



Oil Garden
Aromatherapy

Oil Garden Aromatherapy 100% Pure Essential Oils – 12mL



ANISEED

Illicium verum seed

Adult: For temporary relief of **COUGH**: add 5 drops to 10mL base oil and massage onto chest & back. Aids or assists in the relief of **FLATULENCE**: add 5 drops to 10mL base oil and massage in a clockwise direction onto stomach area.

Caution: Not to be used in children under 2 years of age. If coughing & symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



AUSTRALIAN SANDALWOOD

Santalum spicatum stem wood

Adult: Ideal for meditation and relaxation. For the temporary relief of symptoms associated with **CYSTITIS**: add 5 drops to 10mL base oil and massage onto lower abdomen or add to bath.

Caution: Adults only. If pain or irritation persists for more than 48 hours consult your doctor. The presence of blood in the urine warrants immediate medical attention. Store below 30°C. Not to be taken orally. Keep out of reach of children.



BASIL

Ocimum basilicum herb

Adult: For the temporary relief of **MUSCULAR ACHES** and **PAINS** and **HEADACHES**: add 5 drops to 10mL base oil and massage onto affected area. For temporary relief of **COUGHS**: use as above and massage onto chest, back and soles of feet.

Caution: Adults only. If coughing persists consult your doctor. If symptoms persist consult your healthcare practitioner. Do not use if pregnant or lactating. Store below 30°C. Not to be taken orally. Keep out of reach of children.



BLACK PEPPER

Piper nigrum fruit

Adult: For the relief of **MUSCULAR ACHES** and **PAINS** and to aid in the maintenance of **PERIPHERAL CIRCULATION** to relieve cold hands and feet: add 5 drops to 10mL base oil and massage into affected area.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



CEDARWOOD

Juniperus virginiana stem wood

Adult: For relief of **MUCOUS CONGESTION** and temporary relief of **COUGHS**: add 5 drops to 1L steaming water, cover head and inhale vapour. To help relieve **NERVOUS TENSION**, **STRESS** and **MILD ANXIETY**: add 3 drops to 10mL base oil and massage onto forehead, temples and back of neck.

Caution: Adults only. If coughing & symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



CLARY SAGE

Salvia sclarea herb

Adult: Relief of **PRE-MENSTRUAL** symptoms: add 5 drops to bath water or to 10mL base oil and massage onto stomach area in clockwise direction.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



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CYPRESS

Cupressus sempervirens
twig leafy

Adult: To assist in the maintenance of **PERIPHERAL CIRCULATION**: add 5 drops to 10mL base oil and massage onto affected area. To promote elasticity to the skin: add 5 drops to 10mL Hypericum oil and apply locally.

Caution: Adults only. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



FENNEL

Foeniculum vulgare seed

Adult: To assist in the relief of **INDIGESTION, NAUSEA** and **FLATULENCE**: add 5 drops to 10mL base oil and massage onto stomach area in a clockwise direction.

Caution: If symptoms persist consult your healthcare practitioner. Do not use during pregnancy or if suffering from epilepsy. Store below 30°C. Not to be taken orally. Keep out of reach of children.



FRANKINCENSE

Boswellia carterii gum oleoresin

Adult: For the relief of **MUCOUS CONGESTION** and temporary relief of **BRONCHIAL COUGH**: add 5 drops to 1L steaming water, cover head and inhale. To help relieve **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: add 5 drops to 10mL base oil and massage.

Caution: Adults only. If coughing persists consult your doctor. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



GERANIUM

Pelargonium graveolens herb top

Adult: Assists treatment of **ACNE, BRUISES** and the relief of symptoms of **ECZEMA**: add 5 drops to 10mL base oil and massage onto affected area. For the relief of **PRE-MENSTRUAL** symptoms: use above dilution and massage clockwise onto stomach area.

Caution: Adults only. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



GINGER

Zingiber officinale rhizome

Adult: To assist in **DIGESTION** and relief of **FLATULENCE**: add 5 drops to 10mL base oil and massage clockwise onto stomach area. Temporary relief of pain of **ARTHRITIS** and **MUSCULAR ACHES**: massage as above onto affected area.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



GRAPEFRUIT

Citrus X paradisi fruit peel

Adult: Cleanser for **ACNE PRONE SKIN**: add 5 drops to warm water, immerse clean face cloth, squeeze excess water and compress affected area. For the temporary relief of **HEADACHES** and to help relieve **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: add 3 drops to 10mL base oil and massage onto forehead, temples and back of neck.

