



· RANGE PRODUCTS ·

Essential Oil Properties & Uses

<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Anise (Chinese Star) <i>Illicium verum</i></p> <p>Family: <i>Illiciaceae</i></p> <p>Main constituents: (E)-Anethole, Foeniculin, Estragole, (+)-Limonene, Linalool, α-Pinene, β-Caryophyllene, Safrole, (Z)-Anethole</p>	Seed Pod	Antiseptic, carminative, expectorant, stimulant, Antimicrobial, antioxidant, hypoglycemic, hypolipidemic, oestrogenic, laxitive	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Rheumatism, Muscular aches and apins</p> <p>Respiratory System: Bronchitis, Coughs, Colds, Flu</p> <p>Digestive System: Indigestion, Cramping, Constipation, Gastrointestinal disorders</p> <p>Immune System: Colds</p> <p>Reproductive System: May help reduce hot flushes in premenopausal women, promote menstruation, increase libido</p> <p>Cautions: Due to Estragole content, avoid during pregnancy, breastfeeding, endometriosis, estrogen-dependent cancers, children under 5yrs. May inhibit blood clotting, effect Diabetes medication, anticoagulant medication. major surgery, peptic ulcer, hemophilia and other bleeding disorders</p>
<p>Basil (estragole CT) <i>Ocimum basilicum</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i></p> <p>Main constituents: Estragole, Linalool, 1,8-Cineole, β-Caryophyllene, (+)-Limonene, Methyleugenol, (E)-β-Ocimene, Terpinene-4-ol, 10-<i>epi</i>-α-Cadinol, Eugenol, Bornyl acetate, Camphor.</p>	Whole plant	Antidepressant, Antiseptic, antispasmodic, cephalic, carminative, digestive, emmenagogue, expectorant, febrifuge, galactagogue, nervine, prophylactic, stomachic, uplifting, restorative, purifying	<p>Note: Top</p> <p>Skin Care: Insect repellent or bites.</p> <p>Circulation, Muscles & Joints: Rheumatism. Muscular aches and pains.</p> <p>Respiratory System: Coughs, colds, sinusitis, bronchitis</p> <p>Digestive System: Flatulence, nausea, indigestion</p> <p>Nervous System: Mental fatigue, depression, anxiety, insomnia, nervous tension, Restorative, anti-depressant, purifying</p> <p>Reproductive System: Scanty periods</p> <p>Cautions: May inhibit blood clotting AVOID DURING PREGNANCY. Possible skin irritant in concentrations above 1%. Stupefying in excess</p>
<p>Bay Laurel <i>Laurus nobilis</i></p> <p>Family: <i>Lauraceae</i></p> <p>Synonyms: <i>Bay leaf, Laurel Leaf, Sweet bay</i></p> <p>Main constituents: 1,8-Cineole, α_Pinene, α-Terpinyl acetate, Linalool, β-Pinene, Sabinene, Methyleugenol, Eugenol, Camphene, Linalyl acetate, Bornyl acetate, Terpinen-4-ol, α-Terpineol, β-Myrcene, Borneol, β-Caryophyllene, Terpinolene, γ-Terpinene</p>	Leaves	Analgesic, Antibacterial, antiseptic, antispasmodic, antiviral, astringent, emmenagogic, expectorant, insecticidal, larvicidal, oligomenorrhoea, repellent	<p>Note: Top</p> <p>Skin & Hair Care: Can be used to clean wounds and cuts. Stimulates hair growth, helps to prevent hair loss.</p> <p>Pain relief: Relieves joint and muscle aches and pains. Rheumatism, arthritis, gout. Headaches, migraines.</p> <p>Respiratory System: Coughs, colds, bronchitis, flu.Helps clear excess phlegm and mucus. Relieves nasal congestion.</p> <p>Digestive System: Increases appetite. Removes and prevents excess gas</p> <p>Reproductive System: Scanty periods. Stimulates menstrual flow, regulates cycles and eases cramping.</p> <p>Other: Home cockroach and insect repellent.</p> <p>Cautions: Avoid use with children under 2yrs. May cause skin sensitisation in hypersensitive, diseased or damaged skin.</p>





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<p>Bay West Indian <i>Pimenta racemosa</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Pimenta acris</i></p> <p>Main constituents: Eugenol, β-Myrcene, Chavicol, Linalool, (+)-Limonene, 1-Octen-3-ol, 1,8-cineole, Methyleugenol, (E)-β-Ocimene, Terpinen-4-ol, 3-Octanone, δ-Cadinene, 3-Octanol, <i>p</i>-Cymene, Estragole.</p>	Leaves	Analgesic, anticonvulsant, antineuralgic, antirheumatic, antiseptic, astringent, expectorant, reviving, stimulant, hair tonic.	<p>Note: Middle</p> <p>Skin & Hair Care: Stimulates scalp to promote hair growth. Helps dandruff and greasy, lifeless hair.</p> <p>Circulation, Muscles & Joints: Rheumatism, arthritis, aches, pains strains, neuralgia, circulation problems.</p> <p>Immune System: Cold, flu, infectious diseases</p> <p>CAUTION: Use in moderation only due to high Eugenol content. May effect anticoagulant medication, or inhibit blood clotting.</p>
<p>Benzoin <i>Styrax benzoin</i></p> <p>Family: <i>Styracaceae</i></p> <p>Main constituents: Benzyl benzoate, Benzyl alcohol, (Z)-Cinnamyl (E)-cinnamate, Cinnamic acid, Ethyl cinnamate, Benzoic acid.</p>	Resin	Anti-inflammatory, antioxidant, energising, uplifting, comforting, purifying, antidepressant, antiseptic, astringent, carminative, cordial, deodorant, diuretic, expectorant, sedative, styptic, vulnerary	<p>Note: Base</p> <p>Skin Care: Cuts, chapped skin</p> <p>Circulation, Muscles & Joints: Arthritis, gout, poor circulation, rheumatism</p> <p>Respiratory System: Asthma, bronchitis, chills, coughs, flu, laryngitis</p> <p>Nervous System: Nervous tension. Stress related problems. Emotionally balancing.</p> <p>CAUTION: Do not use on babies or children under 2yrs.</p>
<p>Bergamot <i>Citrus bergamia</i></p> <p>Family: <i>Rutaceae</i></p> <p>Main constituents: (+)-Limonene, Linalyl acetate, Linalool, Sabinene, γ-Terpinene, β-Pinene, α-Pinene, β-Myrcene, Neryl acetate.</p>	Peel of Fruit	Antidepressant, uplifting, balancing, calming, regulating, sedative, Analgesic, anthelmintic, anti-spasmodic, antitoxic, carminative, digestive, diuretic, deodorant, febrifuge, laxative, parasiticide, rubefacient, stimulant, stomachic, tonic, vermifuge, vulnerary, insecticide	<p>Note: Top</p> <p>Skin Care: Acne, cold sores, boils, eczema, insect bites, oily complexion, psoriasis, scabies, varicose ulcers, wounds.</p> <p>Respiratory System: Sore throat, tonsillitis, Halitosis</p> <p>Digestive System: Settles the digestive system, flatulence, loss of appetite.</p> <p>Nervous System: Reviving. Anti-depressant. Anxiety, depression, uplifting. Stress related conditions.</p> <p>Immune System: Colds, flu, fever, infectious diseases</p> <p>Reproductive System: Relieves PMS. Helps regulate cycle.</p> <p>Genitourinary System: Cystitis, Leukorrhoea, pruritus, thrush</p> <p>Other: Insect repellent.</p> <p>CAUTIONS: Phototoxic- extreme care when using oil on skin which may be exposed to sunlight. May irritate the skin.</p>





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<p>Cajeput <i>Melaleuca cajuputi</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Melaleuca leucadendron, Cajuput</i></p> <p>Main constituents: 1,8-Cineole, α-Terpineol, <i>p</i>-Cymene, Terpinolene, γ-Terpinene, (+)-Limonene, Linalool, α-Pinene, β-Caryophyllene, β-Myrcene, α-Caryophyllene, β-Pinene, Terpinen-4-ol, β-Selinene, Guaiol.</p>	Leaves, Twigs	Anaphrodisiac, reviving, clearing, Antimicrobial, antineuralgic, antispasmodic, antiseptic, anthelmintic, diaphoretic, carminative, expectorant, febrifuge, insecticide, sudorific, tonic	<p>Note: Middle</p> <p>Skin Care: Insect bites, oily skin, spots</p> <p>Circulation, Muscles & Joints: Arthritis, muscle aches & pains, rheumatism</p> <p>Respiratory System: Asthma, bronchitis, catarrh, colds, cough, flu, sinusitis, sore throat.</p> <p>Genitourinary System: Cystitis, urethritis, urinary infection</p> <p>Immune System: Colds, flu, infections</p> <p>CAUTION: Essential oils high in 1,8-Cineole can cause CNS and breathing problems in young children. Do not apply to or near the face of infants or children.</p>
