine lines and wrinkles, especially on severely sun damaged skin.
- Reduction of excessive pigmentation.

Ester C is added to the oil phase of creams and lotions or can be added directly to vegetable oils and ointments. As an oily powder, it is best to melt **Ester C** into oils with gentle heat and stirring.

Effective use levels are from 1% to 10% - or even more. **Ester C** is non-toxic and non-irritating.

Summary of Vitamin Benefits

Function	Vitamin D	Vitamin E	Panthenol	Vitamin B ₆	Ester C
Speeds wound healing	✓		✓✓		✓
Skin lipid anti-oxidant		✓✓			✓✓
Anti-inflammatory		✓✓	✓		✓✓
Moisturising, hydrating		✓✓	✓✓		
Dry skin	✓	✓✓	✓✓	✓	
Oily, acneic skin	✓			✓✓	
Dermatitis, excema, psoriasis	✓			✓✓	✓✓
Scalp, hair treatments	✓		✓✓		
Ageing skin, fine lines	✓	✓	✓		✓✓

Using Vitamins in preparations

Vitamin	D	E	Panthenol	B ₆	Ester C
Do not heat above	40°C	75°C	75°C	75°C	75°C
Use with antioxidants	Yes	No	No	No	No
Dissolves in oil (O) or in water (W)	O	O	W	W	O
Use levels	0.02% to 0.5%	1% to 5%, up to 25%	1% to 5%	1% to 2%	1% to 10%



Miscellaneous Raw Materials

Aloe Vera 10X Concentrate

This is natural Aloe Vera juice that has had most of the water removed by vacuum extraction, so that it is ten times more concentrated in active ingredients. As such, you only need to use 10% of Aloe Vera 10X Concentrate in a formula to have a full strength concentration of active Aloe Vera. Easily added to creams, sprays and the like, Aloe Vera 10x Concentrate has numerous benefits for the skin, hydrating, protective and healing.

Vegetable Glycerine

Natural glycerine can be extracted either from animal fats (the usual source) or from vegetable oils. We offer the pure, vegetable oil-extracted glycerine. Use from 2% to 5% in the water portion of any formulation, to enjoy the humectant benefits of glycerine – it makes water “wetter” allowing water to absorb into the skin more easily and keeps absorbing moisture from the atmosphere for long lasting hydration. Natural and totally non-toxic, glycerine is a superior choice over the problematic propylene and butylene glycols routinely used in cosmetics.

Soy Liposomes

Liposomes are extremely small spheres of natural phospholipids from soy lecithin. They are popular in expensive cosmetic ranges (and in medical applications), because of the ability of liposomes to easily penetrate the epidermis of the skin. Liposomes can be “loaded” with other active ingredients enclosed within the liposome spheres or they can be used “unloaded”.

We provide pure **soy unloaded liposomes** because the phospholipids are extremely active by themselves. Our **liposomes** are primarily made of the phospholipid, phosphatidyl choline, which contain a high content of essential fatty acids. These **liposomes** are far superior to hydrogenated liposomes or animal-derived ceramides.

Soy Liposomes offer many skin benefits, real improvement in skin hydration, improvement in wrinkles and general skin texture, help prevent blackhead and pimple formation and on.

Soy Liposomes can easily be added to our **natural gels** or our **Ultimate Base Cream**. We recommend adding from 10% to 33% **Soy Liposomes** for best results.

Sample formula – Super Liposome Night Gel – for 30mL total

Ingredients:

- Amigel prepared gel – 17mL
- Soy Liposomes – 10mL
- Pure Facial Oil – 3mL
- Mature Skin Synergy – 10 drops

Directions: Simply mix all ingredients together well. A superior hydrating and rejuvenating formulation.

Looking for More Natural Ingredients?

Through our extended company, we can offer a further range of natural ingredients, such as:

- White Beeswax
- Benzoin Tincture
- Cetyl/stearyl Alcohol
- Natural Menthol Crystals
- Xanthan Gum
- Natural Soap Powder and more.

Contact your nearest distributor or *Essential Therapeutics* for further details.