Caution: Application to skin may increase sensitivity to sunlight. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



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JUNIPER BERRY

Juniperus communis fruit

Adult: For the temporary relief of **RHEUMATIC PAIN** and to assist with **FLUID RETENTION**: add 5 drops to 10mL base oil and massage onto affected area. For the relief of **ACNE**: add 5 drops to water in 100mL Spritz bottle and apply to affected area or add to 10mL Jojoba.

Caution: If fluid retention persists, seek medical advice. Not to be used if pregnant or if suffering kidney disease. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



LAVENDER

Lavandula angustifolia
herb top flowering

Adult: For the temporary relief of **HEADACHES, STRESS** and **INSOMNIA**: massage 2-3 drops directly onto forehead, temples and back of neck. To treat **INSECT BITES, INFLAMED SKIN** and for the relief of symptoms of **ECZEMA**: add 5 drops to 10mL base oil and apply to affected area.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



LIME

Citrus aurantifolia fruit peel

Adult: For the symptomatic relief of **SORE THROAT**: add 5 drops to 10mL base oil and massage throat and chest. To help relieve **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: use above dilution and massage onto forehead, temples and back of neck or add to bath.

Caution: Application to skin may increase sensitivity to sunlight. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



MANDARIN COLD PRESSED

Citrus reticulata fruit peel

Adults: Helps maintain **HEALTHY DIGESTIVE FUNCTION**: add 5 drops to 10mL base oil and massage in a clockwise direction onto stomach. For relief of **INSOMNIA** and to help relieve **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: add 6 drops to vaporiser.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



MARJORAM

Origanum majorana
herb top flowering

Adult: For temporary relief of **HEADACHES** including **MIGRAINE HEADACHE** and **INSOMNIA**: add 5 drops to 10mL base oil and massage onto temples, neck and back of neck. For the temporary relief of **MUSCULAR ACHES** and **PAINS**: massage as above into affected area.

Caution: If symptoms persist consult your healthcare practitioner. Not to be used during pregnancy. Store below 30°C. Not to be taken orally. Keep out of reach of children.



MYRRH

Commiphora molmol
gum oleoresin

Adult: For the treatment of **MOUTH ULCERS** by topical application: add 5 drops to 10mL base oil and apply to affected area with cotton tip. Relief of the symptoms of **COLDS** including **MUCUOUS CONGESTION**: massage as above onto chest & back.

Caution: Not to be used on children under two years of age without medical advice. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



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PALMAROSA *Cymbopogon martini herb*

Adult: For the symptomatic relief of **DERMATITIS** and **MILD to MODERATE ACNE**: add 5 drops to 10mL base oil and massage onto affected area or add to bath water. For relief of **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: add to 100mL cooled pre-boiled water in Spritz bottle.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



PETITGRAIN *Citrus aurantium ssp amara leaf & twig*

Adult: To help relieve **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: add 5 drops to 10mL base oil and massage onto forehead, temples and back of neck or add to bath. To assist in the relief of **FLATULENCE**: add as above and massage onto stomach area in a clockwise direction.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



PINE NEEDLE *Pinus sylvestris twig leafy*

Adults: For the temporary relief of **BRONCHIAL COUGH** and symptoms of **MUCOUS CONGESTION**: add 5 drops to 1L steaming water, cover head and inhale the vapour. For temporary relief of the pain of **MUSCULAR ACHES**: add 5 drops to 10mL base oil and massage onto affected area.

Caution: Adults only. If coughing & symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



ROSEMARY *Rosmarinus officinalis herb*

Adult: For the temporary relief of **HEADACHES, ARTHRITIS, RHEUMATIC PAIN** and **MUSCULAR ACHES** and **PAINS**: add 5 drops to 10mL base oil and massage onto affected area or add to bath.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



SPEARMINT *Mentha spicata leaf*

Adult: For the temporary relief of **NAUSEA** and to assist in the treatment of **FLATULENCE**: add 5 drops to 10mL base oil and massage onto stomach area in a clockwise direction or add to 100mL cooled pre-boiled water in Spritz bottle.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



TANGERINE *Citrus reticulata fruit peel*

Adult: To assist with **DIGESTION**: add 5 drops to 10mL base oil and massage onto stomach area in a clockwise direction. For the relief of **INSOMNIA** and temporary relief of **NERVOUS TENSION, STRESS** and **MILD ANXIETY**: massage as above onto forehead, temples and back of neck.