<p>Camphor <i>Cinnamomum camphora</i></p> <p>Family: <i>Lauraceae</i></p> <p>Main constituents: (+)Limonene, <i>p</i>-Cymene, α-Pinene, 1,8-Cineole, Sabinene, β-Pinene, Camphene, Camphor, Safrole.</p>	Wood	Anaphrodisiac, restorative, balancing, Anti-inflammatory, antiseptic, antiviral, bactericidal, counterirritant, diuretic, expectorant, stimulant, vermifuge	<p>Note: Middle</p> <p>Skin Care: Acne, spots, oily conditions, inflammation</p> <p>Circulation, Muscles & Joints: Arthritis, muscular aches and pains, rheumatism, sprains.</p> <p>Respiratory System: Bronchitis, chills, coughs</p> <p>Immune System: Colds, flu, fever, infectious disease</p> <p>Other: Insect prevention (moths, flies). Anaphrodisiac</p> <p>CAUTION: Avoid use with children</p>
<p>Cananga <i>Cananga odorata</i></p> <p>Family: <i>Annonaceae</i></p> <p>Main constituents: β-Caryophyllene, α-Caryophyllene, Germacrene D, δ-Cadinene, Linalool, (Z,Z)-α-Farnesene, (E,E)-α-Farnesene, γ-Muurolene, <i>p</i>-Cresyl methyl ether, Benzyl benzoate, α-Copaene, Geraniol, Geranyl acetate, α-Muurolene, Bicyclosiquiphellandrene, α-Cadinol, Methyleugenol</p>	Flowers	Antiseptic, antidepressant, aphrodisiac, hypotensive, nervine, sedative, tonic	<p>Note: Middle</p> <p>Skin Care: Oily skin & hair, Insect Bites, fragrance, general skin care</p> <p>Nervous System: Anxiety, depression, nervous tension, stress-related complaints, high blood pressure</p> <p>Caution: Possible sensitisation, especially in those with sensitive skin</p>
<p>Cardamom <i>Elettaria cardamomum</i></p> <p>Family: <i>Zingiberaceae</i> Synonyms: <i>Cardomon, Cardomum</i></p> <p>Main constituents: 1,8-Cineole, α-Terpinyl acetate, Linalyl acetate, (+)-Limonene, Linalool, α-Terpineol, Sabinene, Terpinen-4-ol, (E)-Nerolidol, β-Myrcene, α-Pinene, Geraniol.</p>	Seeds	Cephalic, aphrodisiac, uplifting, comforting, Antiseptic, Antispasmodic, carminative, digestive, diuretic, orexigenic, sialagogue, stimulant, stomachic, tonic	<p>Note: Middle</p> <p>Digestive System: Anorexia, cramp, dyspepsia, flatulence, griping pains, bad breath, heartburn, indigestion, vomiting, digestive disturbances</p> <p>Nervous System: Mental fatigue, nervous strain. Comforting, uplifting, clearing, refreshing. Aphrodisiac.</p>





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<p>Carrot Seed <i>Daucus carota</i></p> <p>Family: <i>Apiaceae</i></p> <p>Main constituents: Carotol, α-Pinene, Dauca-4,8-diene, β-Caryophyllene, (E)-Dauc-8-en-4β-ol, Sabinene, Geranyl acetate, β-Bisabolene, Caryophyllene oxide, (E)-β-Farnesene, Geraniol, (E)-α-Bergaotene, Daucol, (-)-Limonene, β-Pinene, β-Myrcene, (Z)-α-Bergamotene, β-Selinene.</p>	Seeds	Clearing, reviving, Anthelmintic, antiseptic, carminative, depurative, diuretic, emmenagogue, hepatic, stimulant, tonic, vasodilatory, smooth muscle relaxant	<p>Note: Middle</p> <p>Skin Care: Eczema, dermatitis, psoriasis, oily skin. Revitalising and toning for mature skin and wrinkles.</p> <p>Circulation, Muscles & Joints: Anemia, build up of toxins, arthritis, gout, edema, rheumatism.</p> <p>Reproductive and endocrine System: Amenorrhoea, dysmenorrhoea, PMS, glandular problems</p> <p>Digestive System: Indigestion, liver congestion, anorexia</p> <p>CAUTION: Avoid during pregnancy, breastfeeding or when trying to conceive. May interfere with gestation.</p>
<p>Cedarwood Atlas <i>Cedrus Atlantica</i></p> <p>Family: <i>Pinaceae</i></p> <p>Synonyms: <i>Atlantic Cedar, African Cedar, Moroccan Cedar</i></p> <p>Main constituents: β-Himachalene, α-Himachalene, (E)-α-Atlantone, γ-Himachalene, Deodarone, (E)-γ-Atlantone, Himachalol, Isocedranol, (Z)-α-Altantone, δ-Cadinene, 1-<i>epi</i>-Cubanol, (Z)-<i>trans</i>-α-Bergamotol, Cedranone, α-Calacorene, β-Himachalene oxide, γ-Curcumene, β-Vetivenene, Cadalene, α-Dehydroar himachalene, Oxydohimachalene.</p>	Wood Shavings	Aphrodisiac, antiseptic, antiputrescent, antiseborrheic, astringent, diuretic, expectorant, fungicidal, mucolytic, sedative (to circulatory system), tonic	<p>Note: Base</p> <p>Skin & Hair Care: Acne, greasy skin, skin eruptions, dermatitis, eczema, fungal infections, ulcers, dandruff, hair loss</p> <p>Circulation, Muscles & Joints: Arthritis, rheumatism</p> <p>Respiratory System: Bronchitis, catarrh, congestion, coughs</p> <p>Reproductive System: PMS, Loss of menstruation</p> <p>Genitourinary System: Cystitis, leukorrhoea, pruritus</p> <p>Nervous System: Stress-related conditions, nervous tension.</p> <p>Other: Moth repellent</p>
<p>Cedarwood Chinese <i>Cupressus funebris</i></p> <p>Family: <i>Cupressaceae</i></p> <p>Synonyms: <i>Chinese weeping cypress, mourning cypress</i></p> <p>Main constituents: Iso-α-cedrene, Thujopsene, Cedrenol, Cuparene, Longifolene, α-Cedrene.</p>	Wood	Antiseptic, astringent, antifungal, anti-inflammatory, cleanser, expectorant, sedative, tonic, anti-depressant	<p>Note: Middle</p> <p>Skin Care: Skin tightening, improves complexion, warts, fungal growths</p> <p>Circulation, Muscles & Joints: Tendonitis, Muscular aches and pains, rheumatism</p> <p>Respiratory System: Coughs, phlegm</p> <p>Immune System: Stimulates immune system, purifies the air</p> <p>Nervous System: Calming, Uplifting, centering, balancing</p> <p>Other: Insect repellent</p> <p>CAUTION: Avoid during pregnancy</p>





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<p>Cedarwood Himalayan <i>Cedrus deodara</i></p> <p>Family: <i>Pinaceae</i> Synonyms: <i>Deodar cedarwood, Tibetan cedar</i></p> <p>Main constituents: α-Himachalene, α-Cedrene, β-Himachalene, (E)-α-Atlantone, Deodarone, (Z)-α-Atlantone, β-Cedrene, allo-Himachalol, Cedrol, Himachalol.</p>	Wood	antiseptic, anti-inflammatory, antispasmodic, diuretic, expectorant, insecticidal, anti-fungal, antibacterial, antidepressant, stimulant (circulatory), sedative, tonic	<p>Note: Middle Skin & Hair Care: Eczema, acne. Stimulates hair growth, helps prevent hair loss Circulation, Muscles & Joints: Boosts circulation, Alleviate arthritis Respiratory System: Coughs, colds, congestion Reproductive System: Menstrual cramps Nervous System: Relieves stress. Calming, promotes sleep and relaxation Other: Deodorant, Insect repellent</p>
<p>Cedarwood Texas <i>Juniperus ashei</i></p> <p>Family: <i>Cupressaceae</i> Synonyms: <i>Juniperus mexicana, Mexican cedar, Mexican juniper, mountain cedar, rock cedar</i></p> <p>Main constituents: Thujopsene, α-Cedrene, Cedrol, β-Cedrene, Cuparene, Widdrol, α-Chamigrene, α-Selinene, β-Himachalene, β-Chamigrene.</p>	Wood	antiseptic, anti-putrescent, astringent, antiseborrheic, diuretic, expectorant, sedative (nervous), stimulant (circulatory) tonic, fungicidal, mucolytic, deodorant	<p>Note: Middle Skin & Hair Care: Eczema, acne, oily skin, psoriasis, dandruff, Circulation, Muscles & Joints: Circulation, arthritis Respiratory System: Sinusitis, bronchitis, congestion, coughs, colds Genitourinary System: Cystitis, water retention Nervous System: Promote Calm, dispel negative thoughts Other: Drodorant, insect repellent</p>
<p>Cedarwood Virginian <i>Juniperus virginiana</i></p> <p>Family: <i>Cupressaceae</i> Synonyms: <i>Red cedar, Eastern red cedar</i></p> <p>Main constituents: α-Cedrene, Thujopsene, Cedrol, β-Cedrene, α-Selinene, Widdrol, β-Himachalene, β-Chamigrene, α-Chamigrene, Cuparene</p>	Wood Shavings	Abortifacient, antiseborrheic, antiseptic (pulmonary, genitourinary), antispasmodic, astringent, balsamic, diuretic, emmenagogue, expectorant, insecticide, sedative (nervous system), Stimulant (circulation)	<p>Note: Middle Skin & Hair Care: Acne, eczema, psoriasis, dandruff, greasy hair Circulation, Muscles & Joints: Arthritis, rheumatism Respiratory System: Bronchitis, catarrh, congestion, coughs, colds, sinusitis Genitourinary System: Cystitis, leukorrhoea Nervous System: Uplifting, restorative. Nervous tension, stress related disorders Other: Insect repellent CAUTION: Avoid during pregnancy</p>