Argiletz Active Clays

The use of natural clay for its healing properties predates recorded history. We find mention of sedimentary clays being used for healing and cosmetic purposes in many ancient cultures, including ancient Egypt and Rome.

In the present day we find that France remains at the forefront of using clay for naturopathic treatments both externally and internally.

Argiletz of France is the world's leading producer of the finest **therapeutic quality clays**. Unlike commonly available clays (generally used for pottery and other industrial uses), **Argiletz Active Clays** are produced **only for therapeutic use**, never treated nor heated.

These superfine clays have been only **sun dried** and then processed under exacting conditions to ensure that their active mineral content is retained.

The active minerals in **Argiletz Active Clays** work in synergy to cleanse, tone and revitalise your skin and body.

Therapeutic clays are excellent to use in regenerative skin care because sedimentary clays have a very strong affinity to water. Because of this, a clay masque will produce excess heat under the masque. This stimulation of the clay increases blood circulation and induces perspiration, helping toxins and other wastes to be eliminated. Clay is endowed with very active surfaces which easily absorb toxins which are eliminated from the skin.

These clays are excellent for treating a wide variety of skin conditions and other common complaints, especially utilised as masques and poultices.

Essential Therapeutics offers a range of five active clays – Green, Red, Pink, Yellow and White. The variety of colours is due to the location and depth from which the clay is extracted from, and reflects a variation in trace mineral composition.

Due to these variations in mineral content, each colour of active clay has its particular applications.

All of the Argiletz Active Clays are packed in natural cellulose-derived packaging that preserves the clay's activity.

Enclosed with every package is a useful instruction brochure.

Green Clay

The most absorbent and detoxifying of the clays, Green Clay is generally used for face masques in cases of acneic, oily and neglected skin. Applied as a face or body masque, Green Clay cleanses, exfoliates, smooths and softens the skin. Green Clay is ideal for poultices to relieve and soothe a variety of skin conditions; useful for skin regeneration.

White Clay

A mild clay suitable for face and body masques for young and sensitive or mature and delicate skins. White Clay is an excellent body deodorant and a natural alternative to talcum powder. White Clay is the clay of choice for use as a hand masque to soothe and soften dry hands.

Pink Clay

This clay is intended for use in a maintenance programme for the face and body. The softening effect of Pink Clay refines the skin's texture while toning the epidermis. It is suited for fragile, dehydrated and sensitive skin. Pink Clay has tissue firming properties, particularly for the bust, thighs, stomach and arms. It is also highly recommended as a hair conditioner.

Red Clay

A more oily and mildly absorbent clay, Red Clay is preferred for face and body masques in cases of dry, sensitive or couperose skin. Toning in nature, with a high iron oxide content, Red Clay is useful to help with fragile & broken capillaries, "sagging" skin and for muscle toning.

Yellow Clay

Yellow Clay is generally used for face and body masques, particularly in cases where the condition of the skin and body needs revitalising. Yellow Clay is recommended for most skin types to restore tired and neglected or devitalised skin.



Sample formula – Acneic Skin Facial Masque – for one application

Ingredients:

Argiletz Green Clay – 15 grams (or 2 metric teaspoons)
Spring water or Orange Blossom Hydrosol – 15 ml
Acneic Skin Synergy – 5 drops
Hemp Seed Oil – 6 drops

Procedure:

Measure out Green Clay into a clean mixing bowl (preferably porcelain). Add spring water and wait until the water has absorbed.

Then mix in with a wooden or porcelain spoon the Acneic Synergy and Hemp Seed Oil until fully dispersed.

Apply a thick film of the masque to clean skin, leaving on for 15 to 20 minutes. Use a spray of either spring water or aromatic hydrosol, if the masque begins to dry too quickly.

Active Clay Aromatherapy Bath Salts

Clay Bath salts are a blend of Argiletz Active clays, essential oils and mineral salts that will further enhance the benefits of bath therapy to soothe relax and cleanse your skin and body. These bath salts are also excellent for hand & foot bath treatments.