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THYME

Thymus vulgaris herb

Adult: For the relief of symptoms of **COLDS** and **FLU** and the temporary relief of **BRONCHIAL COUGH** and **SORE THROAT**: add 5 drops to 1L steaming water, cover head and inhale vapour. For relief of **MUSCULAR CRAMPS** and **SPASMS**: add 3 drops to 10mL base oil and massage onto affected area.

Caution: Adults only. If coughing & symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



VETIVER

Vetiveria zizanioides root

Adult: Assists in the maintenance of **PERIPHERAL CIRCULATION** and for relief of **MUSCULAR ACHES** and **PAINS**: add 5 drops to 10mL base oil and massage onto affected area or add to bath.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



YLANG YLANG

Cananga odorata flower

Adults: A sensual oil. For the relief of **IRRITABILITY** and the symptomatic relief of **MOOD SWINGS**. For relief of **INSOMNIA** and to help relieve **NERVOUS TENSION**, **STRESS** and **MILD ANXIETY**. Add 5 drops to bath or 10mL massage base or add 6 drops to vaporiser.

Caution: Adults only. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



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BERGAMOT

Citrus aurantium var bergamia fruit peel

Adult: For the symptomatic relief of **SORE THROAT**: add 5 drops to 1L steaming water, cover head and inhale vapour or add to 10mL base oil and apply to neck and chest before bed. Beneficial during times of **STRESS** and for the relief of **IRRITABILITY** and **SLEEPLESSNESS**: add 6 drops to your vaporiser or 5 drops to 100mL cooled pre-boiled water in Spritz bottle.

Caution: Application to skin may increase sensitivity to sunlight. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



CITRONELLA

Cymbopogon nardus leaf

Adult: Ideal for use as an **INSECT REPELLENT**: add 15-20 drops to 100mL cooled pre-boiled water in Spritz bottle and spray over clothes avoiding face or add 6 drops to vaporiser. For use in areas with **EXCESSIVE PERSPIRATION**: add 5 drops to 1L warm water, immerse clean cloth and compress or add to Spritz bottle. Use as required.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



CLOVE BUD

Syzygium aromaticum

A spicy, woody pure essential oil evoking warmth and sensuality. Traditionally known for its antibacterial and mould inhibiting properties. Clove oil is an excellent natural cleaner and mould inhibitor. Simply add one teaspoon Clove Bud to 1L of warm water in a Spritz bottle. Spray bathroom surfaces, leave for 20 minutes, wipe off, re-spray and leave.

Caution: Store below 30°C. Not to be taken orally. Keep out of reach of children.



EUCALYPTUS

Eucalyptus globulus leafy twig

Adult: For relief of **SINUSITIS** and relief of symptoms of **FLU** and **MILD UPPER RESPIRATORY TRACT INFECTIONS**: add 5 drops to 1L steaming water, cover head and inhale vapour or add to 10mL base oil and massage onto chest, back and soles of feet.

Caution: Not to be used on children under 2 years of age without medical advice. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



LAVENDER

Lavandula angustifolia herb top flowering

Adult: For the temporary relief of **HEADACHES**, **STRESS** and **INSOMNIA**: massage 2-3 drops directly onto forehead, temples and back of neck. To treat **INSECT BITES**, **INFLAMED SKIN** and for the relief of symptoms of **ECZEMA**: add 5 drops to 10mL base oil and apply to affected area.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



LEMONGRASS

Cymbopogon schoenanthus leaf

Adult: For the relief of **MUSCULAR ACHES**, **PAINS**, **CRAMPS** and **SPASMS**: add 5 drops to 10mL base oil and massage onto affected area. Assists the digestive system and aids **DIGESTION**: add as above and massage onto stomach area in a clockwise direction.

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LEMON Citrus limon fruit peel

Adult: To treat **ACNE** and **OILY SKIN**: add 5 drops to 10mL base oil and massage onto affected area. To relieve the symptoms of **COLDS** and **FLU**: add 5 drops to 1L steaming water, cover head and inhale the vapour.

Caution: Application to skin may increase sensitivity to sunlight. Not to be used on children under 2 years of age without medical advice. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



ORANGE Citrus sinensis fruit

Adult: For relief of the symptoms of **COLDS** and temporary relief of **BRONCHIAL COUGH**: add 5 drops to 1L steaming water, cover head and inhale the vapour or add to 10mL base oil and massage onto chest, back and soles of feet. For relief of **MUSCULAR CRAMPS** and **SPASMS**: massage as above onto affected area.