<p>Celery Seed <i>Apium graveolens</i></p> <p>Family: <i>Apiaceae</i></p> <p>Main constituents: (+)-Limonene, β-Selinene, α-Selinene, Butylidene phthalide, Sedanolide, 3-Butyl phthalate, Ligustilide, Sedanenolide, Pentylbenzene, Linalool, β-Myrcene, α-Pinene</p>	Seed	Antioxidant, antirheumatic, antiseptic (urinary), antispasmodic, aperitif, depurative, digestive, diuretic, carminative, cholagogue, emmenagogue, galactagogue, hepatic, nervine, sedative (nervous system), stimulant (uterine), stomachic, tonic (digestive)	<p>Note: Middle Circulation, Muscles & Joints: Arthritis, build-up of toxins in the blood, gout, rheumatism Digestive System: Dyspepsia, flatulence, indigestion, liver congestion, jaundice Reproductive & Endocrine System: Amenorrhoea, glandular problems, increases milk flow. Urinary system: Cystitis Nervous system: Neuralgia, sciatica CAUTION: Avoid during pregnancy</p>





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<p>Chamomile German/Blue <i>Matricaria chamomilla</i></p> <p>Family: <i>Asteraceae</i> Synonyms: <i>Matricaria recutita</i>, <i>Chamomilla recitita</i>.</p> <p>Main constituents: Farnesene, Chamazulene, α-Bisabolol oxide A, α-Bisabolol B</p>	Flower Heads	Analgesic, anti-allergenic, anti-inflammatory antiphlogistic, antispasmodic, bactericide, carminative, cicatrizant, cholagogue, digestive, febrifuge, fungicidal, hepatic, nerve sedative, stimulant of leukocyte production, stomachic, sudorific, vermifuge, vulnerary, relaxing, balancing, soothing	<p>Note: Middle</p> <p>Skin & Hair Care: Acne, allergies, boils, burns, cuts, chilblains, dermatitis, earache, eczema, hair care, inflammation, insect bites, rashes, sensitive skin, teething pain, toothache, wounds</p> <p>Circulation, Muscles & Joints: Arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains</p> <p>Reproductive System: Dysmenorrhea, menopausal problems, menorrhagia</p> <p>Digestive System: Dyspepsia, colic, indigestion, nausea</p> <p>Nervous System: Calming, balancing, soothing. Headache, migraine, insomnia, nervous tension, stress related complaints</p>
<p>Chamomile Roman <i>Athemis nobilis</i></p> <p>Family: <i>Asteraceae</i> Synonyms: <i>Chamaemelum nobilis</i></p> <p>Main constituents: Isobutyl isobutyrate, α-pinene, camphene, butyl crotonate, methallyl methacrylate, β-pinene, propyl angelate, isobutyl methyl-2-butyrate, amyl iso-butyrate, iso-amyl butyrate, cis-2-butenic acid 2-methyl 2-propenyl, propanoic acid 2-methyl-2-methylpentyl ester, cis 2-methyl butyl angelate, trans-pinocarveol, pinocarvone, 3-methyl amyl angelate</p>	Flower Heads	Analgesic, anti-anaemic, anti neuralgic, antiphlogistic, antiseptic, antispasmodic, bactericide, carminative, cholagogue, cicatrizant, digestive, emmenagogue, febrifuge, hepatic, hypnotic, nerve sedative, stomachic, sudorific, tonic, vermifuge, vulnerary, restorative, balancing	<p>Note: Middle</p> <p>Skin Care: Acne, boils, burns, cuts, chilblains, dermatitis, earache, eczema, inflammation, insect bites, rashes, wounds, sensitive skin</p> <p>Circulation, Muscles & Joints: Arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains</p> <p>Reproductive System: Dysmenorrhea, menopausal problems, menorrhagia</p> <p>Digestive System: Dyspepsia, colic, indigestion, nausea</p> <p>Nervous System: Headache, migraine, nervous tension, stress related complaints, insomnia.</p>
<p>Cinnamon Bark <i>Cinnamomum zeylancium</i></p> <p>Family: <i>Lauraceae</i> Synonyms: <i>Cinnamomum verum</i></p> <p>Main constituents: (E)-Cinnamaldehyde, Eugenol, (E)-Cinnamyl acetate, Linalool, β-Caryophyllene, <i>p</i>-Cymene, 1,8-Cineole, Benzaldehyde, β-Phellandrene, α-Terpineol, Camphor, Terpinen-4-ol, Benzyl benzoate, α-Caryophyllene, Safrole</p>	Bark	Aphrodisiac, Anthelmintic, Antidiarrheal, antidote, Antimicrobial, antiseptic, antispasmodic, antiputrescent, astringent, cardiac stimulant, carminative, circulatory stimulant, digestive, emmenagogue, febrifuge, haemostatic, parasiticial, refrigerant, spasmolytic, stomachic, vermifuge	<p>Note: Middle</p> <p>Hair & Skin Care: Head lice, Scabies, warts</p> <p>Circulation, Muscles & Joints: poor circulation, rheumatism</p> <p>Reproductive System: Childbirth (stimulates contractions), frigidity, leukorrhea, metrorrhagia (scanty periods)</p> <p>Digestive System: Anorexia, colitis, diarrhea, dyspepsia, intestinal infection, sluggish digestion, spasm</p> <p>Immune System: Chills, cold, flu, infectious diseases</p> <p>Nervous System: Debility, nervous exhaustion, stress-related conditions</p> <p>CAUTION: Extremely irritating to the skin and irritating to mucous membranes. Avoid skin applications and steam inhalations. Avoid during Pregnancy and breastfeeding. May inhibit blood clotting.</p>





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<p>Cinnamon Leaf <i>Cinnamomum zeylanicum</i></p> <p>Family: Lauraceae Synonyms: <i>Cinnamomum verum</i></p> <p>Main constituents: Eugenol, Eugenyl acetate, Linalool, (E)- Cinnamyl acetate, Benzyl benzoate, β-Caryophyllene, (E)-Cinnamaldehyde, Safrole, Cinnamyl alcohol</p>	Leaves	Aphrodisiac, Anthelmintic, Antidiarrheal, antidote, Antimicrobial, antiseptic, antispasmodic, antiputrescent, astringent, cardiac stimulant, carminative, circulatory stimulant, digestive, emmenagogue, febrifuge, haemostatic, parasitocidal, refrigerant, spasmolytic, stomachic, tonic, vermifuge	<p>Note: Middle</p> <p>Hair & Skin Care: Head lice, Scabies, warts, tooth and gum care, wasp stings</p> <p>Circulation, Muscles & Joints: poor circulation, rheumatism</p> <p>Reproductive System: Childbirth (stimulates contractions), frigidity, leukorrhea, metrorrhagia (scanty periods)</p> <p>Digestive System: Anorexia, colitis, diarrhea, dyspepsia, intestinal infection, sluggish digestion, spasm</p> <p>Immune System: Chills, cold, flu, infectious diseases</p> <p>Nervous System: Debility, nervous exhaustion, stress-related conditions</p> <p>CAUTION: Possibly irritating to the skin and to mucous membranes. May inhibit blood clotting.</p>
<p>Citronella <i>Cymbopogon nardus</i></p> <p>Family: Poaceae (<i>Gramineae</i>)</p> <p>Main constituents: Citronellal, Geraniol, (-)-Citronellal, (+)-Limonene, (E)-Methyl isoeugenol, Camphene, Citronellyl acetate, Borneol, Elemol, α-Pinene, Geranyl formate, β-Cubebene, Geranyl acetate, β-Carophyllene, α-Bergamotene, (Z)-β-Ocimene, Isopulegol, Guaiene, (E)-β-Ocimene, Methyleugenol, δ-Cadinene, Linalool, Tricyclene, Geranyl butyrate, α-Cadinene, (Z)-Methyl isoeugenol</p>	All parts	Antiseptic, antispasmodic, bactericidal, deodorant, diuretic, emmenagogue, febrifuge, fungicidal, insecticide, stomachic, tonic, vermifuge	<p>Note: Top</p> <p>Skin Care: Excessive perspiration, oily skin, Infectious skin conditions, fungal infections</p> <p>Circulation, Muscles & Joints: Arthritic or muscular aches and pains</p> <p>Immune System: Colds, flu, minor infections</p> <p>Nervous System: Neuralgia, Fatigue, headaches, migraine, nervous exhaustion</p> <p>Other: Insect repellent</p> <p>Caution: Avoid during pregnancy</p>
<p>Clary Sage <i>Salvia sclarea</i></p> <p>Family: Lamiaceae (<i>Labiatae</i>) Synonyms: <i>Muscatel sage</i></p> <p>Main constituents: Linalyl acetate, Linalool, α-Terpineol, Germacrene D, β-Caryophyllene, Geranyl acetate, Geraniol</p>	Leaves, Flowers	Anti-convulsive, antidepressant, antiphlogistic, antiseptic, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, deodorant, digestive, emmenagogue, hypotensive, nervine, sedative, stomachic, uterine tonic, rejuvenating	<p>Note: Middle</p> <p>Skin & Hair Care: Acne, boils, inflamed conditions, oily skin, ulcers, wrinkles, dandruff, hair loss greasy hair</p> <p>Circulation, Muscles & Joints: High blood pressure, muscular aches & pains</p> <p>Respiratory System: Asthma, throat infections, whooping cough</p> <p>Digestive System: Colic, cramp, dyspepsia</p> <p>Reproductive System: Amenorrhea, labour pain, dysmenorrhea, leukorrhea</p> <p>Nervous System: Depression, frigidity, impotence, migraine, nervous tension, stress-related disorders</p> <p>Caution: May exaggerate effects of alcohol inducing drunkenness. Avoid during pregnancy</p>