Green Clay Bath Salts

Designed for detoxifying and stimulating lymphatic circulation. Contains Green clay, Epsom salts, soda ash and pure essential oils of Mandarin, Lemon and Bergamot.

Pink Clay Bath Salts

Designed for de-stressing and relaxation. Contains Pink clay, Epsom salts, soda ash and pure essential oils of True Lavender, Lemon and Bergamot.

Handmade Clay & Aromatherapy Cleansing Bars

Combining the unique properties of active clays, pure essential oils and pure vegetable oils, these handmade soap bars will cleanse, deodorize and moisturise your skin, helping it to regain and maintain its natural pH balance.

Green Clay Cleansing Bar

Recommended for normal, congested or oily skin. Contains palm & coconut oil soap, green clay and pure essential oils of Mandarin, Lemon and Bergamot.

Pink Clay Cleansing Bar

Recommended for young and sensitive or mature and dehydrated skin types. Contains palm & coconut oil soap, pink clay and pure essential oils of True Lavender, Lemon and Bergamot.



Aromatic Hydrosols

Aromatic Hydrosols are genuine floral waters or “waters of distillation”, derived from the steam distillation of aromatic plants and flowers. The most soothing water soluble aromatic compounds found in the plant are naturally contained in the hydrosols. The hydrosols are calming, toning and astringent hydrating agents that can be used in a variety of ways.

As a refreshing mist spray:

On the face: As an uplifting facial toner, make-up fixative or after shave.

On the hair: To renew body and lustre and to impart a beautiful but subtle fragrance.

On the body: To refresh, hydrate, and cool as well as to lightly fragrance the skin with these natural perfumes.

In facial masques: Aromatic hydrosols are an excellent addition to active clay masques, imparting their balancing, therapeutic properties to the treatment.



Vanilla *Vanilla planifolia*

Chamomile Flower Blend

A blend of Roman Chamomile, Damask Rose and True Lavender hydrosols.

This soothing, antiseptic and anti-inflammatory blend is an excellent remedy on an eye-pad for tired and red eyes due to strain, allergy or airborne pollution. Also useful for dry, dehydrated and sensitive skin.

Damask Rose

Rosa damascena

The true water of distillation from the finest Bulgarian roses. Properties: Refreshing, anti-inflammatory and soothing. Good for dry, dehydrated skins and sensitive, couperose conditions.

Jasmine

Jasminum officinalis

Since Jasmine flowers are not steam distilled, but is available as an **absolute**, there is no water of distillation available. But it is so beautiful, we've done our steam distillation of Jasmine concrete to produce a beautiful aromatic hydrosol. Properties: soothing and hydrating. Excellent for mature skin or as a subtle perfume.

Orange Blossom

Citrus aurantium ssp aurantium

From the flowers of the Bitter Orange tree, the same are used to produce Neroli essential oil. Properties: Soothing, skin rejuvenating, mildly antiseptic, uplifting. Excellent for normal and combination skin.

Rosemary

Rosmarinus officinalis CT verbenone

This hydrosol is produced from the valuable **Verbenone chemotype** of Rosemary, highly regarded by French physicians who practice aromatic medicine. **Rosemary Hydrosol** is locally produced from Rosemary grown in western Victoria. Excellent for oily and acneic skin.



Guaranteed Organic – The Importance of Certification

Organic essential oils and other organic products represent a very high level of quality, guaranteed to be grown without the use of synthetic fertilisers, pesticides, etc. and using sustainable agricultural practices.

As you might imagine, it is virtually impossible by appearance or aroma to determine whether an essential oil has come from organically grown plants or not. There are numerous examples from various countries where essential oils and other products have been fraudulently offered as “organic”. How can you tell the difference?

Your best guarantee of authenticity is Organic Certification, where the product has been assured to be derived from organic agricultural and manufacturing practices by an independent certifying authority.

In Australia, the certifying body is the Biological Farmers Association (BFA) and the certification given to an approved product is Australian Certified Organic (ACO). Producers and manufacturers of organic products are given their own Processor Certification Number. *Essential Therapeutics* parent company, Australian Botanical Products Pty Ltd, is a licensed processor of Certified Organic materials and we are independently audited by the ACO on an ongoing basis to demonstrate full compliance.