Caution: Not to be used on children under two years of age without medical advice. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



PATCHOULI Pogostemon cablin leaf

Adult: For the relief of **NERVOUS TENSION**, **STRESS** and **MILD ANXIETY**: add 6 drops to vaporiser or add 5 drops to 10mL Full Cream Milk and add to bath water.

Caution: If symptoms persist consult your health care practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



PEPPERMINT Mentha X piperita leaf

Adult: For the relief of symptoms of **COLDS** and **FLU** and the temporary relief of **SINUSITIS**: add 5 drops to 1L of steaming water, cover the head and inhale the vapour. For the temporary relief of **NAUSEA** and to assist in the relief of **FLATULENCE**: add 5 drops to 10mL base oil and massage onto stomach in a clockwise direction.

Caution: Do not use during pregnancy. Not to be used on children under 2 years of age without medical advice. If symptoms persist consult your health care practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



ROSE GERANIUM Pelargonium graveolens var l'Her leaf

Adult: To treat **ACNE**, **BRUISES** and to relieve the symptoms of **ECZEMA**: add 5 drops to 10mL Jojoba oil and massage onto affected area. For the relief of **PRE-MENSTRUAL** symptoms: add 5 drops to 10mL base oil and massage onto stomach in a clockwise direction or add 5 drops to bath water or add 6 drops to vaporiser.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



ROSEMARY Rosmarinus officinalis herb

Adult: For the temporary relief of **HEADACHES**, **ARTHRITIS**, **RHEUMATIC PAIN** and **MUSCULAR ACHES** and **PAINS**: add 5 drops to 10mL base oil and massage onto affected area or add to bath.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



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TEA TREE

Melaleuca alternifolia leaf

Adult only: An antiseptic to assist in the relief of **MINOR CUTS, ABRASIONS, INSECT BITES** and **STINGS**. May assist in management of **MILD ACNE**. Apply 1 drop twice daily. For relief of **SINUSITIS** and the symptoms of **MILD UPPER RESPIRATORY TRACT INFECTIONS**: add 5 drops to 1 litre of steaming water, cover the head and inhale the vapour as required.

Caution: If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



YLANG YLANG

Cananga odorata flower

Adults: A sensual oil. For the relief of **IRRITABILITY** and the symptomatic relief of **MOOD SWINGS**. For relief of **INSOMNIA** and to help relieve **NERVOUS TENSION, STRESS** and **MILD ANXIETY**. Add 5 drops to bath or 10mL massage base or add 6 drops to vaporiser.

Caution: Adults only. If symptoms persist consult your healthcare practitioner. Store below 30°C. Not to be taken orally. Keep out of reach of children.



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Oil Garden Aromatherapy 100% Pure Infused Oils – 12mL



ARNICA *Arnica montana* infusion

Arnica infused oil is produced by the maceration of the flowers from *Arnica montana* in a specialised blend of base oils. Gently massage onto **SWOLLEN** or **BRUISED SKIN** to help calm and soothe. Do not apply to broken skin. Do not use during pregnancy. Ingredients: Arnica Flowers, Soybean Oil, Sweet Almond Oil, Tocopherol Acetate (Vitamin E) and Rosemary Extract.

**Caution: Store below 30°C.
Not to be taken orally. Keep out of reach of children.**



CALENDULA *Calendula officinalis* infusion

Calendula is ideal for use on **CRACKED, CHAPPED** or **IRRITATED SKIN** and may improve the appearance of **FINE LINES** and **WRINKLES**: apply to affected area as required. Calendula infused oil is produced through the maceration of *Calendula officinalis* in a blend of nourishing base oils. Ingredients: Calendula Flowers, Soybean Oil, Sweet Almond Oil, Tocopherol (Vitamin E) and Rosemary Extract.

**Caution: Store below 30°C.
Not to be taken orally. Keep out of reach of children.**



HYPERICUM *Hypericum perforatum* herb infusion

Hypericum, also known as St John's Wort, is soothing to the skin and ideal for sensitive, extremely dry or neglected skin. Hypericum is produced through the maceration of *Hypericum perforatum* in a blend of nourishing base oils. Ingredients: Hypericum Flowers, Coconut Triglycerides and Rosemary Extract.

**Caution: Store below 30°C.
Not to be taken orally. Keep out of reach of children.**