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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Clove Bud <i>Syzygium aromaticum</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Eugenia caryophyllata</i>, <i>Eugenia aromatica</i></p> <p>Main constituents: Eugenol, β-Caryophyllene, Eugenyl acetate, α-Caryophyllene, Isoeugenol, Methyleugenol</p>	Flower Buds	Anthelmintic, antibiotic, anti-emetic, antirheumatic, anti-neuralgic, antioxidant, antiseptic, antiviral, carminative, expectorant, larvicidal, spasmolytic, stimulant, stomachic, vermifuge, warming	<p>Note: Middle</p> <p>Skin Care: Acne, athlete's foot, bruises, burns, cuts, toothache, ulcers, wounds</p> <p>Circulation, Muscles & Joints: Arthritis, rheumatism, sprains</p> <p>Respiratory System: Asthma, Bronchitis</p> <p>Digestive System: Colic</p> <p>Immune System: Colds, flu, minor infections</p> <p>Other: Insect repellent</p> <p>Caution: Can cause skin and mucous membrane irritation. May inhibit blood clotting</p>
<p>Clove Leaf <i>Syzygium aromaticum</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Eugenia caryophyllata</i>, <i>Eugenia aromatica</i></p> <p>Main constituents: Eugenol, β-Caryophyllene, α-Caryophyllene, Eugenyl acetate, Isoeugenol</p>	Leaves	Anthelmintic, antibiotic, anti-emetic, antirheumatic, anti-neuralgic, antioxidant, antiseptic, antiviral, carminative, expectorant, larvicidal, spasmolytic, stimulant, stomachic, vermifuge, warming	<p>Note: Middle</p> <p>Skin Care: Acne, athlete's foot, bruises, burns, cuts, toothache, ulcers, wounds</p> <p>Circulation, Muscles & Joints: Arthritis, rheumatism, sprains</p> <p>Respiratory System: Asthma, Bronchitis</p> <p>Digestive System: Colic</p> <p>Immune System: Colds, flu, minor infections</p> <p>Other: Insect repellent</p> <p>Caution: Milder than clove bud but still may cause skin and mucous membrane irritation. May inhibit blood clotting</p>
<p>Copaiba Balsam <i>Copaifera langsdorfii</i>, <i>Copaifera officinalis</i></p> <p>Family: <i>Fabaceae</i></p> <p>Main constituents: β-Caryophyllene, Germacrene B, β-Selinene, α-Caryophyllene, γ-Elemene, α-Selinene, β-Elemene, γ-Muurolene, Cubebene, δ-Cadinene, α-Guaiene, Germacrene D</p>	Resin	Anti-inflammatory, antibacterial, antimicrobial, anti parasitic, bactericidal, disinfectant, diuretic, expectorant, stimulant	<p>Note: Base</p> <p>Skin Care: Promotes wound healing</p> <p>Circulation, Muscles & Joints: Arthritis, joint and muscle pain</p> <p>Respiratory System: Bronchitis, Coughs, colds, chills</p> <p>Digestive System: Intestinal infections, piles</p> <p>Genitourinary System: Bladder infection, gonorrhoea, Cystitis</p> <p>Nervous System: Stress related conditions</p> <p>Other: Perfumery Fixative</p> <p>Caution: Avoid during pregnancy and breastfeeding</p>
<p>Coriander Seed <i>Coriandrum sativum</i></p> <p>Family: <i>Apiaceae</i></p> <p>Main constituents: Linalool, α-Pinene, γ-Terpinene, β-Pinene, <i>p</i>-Cymene, Camphor, Geraniol, Camphene, (+)-Limonene, Geranyl acetate, Terpinen-4-ol, α-Terpineol</p>	Seeds	Analgesic, aperitif, aphrodisiac, antioxidant, anti-rheumatic, antispasmodic, bactericidal, depurative, digestive, carminative, cytotoxic, fungicidal, larvicidal, lipolytic activity, stimulant, stomachic, soporific (in excess)	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Accumulation of fluids or toxins, arthritis, gout, muscular aches and pains, poor circulation, rheumatism, stiffness</p> <p>Immune System: Colds, flu, general infections, measles</p> <p>Digestive System: Anorexia, diarrhoea, dyspepsia, flatulence, nausea, piles, spasm</p> <p>Nervous System: Debility, migraine, neuralgia, nervous exhaustion</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Cumin <i>Cuminum cyminum</i></p> <p>Family: <i>Apiaceae</i></p> <p>Main constituents: Cuminaldehyde, γ-Terpinene, β-Pinene, <i>p</i>-Cymene, <i>p</i>-Mentha-1,3-dien-7-al, <i>p</i>-Mentha-1,4-dien-7-al, β-Myrcene + α-phellandrene, <i>p</i>-Menth-3-en-7-al, Cuminy alcohol, α-Pinene, Isocaryophyllene</p>	Seeds	Antifungal, anti-inflammatory, anti-oxidant, antiseptic, tonic, stimulant, bactericidal, carminative, digestive, diuretic, anti-spasmodic, detoxifier, nervine, ememagogue	<p>Note: Middle</p> <p>Skin & Hair: Stimulates hair growth</p> <p>Circulation, Muscles & Joints: Poor circulation, toxin buildup, low blood pressure, Arthritis, muscular aches and pains</p> <p>Digestive System: Stomach cramps, indigestion, gas, stimulates appetite, diarrhea, bacterial infections in stomach, colon, intestines and urinary systems, dyspepsia</p> <p>Nervous System: Fatigue, stress</p> <p>Caution: Phototoxic keep application to the skin to a minimum and do not expose skin to sunlight for a min.12hrs. Avoid during pregnancy</p>
<p>Cypress Australian White <i>Callitris columellaris</i></p> <p>Family: <i>Cupressaceae</i></p> <p>Main constituents: α-pinene, camphene, β-pinene, myrcene, limonene, β-phellandrene, α-terpineol, iso bornyl acetate, β-caryophyllene, α-humulene</p>	Needles, Twigs	Anti-rheumatic, anti-inflammatory, antiseptic, analgesic, anti-viral, antibacterial, expectorant, antifungal, miticidal, calminative, grounding	<p>Note: Base</p> <p>Skin Care: Inflammatory Skin conditions, shingles, bruises, warts, rosacea, dermatitis, eczema, nappy rash</p> <p>Circulation, Muscles & Joints: Muscle Aches and pains, rheumatism</p> <p>Respiratory System: Asthma, bronchitis, spasmodic coughing</p> <p>Immune System: Viruses, cold sores</p> <p>Nervous System: Nervous tension, stress-related conditions</p> <p>Other: Insect repellent. Termite retardant. Useful in household cleaning</p>
<p>Cypress Australian Blue <i>Callitris intratropica</i></p> <p>Family: <i>Cupressaceae</i></p> <p>Main constituents: β-Eudesmol, Dihydrocolumellarin, Guaiol, γ-Eudesmol, α-Eudesmol, Guaiazulene, Chamazulene, Columellarin, Callitrin, Cadalene, β-Selinene, α-Selinene, Callitrisin, Elemol</p>	Needles, Twigs	Anti-inflammatory, analgesic, antiviral, calmative, grounding, antibacterial	<p>Note: Top/middle</p> <p>Skin Care: insect bites, cold sores, warts, shingles, minor burns, acne</p> <p>Circulation, Muscles & Joints: Arthritis</p> <p>Respiratory System: Asthma, supports healthy respiratory function</p> <p>Nervous System: Calming, grounding for nervousness and stress</p> <p>Other: Perfume fixative, insect repellent</p> <p>Caution: May be fetotoxic, avoid during pregnancy and lactation</p>
<p>Dill Seed <i>Anethum graveolens</i></p> <p>Family: <i>Apiaceae</i></p> <p>Main constituents: Dill apiole, (+)-Limonene, (+)-Carvone, (E)-Dihydrocarvone, α-Phellandrene, (Z)-Dihydrocarvone</p>	Seeds	Antispasmodic, bactericidal, carminative, digestive, emmenagogue, galactagogue, hypotensive, stimulant, stomachic, tonic, reviving	<p>Note: Middle</p> <p>Respiratory System: Bronchial Asthma</p> <p>Digestive System: Dyspepsia, flatulence, indigestion</p> <p>Reproductive & Endocrine Systems: Amenorrhoea, galactagogue, dysmenorrhoea and promotion of lactation</p> <p>Caution: Possible drug interaction. Avoid if on diabetes medication</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Elemi <i>Canarium Luzonicum</i></p> <p>Family: <i>Burseraceae</i></p> <p>Main constituents: (+)-Limonene, Elemol, α-Phellandrene, Elemicin, <i>p</i>-Cymene, α-Pinene, 1,8-Cineole, β-Myrcene, β-Phellandrene, Sabinene, β-Pinene, Methyleugenol</p>	Gum	Antiseptic, balsamic, cicatrizant, expectorant, fortifying, regulator, stimulant, stomachic, tonic, restorative	<p>Note: Middle</p> <p>Skin Care: Aging skin, infected cuts and wounds, skin infections, inflammation, wrinkles</p> <p>Circulation, Muscles & Joints: Muscular aches and pains</p> <p>Respiratory System: Bronchitis, catarrhal conditions, unproductive coughs</p> <p>Nervous System: Nervous exhaustion, stress-related conditions</p> <p>Other: Aids healing of broken bones</p>