The BFA is a member of IFOAM (International Federation of Organic Agriculture Movements), a worldwide umbrella organisation of the organic agriculture movement with 760 member associations (at time of print). Through IFOAM, the BFA can then give the ACO approval for products certified by other organic associations internationally.

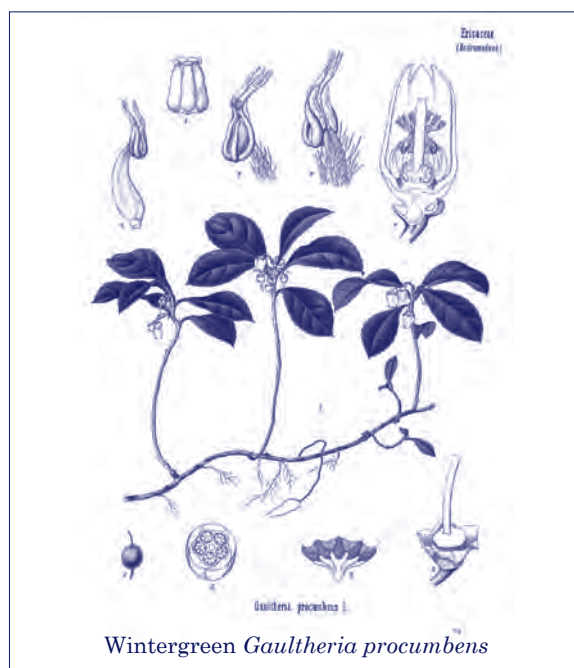
Hence, most of the certified organic products that *Essential Therapeutics* offers hold ACO certification. However, there are other Organic Associations that offer authentic certification that are not members of IFOAM. For our certified organic products that are not ACO certified, we detail the governing body involved.

One example are products certified by ECOCERT SA a respected European inspection and certification body accredited to verify the conformity of organic products against the organic regulations of Europe, Japan and the United States.

All in all, we fully guarantee that when we offer you an organic product, it truly is!



Jasmine *Jasminum officinale*



Wintergreen *Gaultheria procumbens*



CHAPTER SIX

Newsletters, Education & Reference Materials

- Newsletters and Education

Stories:

- Common Sense Cautions for Essential Oil Usage
 - A Guide to Calculating Measurements



Newsletters & Education

Essential Therapeutics offers an informative newsletter, *Essential News*, on an ongoing basis.

Topics include detailed monographs on specific essential oils and other products, formulation ideas, 'Quality Matters' and more.

Essential News is made available through our distributors or you can contact us directly. All present and past issues of *Essential News* are available as Adobe PDF files on our *Essential Therapeutics* website, under the 'Newsletters' tab.

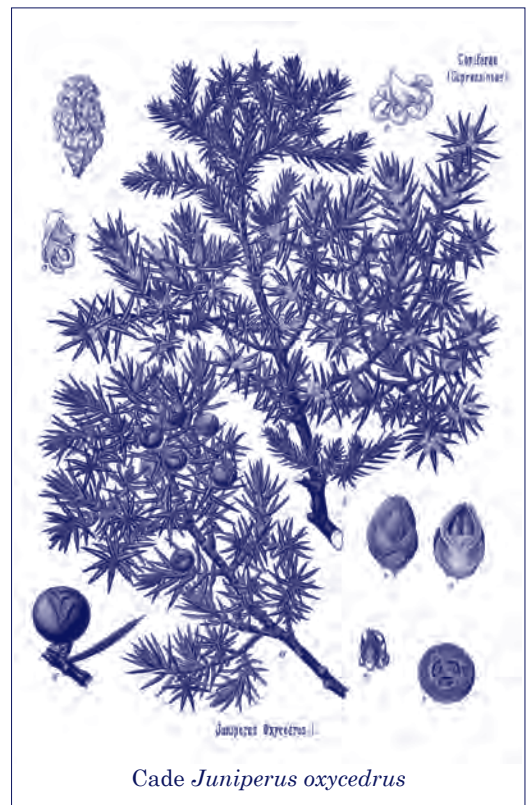
A variety of other useful information is also on our website.

Essential Therapeutics offers a number of topical workshops and seminars on Aromatherapy and Aromatic Medicine topics.

Topics covered include seminars such as: Aromatherapy & Regenerative Skin Care, Beyond Aromatherapy - the Fundamentals of Aromatic Medicine, Aromatic Prescriptions, Aromatherapy in Nursing Practice and more.

Please contact your nearest distributor for a schedule of events in your area.

For further information visit:
www.essentialtherapeutics.com.au



Common Sense Cautions for Essential Oil Use

Essential oils are concentrated raw materials and appropriate dosages should be respected for safe and effective use. When we look at the potential toxicity of essential oils, we find that most essential oils are what are known as non-specific toxins. In short, this means that many common essential oils, such as True Lavender and Ylang Ylang would have to be drunk in **large** amounts – 100mL and more in adults – to cause serious problems.

On the other hand, a few compounds found in some essential oils, such as 1,8 cineole in many Eucalyptus oils, camphor in Rosemary CT 1, thuyone in Sage and methyl salicylate in Wintergreen can be toxic in much smaller doses. Ingestion of large dosages of compounds such as these has caused the vast majority of cases of poisoning and even fatalities, especially in young children.

If one uses the most common forms of Aromatherapy applications - using diluted essential oils for massage and in topical products, in therapeutic baths, inhalations and the like, the dosages of essential oils used and absorbed are very small. If the dosage is respected, **any** common essential oil can be used with complete safety from toxicity. If we speak about other forms of application, including ingestion, then one must be **very** clear about what appropriate dosages are. Best left to those trained in such uses.

With the common forms of application, there are three “common sense cautions” that should be taken into account:

Irritation: If too high of a concentration of essential oils are used, especially those with skin irritant properties, such as Cinnamon Bark and Red Thyme, skin irritation can develop. Think of the well-known product, “Tiger Balm”. It contains high amounts of Cinnamon and Clove essential oils. It is designed for application in small amounts to local areas of the body – not for use as a facial cream! Should any irritation occur from using essential oils, remove the oil from the skin, apply any vegetable oil, remove and repeat a few times. This will quickly relieve irritation reactions.

Sensitisation: Most common essential oils have a low potential for causing any allergic reactions on the skin. Some essential oils, such as Geranium and Palmarosa (containing geraniol), Benzoin and Cinnamon Bark have a somewhat higher potential. For the vast majority of people, all these essential oils can be used on the skin with no allergic problems at all. However, people with a history or allergies, especially eczema, are more likely to possibly react to some essential oils. If there is any doubt about a person’s sensitivity, perform a “patch test” first. You can either use the product you intend to use, or use a 10% concentration of the essential oil in a vegetable oil.

Apply to a small area, such as on the inner arm. Cover with a Band Aid. If there is no reaction (reddening of the skin and itching), the essential oils are safe to use. Often, sensitisation reactions develop over time. If a sensitisation reaction ever occurs, discontinue using the product. The reaction may disappear over time, but you will always need to check.

Photo-sensitisation: A few essential oils contain photosensitising compounds, such as bergaptene. When applied to the skin, these compounds absorb UV radiation from sunlight and release it at a higher frequency – giving you a sunburn more quickly than normal as the primary problem. The essential oils that have photosensitising properties are listed below. These effects can last up to 12 hours after application. These essential oils are fine for general use – but not right before going to the beach on a hot summer day.

Following is a list of photo-sensitising essential oils. The percentage listed means that using a concentration below that amount will cause no problem even on a sunny day.

- Angelica Root 0.78%
- Bergamot 0.4%
- Grapefruit 4.0%
- Lemon 2.0%
- Lime 0.7%
- Bitter Orange 1.4%
- Tagetes 0.5%
- Lemon Verbena. Variable, moderately photosensitising.