<p>Eucalyptus <i>Eucalyptus globulus</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: 1,8 Cineole (80-85%), α-Pinene, (+)-Limonene, Globulol, (E)-Pinocarveol, <i>p</i>-Cymene, (+)-Aromadendrene, Pinocarvone tr-1.0%</p>	Leaves, Wood	Analgesic, antineuralgic, antiseptic, antiviral, cicatrizant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycaemic, parasiticide, prophylactic, rubefacient, stimulant, vermifuge, vulnerary, insecticide	<p>Note: Top-Middle</p> <p>Skin Care: Mild Burns, blisters, cuts, herpes, insect bites, lice, skin infections, wounds</p> <p>Circulation, Muscles & Joints: Muscular aches and pains, poor circulation, rheumatoid arthritis, sprains</p> <p>Respiratory System: Asthma, bronchitis, catarrh, coughs, sinusitis, throat infections</p> <p>Immune System: Chicken pox, colds, epidemics, flu, measles</p> <p>Genitourinary System: Cystitis, leukorrhea</p> <p>Nervous System: Debility, headaches, neuralgia</p> <p>Other: Insect repellent, removes stains and adhesive residue</p> <p>Cautions: Can cause CNS and breathing problems in young children. Do not apply to or near the face of infants or children under 10yrs. Apply in dilution only, can be irritating to skin.</p>
<p>Eucalyptus Kochii <i>Eucalyptus kochii</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: 1,8 Cineole (90-95%), Cymene, Pinene, Terpinen-4-ol, Limonene</p>	Leaves, Wood	Analgesic, antiseptic, disinfectant, decongestant, germicide, repellent, deodorant, solvent, expectorant	<p>Note: Top-Middle</p> <p>Skin & Hair Care: Mild burns, insect bites and stings, wounds, ulcers, cuts, sores. Dandruff, itchy scalp.</p> <p>Circulation, Muscles & Joints: Muscular aches and pains</p> <p>Respiratory System: Asthma, Bronchitis, respiratory problems, colds, flu, sinus infections</p> <p>Other: Insect repellent, removes stains and adhesive residue</p> <p>Cautions: Can cause CNS and breathing problems in young children. Do not apply to or near the face of infants or children under 10yrs. Apply in dilution only, can be irritating to skin.</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Eucalyptus Lemon <i>Eucalyptus citriodora</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Lemon-scented gum, spotted gum, Lemon-scented iron gum.</i> <i>Corymbia citriodora, Eucalyptus maculata, Eucalyptus melissiodora</i></p> <p>Main constituents: Citronellal, Citronellol, α-Pinene, Isopulegol, Citronellyl acetate</p>	Leaves, Wood	Antiseptic, antiviral, bactericidal, deodorant, expectorant, fungicidal, insecticide, invigorating, stimulating	<p>Note: Top-Middle Skin and Hair Care: Athlete's foot, fungal infections, cuts, herpes, infectious skin conditions (i.e chicken pox), dandruff Respiratory System: Asthma, laryngitis, sore throat Immune System: Colds, fevers, infectious diseases Other: Insect repellent</p>
<p>Eucalyptus Peppermint <i>Eucalyptus dives</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Broad-leaved peppermint, blue peppermint, peppermint gum.</i></p> <p>Main constituents: Piperitone, α-Phellandrene, <i>p</i>-Cymene, Terpinen-4-ol, α-Pinene, Terpinolene, β-Myrcene, α-Terpineol, 1,8-Cineole, (Z)-<i>p</i>-Mentha-1(7),8-dien-2-ol, (E)-<i>p</i>-Mentha-1(7),8-dien-2-ol, (E)-Piperitol</p>	Leaves, Wood	Antiseptic, analgesic, antineuralgic, anti-inflammatory, antirheumatic, antispasmodic, antiviral, cicatrisant, deodorant, decongestant, mucolytic, expectorant, antimicrobial, stimulant, vulnerary	<p>Note: Top-Medium Skin Care: Cuts, sores, ulcers, acne, blemishes. Evens and tones Circulation, Muscles & Joints: Muscle tightness, tired muscles, muscular aches and pains, rheumatism, arthritis, sprains, Respiratory System: Respiratory infections, sinusitis, congestion, colds, flu, fever, asthma, bronchitis, catarrh Nervous System: Mental fatigue, exhaustion, neuralgia, headaches, sciatica Other: Great for household cleaning</p>
<p>Eucalyptus Radiata <i>Eucalyptus radiata</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: 1,8 Cineole(60-65%), β-Eudesmol, (E)-Pinocarveol, Pinocarveol, (Z)-<i>p</i>-Mentha-1(7),8-dien-2-ol, (E)-<i>p</i>-Mentha-1(7),8-dien-2-ol, (+)-Limonene</p>	Leaves, Twigs	Analgesic, antineuralgic, antiseptic, antiviral, decongestant, deodorant, expectorant, febrifuge, stimulant	<p>Note: Top-Middle Skin Care: Insect bites Circulation, Muscles & Joints: Rheumatism, muscle aches & pains, abdominal cramps, menstrual cramps Respiratory System: Respiratory tract infection, bronchitis, catarrh, sinusitis, rhinitis, colds, flu, fever, asthma Nervous System: Neuralgia, mental exhaustion, fatigue, headaches Other: General stimulant or tonic Cautions: Can cause CNS and breathing problems in young children. Do not apply to or near the face of infants or children under 10yrs. Apply in dilution only, can be irritating to skin.</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Eucalyptus Staigeriana Lemon Ironbark <i>Eucalyptus Staigeriana</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Lemon Balm, Lemon-scented ironbark</i></p> <p>Main constituents: (+)-Limonene+β-phellandrene, Geranial, Neral, α-Phellandrene, Terpinolene, Geranyl acetate, Geraniol, 1,8-Cineole, Methyl geranate, α-Pinene, Nerol, Terpinen-4-ol, Linlool, Neryl acetate, α-Terpineol</p>	Leaves, Wood	antiseptic, antibacterial, anti-viral, anti-infectious, deodorant, uplifting, purifying, calming sedative	<p>Note: Top-Middle Circulation, Muscles & Joints: Tired muscles, muscular aches and pains Respiratory System: Promotes easy breathing, colds, flu Immune System: Viral infections, colds, flu Nervous System: stress related conditions, exhaustion, nervous tension, depression Cautions: Drug interaction, possible skin sensitivity</p>
<p>Fennel Sweet <i>Foeniculum vulgare</i></p> <p>Family: <i>Apiaceae</i></p> <p>Main constituents: (E)-Anethole, (+)-Limonene, Fenchone, Estragole, α-Pinene, α-Phellandrene, (Z)-Anethole</p>	Seeds	Aperitif, anti-inflammatory, anti-microbial, antiseptic, antispasmodic, carminative, depurative, diuretic, emmenagogue, expectorant, galactagogue, laxative, stimulant to circulation, splenetic, stomachic, tonic, vermifuge, restorative, purifying, balancing, cleansing	<p>Note: Middle Skin Care: Bruises, dull, oily, mature complexions Circulation, Muscles & Joints: Cellulitis, obesity, deem, rheumatism Respiratory System: Asthma, Bronchitis Digestive System: Anorexia, colic, constipation, dyspepsia, flatulence, hiccoughs, nausea Reproductive System: Amenorrhoea, menopausal problems Cautions: Not to be used for children under 6yrs, avoid during pregnancy, people suffering from Epilepsy should avoid this oil. Possible drug interaction. May inhibit blood clotting.</p>
<p>Fir Needle Siberian <i>Abies sibirica</i></p> <p>Family: <i>Pinaceae</i> Synonyms: <i>Russian Fir, Siberian Silver Fir, Siberian Pine needle</i></p> <p>Main constituents: Bornyl acetate, Camphene, α-Pinene, δ-3-Carene, (+)-Limonene, Santene, Tricyclene, β-Phellandrene, β-Pinene, Borneol, Terpinolene</p>	Needles	Anti-inflammatory, analgesic, antibiotic, antifungal, digestive, sedative	<p>Note: Top Circulation, Muscles & Joints: Arthritis, Muscle recovery, aches and pains Respiratory System: Respiratory problems, colds, flu Digestive System: Indigestion Nervous System: Anxiety, Anger, Lack of confidence Other:</p>
<p>Fragonia <i>Agonis fragrans</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Taxandria fragrans</i></p> <p>Main constituents: 1,8-Cineole, α-Pinene, linalool, α-Terpineol, Terpinen-4-ol, Myrtenol, γ-Terpinene, <i>p</i>-Cymene, (+)-Limonene, β-Myrcene, β-Pinene</p>	Leaves	Antimicrobial, anti-inflammatory, anti-fungal, antiseptic, balancing, decongestant, expectorant, stimulant (Immune system)	<p>Note: Top Skin Care: Acne, Fungal infections Circulation, Muscles & Joints: Muscle Aches and pains, Inflammatory Muscular conditions, Arthritis Respiratory System: Respiratory infections, Bronchitis, Catarrh, Sinusitis, Congestion, colds, bacterial infections Nervous System: Stress, Emotional blockage, anxiety, grief</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Frankincense <i>Boswellia carterii</i></p> <p>Family: <i>Burseraceae</i> Synonyms: <i>Olibanum</i></p> <p>Main constituents: α-Pinene, L-β-Pinene, (R)-P-Mentha-1,8-Diene, p-Cymene, β-Caryophyllene, Myrcene</p>	Gum	Anti-inflammatory, antiseptic, astringent, carminative, cicatrizant, cephalic, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary, restorative, revitalising, purifying, uplifting	<p>Note: Base</p> <p>Skin Care: Blemishes, dry and mature complexions, scars, wounds, wrinkles, eczema</p> <p>Respiratory System: Asthma, bronchitis, catarrh, coughs, flu, laryngitis</p> <p>Genitourinary System: Cystitis, dysmenorrhea, leukorrhea, metrorrhagia</p> <p>Nervous System: Anxiety, nervous tension, stress-related conditions.</p> <p>Other: Slows and deepens breathing, conducive to prayer and meditation</p>
<p>Geranium <i>Pelargonium graveolens</i></p> <p>Family: <i>Geraniaceae</i></p> <p>Main constituents: Citronellol, Geraniol, Linalool, Citronellyl formate, Isomenthone, 10-<i>epi</i>-γ-Eudesmol, Geranyl formate, Geranyl butyrate, Geranyl tiglate, β-Caryophyllene, Guaia-6,9-diene, Germacrene D, Geranyl propionate, (Z)-Rose oxide, 2-Phenylethyl butyrate.</p>	Leaves, Flowers	Antidepressant, antihæmorrhagic, anti-inflammatory, antiseptic, astringent, cicatrizant, deodorant, diuretic, fungicidal, hæmostatic, stimulant (adrenal cortex), styptic, tonic, vermifuge, vulnerary	<p>Note: Middle</p> <p>Skin Care: Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, hæmorrhoids, lice, oily or mature skin, ringworm ulcers, wounds</p> <p>Circulation, Muscles & Joints: Cellulitis, poor circulation, oedema</p> <p>Respiratory System: Sore throat, tonsillitis, varicose veins</p> <p>Genito-urinary System: Adrenocortical glands and menopausal problems, PMT, menstrual cramps</p> <p>Nervous System: Nervous tension, neuralgia and stress-related conditions</p> <p>Other: Insect repellent</p> <p>Caution: Possible drug interaction with diabetes medication and drugs metabolised by CYP2B6</p>
<p>Ginger <i>Zingiber officinale</i></p> <p>Family: <i>Zingiberaceae</i></p> <p>Main constituents: Zingiberene, <i>ar</i>-Curcumene, β-Sesquiphellandrene, β-Bisabolene, Camphene, β-Phellandrene, Borneol, 1,8-Cineole, α-Pinene, 2-Undecanone.</p>	Roots	Analgesic, antioxidant, antiseptic, aphrodisiac, antispasmodic, aperitif, aphrodisiac, bactericidal, cephalic, carminative, expectorant, febrifuge, laxative, rebifacient, stimulant, stomachic, tonic	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Arthritis, fatigue, muscular aches and pains, poor circulation, rheumatism sprains, strains.</p> <p>Respiratory System: Catarrh, congestion, coughs, sinusitis, sore throat</p> <p>Digestive System: Diarrhea, cramp, flatulence, indigestion, loss of appetite, nausea, travel sickness</p> <p>Immune System: Chills, colds, flu, fever, infectious disease</p> <p>Nervous System: Debility, nervous exhaustion, neuralgia, fatigue, depression, Emotional problems</p>
<p>Grapefruit & Grapefruit Pink <i>Citrus paradisi</i></p> <p>Main constituents: (+)-Limonene, β-Myrcene, α-Pinene, Sabinene, Nootkatone</p>	Peel of Fruit	Antiseptic, antispasmodic, astringent, bactericidal, carminative, digestive, depurative, diuretic (mild), laxative (mild), sedative, stimulant (to digestive and lymphatic systems), tonic, uplifting	<p>Note: Top</p> <p>Skin & Hair Care: Acne, congested or oily skin, tones the skin and tissues, promotes hair growth</p> <p>Circulation, Muscles & Joints: Cellulitis, exercise preparation, muscle fatigue, obesity, stiffness, water retention</p> <p>Immune System: Chills, colds, flu</p> <p>Nervous System: Depression, headaches, nervous exhaustion, performance stress</p> <p>Caution: Phototoxic (low risk) Avoid sunlight and sunbed rays for 12hrs if maximum recommended use level of 4% has been applied to skin</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Honey Myrtle <i>Melaleuca teretifolia</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: Geranial, Neral, β-Myrcene, Geraniol, Nerol, (E)-Isocitral, 1,8-Cineole, (Z)-isocitral, α-Pinene, Geranyl acetate</p>	Leaves, Wood	Antiseptic, calmative, antibacterial, anti-inflammatory, antispasmodic, decongestant, deodorant, uplifting, balancing	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Muscle spasms, rheumatism, muscle aches and pains</p> <p>Respiratory System: Congestion, catarrh</p> <p>Immune System: Coughs, colds, flu</p> <p>Nervous System: Mental stress, clears and focuses the mind</p> <p>Other: Deodorant in house products</p> <p>Cautions: Possible skin irritant if undiluted, avoid with hypersensitive, diseased or damaged skin. Avoid during pregnancy. Possible drug interaction, Avoid if using diabetes medication. Do not use with children under 2yrs</p>
<p>Hyacinth Absolute <i>Hyacinthus orientalis</i></p> <p>Family: <i>Liliaceae</i></p> <p>Main constituents: Benzyl alcohol, (E)-Cinnamyl alcohol, Benzyl acetate, Benzyl benzoate, 2-Phenylethanol, 1,2,4-Trimethoxybenzene, Methyleugenol, Phenylethyl benzoate, <i>p</i>-Methoxyphenylethanol</p>	Flowers	Antiseptic, balsamic, hypnotic, sedative, styptic	<p>Note: Top</p> <p>Skin Care: Dry or mature skin</p> <p>Nervous System: Emotional problems, mental fatigue, stress-related conditions</p> <p>Caution: Possible carcinogenic based on Methyleugenol content</p>
<p>Jasmine <i>Jasmine officinale</i></p> <p>Family: <i>Oleaceae</i></p> <p>Main constituents: Benzyl acetate, Benzyl benzoate, Phytol, Squalene 2,3-oxide, Isophytol, Phytol acetate, Linalool, Squalene, Geranyl linalool, Indole, (Z)-Methyl jasmonate, Jasmolactone, Methyl benzoate.</p>	Flowers	Analgesic (mild), anti-inflammatory, antiseptic, antidepressant, antispasmodic, carminative, cicatrizant, euphoric, aphrodisiac, balancing, expectorant, galactagogue, parturient, sedative, tonic (uterine)	<p>Note: Middle</p> <p>Skin Care: Dry, greasy, irritated, sensitive skin</p> <p>Circulation, Muscles & Joints: Muscular spasms, sprains</p> <p>Respiratory System: Catarrh, coughs, hoarseness, laryngitis</p> <p>Reproductive System: Dysmenorrhea, frigidity, labour pains, uterine disorders</p> <p>Nervous System: Depression, nervous exhaustion, stress-related conditions, apathy, indifference, listlessness</p> <p>Caution: Possible skin sensitisation</p>