Many common Aromatherapy books describe other potential problems that essential oils may cause. If we are speaking about the common Aromatherapy applications as mentioned above – not drinking glasses of essential oils – these potential problems are in fact **not true**.

As a simple summary, when using essential oils at **low dosages** in common Aromatherapy applications:

Essential oils are **safe** to use during pregnancy and while breast feeding in low dosages.

No essential oil will negatively affect high blood pressure conditions; damage the kidneys, liver or central nervous system.

Essential oils such as Rosemary CT 1 and Spike Lavender will not cause seizures in epileptics when used in low dosages.

An excellent book on the topic is *Essential Oil Safety – A Guide for Health Care Professionals*, by Robert Tisserand & Tony Balacs (Churchill Livingstone, publisher). You may also contact us directly for more information, including seminars on this and other topics.



A Guide to Calculating Measurements

When creating preparations, it is necessary to be reasonably accurate in measuring the ingredients used. Especially with active ingredients like essential oils, you need to know that are using enough to be effective, but not too much that an adverse reaction such as skin irritation could develop.

If you are preparing a relatively large batch of a formula, say 500mL and above, we can suggest:

- **Weighing** ingredients will always be the **most accurate way to measure**. A number of electronic goods stores and home ware stores offer reasonably priced, battery powered small weighing scales that are accurate to 0.1 gram. Such scales are suitable for most uses. For larger batches, you can contact any laboratory supply company about the weighing scales they offer. **EBay** has a number of weighing scales on offer, with scales that weigh to a sensitivity of 0.1 gram and even 0.01 gram (these scales are great for weighing 'drops'). The scales on EBay are reasonably priced and are decently accurate.
- For measuring ingredients by **volume**, obtain some accurate measuring beakers and measuring eye droppers or pipettes. Measuring volume is certainly accurate enough for most purposes. Many *Essential Therapeutics* distributors carry beakers and pipettes. Alternatively, laboratory supply companies will have any measuring equipment that you will need – and are happy to sell to you.

If you are making up small batches of a preparation for use on a client, you will find that you can be reasonably accurate if you measure your essential oils in **drops**.

However, be warned that not all "drops" are the same! There are a variety of "dropper inserts" for essential oil bottles in the marketplace. Depending on the size of the aperture, the drop size can vary widely, from 18 drops to 40 drops per 1mL. Hence, a recipe that calls for 10 drops of essential oil in 10mL of a vegetable oil can vary from about 5.5% to 2.5% in concentration of essential oil – quite a difference.

The pharmaceutical drop dispensers that we use for *Essential Therapeutics* essential oils dispense on average: **32 drops per 1mL**.

Disposable measuring plastic pipettes and standard glass eye droppers also **generally** give this approximate drop size.

To work out percentages, a small calculator is very useful. Say you wish to make a 2.5% concentration of essential

oils in 20mL of **Essential Base Cream**. How many drops of oil should you add?

With your calculator: 20 (mL of Base Cream) times 2.5 (then press the % key) equals 0.5. This means 0.5mL of essential oil needs to be added to the cream. There are 32 drops in 1mL, so 32 times 0.5 (mL) equals 16.

16 drops of oil is required.

A simple guide for essential oil dilutions:

For an approximately **0.5% concentration** of essential oils in a carrier base use:

4 drops of essential oil per 25ml of carrier

For 1.0 %: 3 drops of essential oil per 10ml of carrier

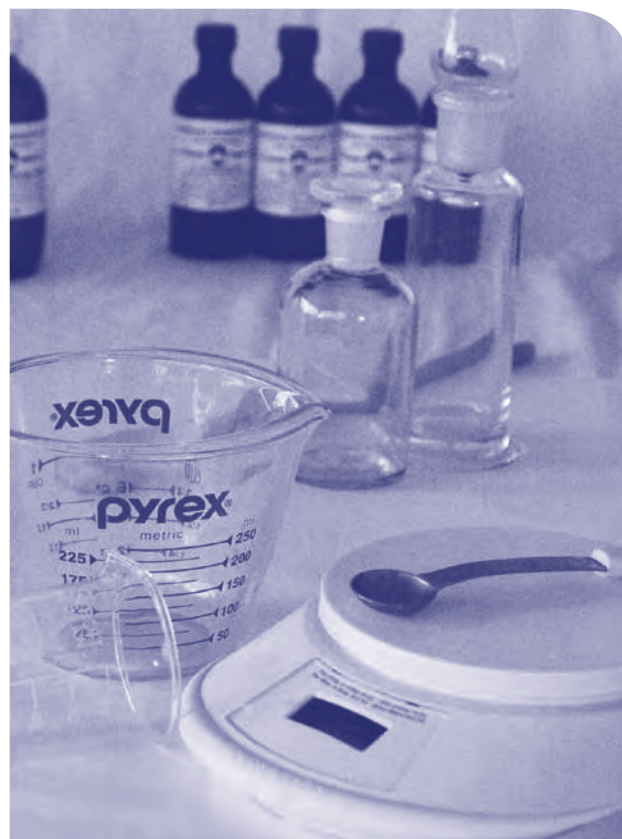
For 1.25%: 4 drops of essential oil per 10ml of carrier

For 2.5%: 8 drops of essential oil per 10ml of carrier

For 5%: 17 drops of essential oil per 10ml of carrier

For 10%: 35 drops of essential oil per 10ml of carrier

In terms of the **weight** of essential oils, at 32 drops being 1mL of oil, each drop weighs approximately **25mg** (milligrams).



Some Useful Volume Measurements

Amigel Powder 2.5mL – ½ teaspoon = 1.0 gram

Laponite Powder 1.25mL – ¼ teaspoon = 1.3 grams

Superfine Green Clay 5mL – 1 teaspoon = 7 grams

Superfine Pink Clay 5mL – 1 teaspoon = 2.1 grams

Superfine Red Clay 5mL – 1 teaspoon = 4.1 grams

Superfine Yellow Clay 5mL – 1 teaspoon = 5 grams

Superfine White Clay 5mL – 1 teaspoon = 3.2 grams

Emulsifying Wax 15mL – 1 tablespoon = 4.7 grams,
1/3 cup = 50 grams

Vegetable oils and essential oils -10mL = approximately
9 grams and 10 grams = approximately 11.1mL

3% Essential Oil Dilutions

We provide some of the more precious, expensive essential oils as a 3% dilution in pure Jojoba oil. We have been asked “how many drops of the diluted oil should I use to equal the undiluted essential oil?”

As a 3% dilution, you need to use 33 times as much to equal the undiluted oil. Further, 32 drops or 1mL of the 3% dilution will equal (close enough) 1 drop of undiluted oil. 33 drops to be exact!

These 3% dilutions are primarily designed to be used ‘as is’ or diluted somewhat to be used directly on the skin.



Buchu *Barosma betulina*



Hops *Humulus lupulus*





ESSENTIAL THERAPEUTICS

THE ULTIMATE PROFESSIONAL AROMATHERAPY RANGE

The first Australian company to offer true Therapeutic Grade Essential Oils. Our essential oils are sourced from trusted distillers and suppliers worldwide – not the usual ‘flavour and fragrance’ companies – to obtain the best quality.

All our essential oils are fully analysed for authenticity using our state of the art in-house CG/MS technology, then packed under Australian Governments TGA/GMP procedures. Our unique Therapeutic Grade Essential Oil Quality guarantee sets the highest standard available today. No Compromises!

- Over 100 TGEO guaranteed Essential Oils.
- Therapeutic essential oil blends and concentrates.
- Specialised ‘carrier bases’ and raw materials – all 100% pure and natural.
- Our products are specifically for professional therapists and health care professionals.

For the best results, use the best essential oils – those that are fully guaranteed!
Why trust anything else?



Head Office Contact Details

Essential Therapeutics

39 Melverton Drive Victoria 3803 Australia

Phone: + 61 (0)3 9709 4821 / + 61 (0)3 9796 4833 (orders)

Fax: + 61 (0)3 9796 4966

Email: info@essentialtherapeutics.com.au

Website: www.essentialtherapeutics.com.au