<p>Juniperberry <i>Juniperus Communis</i></p> <p>Family: <i>Cupressaceae</i></p> <p>Main constituents: α-Pinene, Sabinene, β-Myrcene, Terpinen-4-ol, (+)-Limonene, β-Pinene, Caryophyllene</p>	Berries	Anti-rheumatic, antiseptic, antispasmodic, antitoxic, aphrodisiac, astringent, carminative, cicatrizant, depurative, diuretic, emmenagogue, nervine, parasiticide, rubefacient, sedative, stomachic, sudorific, tonic, vulnerary	<p>Note: Middle</p> <p>Skin & Hair Care: Acne, dermatitis, eczema, hemorrhoids, wounds, tonic for oily complexions, hair loss</p> <p>Circulation, Muscles & Joints: Accumulation of toxins, arteriosclerosis, cellulite, gout, obesity, rheumatism</p> <p>Immune System: Colds, flu, infections.</p> <p>Genitourinary System: Amenorrhoea, cystitis, dysmenorrhoea, leukorrhoea</p> <p>Nervous System: Anxiety, nervous tension, stress-related conditions</p> <p>Caution: Avoid during Pregnancy. Not suitable for young children. Nephrotoxic, Should not be used by those with kidney disease.</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Kunzea <i>Kunzea ambigua</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>White Cloud, White Kunzea, Tasmanian spring flower, tick bush, Southern spring flower</i></p> <p>Main constituents: α-Pinene, 1,8-Cineole, Viridiflorol, Globulol, Bicyclogermacrene, α-Terpineol, Calamenene, Citronellol, Spathulenol, Ledol, (+)-Limonene</p>	Leaves, Flowers	Antiseptic, anti-inflammatory, stimulant, decongestant, relaxing, antimicrobial, insecticidal, antibacterial, antiviral	<p>Note: Top to Middle Skin Care: Rashes, acne, blemishes Circulation, Muscles & Joints: Inflammation, Sore muscles, muscular aches, joint pain Respiratory System: Respiratory complaints, congestion, colds, flu, Sinusitis, asthma, bronchitis, cough Nervous System: Nervous tension, stress, emotional pain, emotional blockages Other: Insect repellent</p>
<p>Lavandin (Grosso) <i>Lavandula hybrida</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i> Synonyms: <i>Lavandula x intermedia</i> <i>Lavandula hortensis</i></p> <p>Main constituents: Linalyl acetate, Linalool, Camphor, 1,8-Cineole, Terpinen-4-ol, Borneol, β-Caryophyllene, Lavandulyl acetate, (Z)-β-Farnesene, β-Myrcene, Geranyl acetate, α-Terpineol, (Z)-β-Ocimene, Germacrene D</p>	Flowering Tops	See Lavender.	<p>Note: Top-Middle Cautions: Possible drug interaction. May inhibit blood clotting</p> <p>Extensively used in soaps, detergents, room sprays and hair preparations.</p> <p>Aromatherapy uses are very similar to Lavender, but it's more penetrating and rubefacient qualities make it particularly good for respiratory, circulatory or muscular conditions</p>
<p>Lavender <i>Lavandula Angustifolia</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i> Synonyms: <i>Lavandula vera, Lavandula officinalis, True Lavender, Garden Lavender, Common Lavender</i></p> <p>Main constituents: Linalool, Linalyl acetate, Lavandulyl acetate, β-Caryophyllene, Terpinen-4-ol, Borneol, α-Terpineol, (Z)-β-Ocimene, 3-Octanone, (E)-β-Ocimene</p>	Flowering Tops	Analgesic, anti-convulsive, antidepressant, antimicrobial, anti rheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choleric, cicatrissant, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, vulnerably	<p>Note: Top-Middle Skin & Hair Care: Abscesses, acne, allergies, athlete's foot, boils, bruises, burns, dermatitis, eczema, inflammations, psoriasis, chicken pox, ringworm, scabies, sores, spots, sunburn, wounds, dandruff, earache, insect bites and stings, itching, Scars, Stretch marks Circulation, Muscles & Joints: Lumbago, muscular aches and pains, rheumatism, sprains, strains, hypertension Respiratory System: Asthma, bronchitis, catarrh, halitosis, laryngitis, throat infections, whooping cough Digestive System: Abdominal cramps, colic, dyspepsia, flatulence, nausea Reproductive System: Labour pains Genito-Urinary System: Cystitis, dysmenorrhoea, leucorrhoea. Immune System: Flu Nervous System: Depression, headache, hypertension, insomnia, migraine, nervous tension, stress-related conditions, PMT, sciatica, shock, vertigo Other: Insect repellent</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Lavender Spike <i>Lavandula latifolia</i></p> <p>Main constituents: Linalool, 1,8-Cineole, Camphor, Borneol, β-Pinene, β-Caryophyllene, α-Terpineol, Germacrene D</p>	Flowering Tops	See Lavender.	<p>Note: Top-Middle Cautions: May be mildly neurotoxic based on Camphor content. Possible mild skin irritant, use diluted in carrier oil for topical use</p> <p>Aromatherapy uses are similar to that of Lavender, however, its high camphor content gives it stronger analgesic and expectorant properties. A good choice for coughs and colds, headaches, earaches, arthritis, muscle aches and pains and insect repellent,</p>
<p>Lemon <i>Citrus limonum</i></p> <p>Main constituents: (+)-Limonene, β-Pinene, γ-Terpinene, α-Terpineol, α-Pinene, Geranial, Sabinene, <i>p</i>-Cymene, β-Myrcene, Neral, Terpinen-4-ol, Neryl acetate</p>	Peel of Fruit	Anti-anaemic, antimicrobial, anti rheumatic, anti sclerotic, antiscorbutic, antiseptic, antispasmodic, antitoxic, astringent, bactericidal, carminative, cicatrisant, depurative, diaphoretic, diuretic, febrifuge, haemostatic, hypotensive, insecticidal, rubefacient, stimulates white corpuscles, tonic, vermifuge	<p>Note: Top Skin Care: Acne, anaemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, varicose veins, warts Circulation, Muscles & Joints: Arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism Respiratory System: Asthma, throat infections, bronchitis, catarrh Digestive System: Dyspepsia Immune System: Flu, colds, fever, infections Caution: Phototoxic (low risk) Avoid sunlight and sunbed rays for 12hrs if maximum recommended use level of 2% has been applied to skin</p>
<p>Lemon Myrtle <i>Backhousia citriodora</i></p> <p>Family: Myrtaceae Synonyms: <i>Lemon scented myrtle, lemon ironwood, sweet verbena tree</i></p> <p>Main constituents: Geranial, Neral, Isogeranial, Isoneral, 6-Methyl-5-hepten-2-one, Linalool</p>	Leaves	Antibacterial, anti fungal, antiviral, antioxidant, anti-inflammatory, carminative, sedative, uplifting, toner	<p>Note: Top Skin Care: Cold sores, acne, oily skin, athletes foot, insect bites, cuts, wounds. Clears and tones pores Circulation, Muscles & Joints: Arthritis, muscle aches and pains Respiratory System: Bronchitis, Flu, sore throat, sinusitis, asthma Digestive System: Digestive complaints, halitosis Nervous System: Depression, stress, headaches Other: Insect repellent, deodorant Cautions: Cautions: Possible skin irritant if undiluted, avoid with hypersensitive, diseased or damaged skin. Avoid during pregnancy. Possible drug interaction, Avoid if using diabetes medication. Do not use with children under 2yrs</p>
<p>Lemon Scented Tea Tree <i>Leptospermum petersonii</i></p> <p>Family: Myrtaceae</p> <p>Main constituents: Geranial, Neral, α-Pinene, Citronellal, Geraniol, Isopulegol, Linalool, Spathulenol</p>	Leaves, Twigs	Anti-inflammatory, antiseptic, antiviral, anti fungal, antidepressant, calming, energising, invigorating, uplifting, deodorant	<p>Note: Top Skin & Hair Care: Acne, head lice, tinea Circulation, Muscles & Joints: Arthritis, muscle aches and pains Respiratory System: Colds, flu Nervous System: Depression, lack of focus, apathy, mental stress Other: Insect repellent Cautions: Cautions: Possible skin irritant if undiluted, avoid with hypersensitive, diseased or damaged skin. Avoid during pregnancy. Possible drug interaction, Avoid if using diabetes medication. Do not use with children under 2yrs</p>



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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Lemongrass <i>Cymbopogon flexuosus</i></p> <p>Family: <i>Poaceae (Gramineae)</i></p> <p>Main constituents: Geranial, Neral, Geranyl acetate, Geraniol, (+)-Limonene, Caryophyllene oxide, 6-Methyl-5-hepten-2-one, Linalool</p>	Whole Plant	Analgesic, antidepressant, antimicrobial, anti-oxidant, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, febrifuge, fungicidal, galactagogue, insecticidal, nerve, sedative (nervous), tonic	<p>Note: Top</p> <p>Skin Care: Acne, athlete's foot, excessive perspiration, open pores, pediculosis, scabies, tissue toner</p> <p>Circulation, Muscles & Joints: Muscular pain, poor circulation, muscle tone, slack tissue</p> <p>Immune System: Fevers, infectious disease</p> <p>Digestive System: Colitis, indigestion, gastroenteritis</p> <p>Nervous System: Headaches, nervous exhaustion, stress-related conditions.</p> <p>Other: Insect repellent (fleas, lice, ticks)</p> <p>Cautions: Cautions: Possible skin irritant if undiluted, avoid with hypersensitive, diseased or damaged skin. Avoid during pregnancy. Possible drug interaction, Avoid if using diabetes medication. Do not use with children under 2yrs</p>
<p>Lime (Cold pressed) <i>Citrus latifolia</i></p> <p>Family: <i>Rutaceae</i></p> <p>Synonyms: <i>Tahitian lime, persian lime, seedless lime</i></p> <p>Main constituents: (+)-Limonene, β-Pinene, γ-Terpinene, Sabinene, α-Pinene, Geranial, β-Bisabolene, Neral, β-Myrcene, (E)-α-Bergamotene, β-Caryophyllene, (2E,6E)-α-Farnesene</p>	Peel of Fruit	Antirheumatic, antiscorbutic, antiseptic, antiviral, aperitif, bactericidal, febrifuge, restorative, tonic	<p>Note: Top</p> <p>Skin Care: Acne, anaemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, warts</p> <p>Circulation, Muscles & Joints: Arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism</p> <p>Respiratory System: Asthma, Bronchitis, catarrh</p> <p>Digestive System: Dyspepsia</p> <p>Immune System: Colds, flu, fever, throat infections, infections</p> <p>Cautions: Phototoxic. If applied over max level of 0.7% avoid exposure to sunlight or sun bed rays for 12hrs.</p>
<p>Lime West Indian <i>Citrus aurantifolia</i></p> <p>Family: <i>Rutaceae</i></p> <p>Synonyms: <i>Mexican lime, key lime, bartender's lime, Omani lime</i></p> <p>Main constituents: (+)-Limonene+1,8-cineole, α-Terpineol, γ-Terpinene, Terpinolene, 1,4-Cineole, β-Pinene, <i>p</i>-Cymene, Terpinen-1-ol, (Z)-β-Terpineol, β-Myrcene, α-Pinene, α-Terpinene, Terpinen-4-ol, β-Bisabolene, γ-Terpineol, α-Fenchol, Borneol, Camphene</p>	Peel of Fruit	Antirheumatic, antiscorbutic, antiseptic, antiviral, aperitif, bactericidal, febrifuge, restorative, tonic	<p>Note: Top</p> <p>Skin Care: Acne, anaemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, warts</p> <p>Circulation, Muscles & Joints: Arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism</p> <p>Respiratory System: Asthma, Bronchitis, catarrh</p> <p>Digestive System: Dyspepsia</p> <p>Immune System: Colds, flu, fever, throat infections, infections</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Litsea Cubeba (MayChang) <i>Litsea Cubeba</i></p> <p>Family: Lauraceae Synonyms: May Chang, Pheasant pepper tree, <i>Laurus cubeba</i></p> <p>Main constituents: Geranial, Neral, (+)-Limonene, Methyl heptenone, β-Myrcene, Linalool, Geraniol, Sabinene, Linalyl acetate, α-Pinene, β-Pinene, Nerol</p>	Fruit, Seeds	Antiseptic, deodorant, digestive, disinfectant, insecticidal, stimulant, stomachic	<p>Note: Middle</p> <p>Skin Care: Acne, dermatitis, excessive perspiration, greasy skin, spots</p> <p>Digestive System: Flatulence, indigestion</p> <p>Immune System: Epidemics, sanitation</p> <p>Other: Insect repellent</p> <p>Cautions: Cautions: Possible skin irritant if undiluted, avoid with hypersensitive, diseased or damaged skin. Avoid during pregnancy. Possible drug interaction, Avoid if using diabetes medication. Do not use with children under 2yrs</p>
<p>Mandarin <i>Citrus madurensis</i></p> <p>Family: Rutaceae</p> <p>Main constituents: (+)-Limonene, γ-Terpinene, α-Pinene, β-Pinene, β-Myrcene, <i>p</i>-Cymene, α-Thujene, Terpinolene</p>	Rind of Fruit	Antiseptic, antispasmodic, carminative, digestive, diuretic (mild), laxative (mild), sedative, stimulant (digestive and lymphatic), tonic	<p>Note: Top</p> <p>Skin Care: Acne, dull, congested or oily skin, scars, spots, stretch marks, toner, wrinkles</p> <p>Circulation, Muscles & Joints: Fluid retention, obesity</p> <p>Digestive System: Digestive problems, dyspepsia, hiccoughs, intestinal problems</p> <p>Nervous System: Insomnia, nervous tension, restlessness</p> <p>CAUTION: Skin sensitisation if oxidised.</p>
<p>Marjoram Marjorana (Sweet Marjoram) <i>Origanum marjorana</i></p> <p>Family: Lamiaceae (<i>Labiatae</i>)</p> <p>Main constituents: Terpinen-4-ol, (Z)-Sabinene hydrate, Linalyl acetate, γ-Terpinene, α-Terpineol, (E)-Sabinene hydrate, α-Terpinene, Terpinen-4-yl acetate, Sabinene, <i>p</i>-Cymene, Linalool, Terpinolene</p>	Leaves & Flowers	Analgesic, anaphrodisiac, antioxidant, antiseptic, antispasmodic, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emmenagogue, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, tonic, vasodilator, vulnerably, muscle relaxant	<p>Note: Middle</p> <p>Skin Care: Chilbains, bruises, ticks</p> <p>Circulation, Muscles & Joints: Arthritis, lumbago, muscular aches and stiffness, rheumatism, sprains, strains, spasms</p> <p>Respiratory System: Asthma, bronchitis, coughs</p> <p>Digestive System: Colic, constipation, dyspepsia, flatulence, abdominal pain, gastrointestinal disorders, IBS, Diverticulosis</p> <p>Genito-urinary System: Amenorrhoea, dysmenorrhoea, leucorrhoea, PMT</p> <p>Immune System: Colds</p> <p>Nervous System: Headache, hypertension, insomnia, migraine, nervous tension, stress related conditions, anxiety</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Myrrh <i>Commiphara myrrha</i></p> <p>Family: <i>Burseraceae</i></p> <p>Main constituents: Furanoeudesma-1,3-diene, Furanodiene, Lindestrene, β-Elemene, Germacrene B, Germacrene D, δ-Elemene, 2-Methoxyfuranodiene, Isofuranogermacrene (curzerene), T-Cadinol, β-Caryophyllene, β-Bourbonene, γ-Cadinene, Furanoeudesma-1,4-diene, γ-Elemene</p>	Bark/Resin	Anticatarrhal, anti-inflammatory, antimicrobial, antiphlogistic, antiseptic, astringent, balsamic, carminative, cicatrissant, emmenagogue, expectorant, fungicidal, revitalising, sedative, stimulant (digestive, pulmonary), stomachic, tonic, uterine, vulnerary	<p>Note: Base</p> <p>Skin Care: Athlete's foot, chapped and cracked skin, eczema, mature complexions, ringworm, wounds wrinkles, itching, toothache</p> <p>Circulation, Muscles & Joints: Arthritis</p> <p>Respiratory System: Asthma, bronchitis, catarrh, coughs, gum infections, gingivitis, mouth ulcers, sore throat, voice loss</p> <p>Digestive System: Diarrhoea, dyspepsia, flatulence, haemorrhoids, loss of appetite</p> <p>Genito-Urinary System: Amenorrhoea, leucorrhoea, pruritus, thrush</p> <p>Immune System: Colds</p> <p>Cautions: May be fetotoxic, avoid during pregnancy and lactation</p>
<p>Myrtle <i>Myrtus communis</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: α-Pinene, 1,8-Cineole, Myrtenyl acetate, (+)-Limonene, Linalool, α-Terpinyl acetate, α-Terpineol, Geranyl acetate, Linalyl acetate, <i>p</i>-Cymene, Estragole, Isobutyl isobutyrate, Methyleugenol</p>	Blossom	Anticatarrhal, antiseptic (urinary, pulmonary), astringent, balsamic, bactericidal, expectorant, regulator, slightly sedative	<p>Note: Top-Middle</p> <p>Skin Care: Acne, haemorrhoids, oily skin, open pores</p> <p>Respiratory System: Asthma, bronchitis, catarrhal conditions, chronic coughs, tuberculosis - Due to its relative mildness, this is a very suitable oil to use for children's coughs and chest complaints</p> <p>Immune System: Colds, flu, infectious disease</p> <p>Cautions: Potential drug interaction, avoid if on diabetes medication</p>
<p>Neroli (Orange Blossom) <i>Citrus aurantium</i></p> <p>Family: <i>Rutaceae</i></p> <p>Main constituents: Linalool, (+)-Limonene, Linalyl acetate, (E)-β-Ocimene, α-Terpineol, β-Pinene, Geranyl acetate, (E)-Nerolidol, Geraniol, Sabinene, Farnesol, Neryl acetate</p>	Blossom	Aphrodisiac, hypnotic, sedative, soothing, tonic, restorative, uplifting, antidepressant, antiseptic, antispasmodic, bactericidal, carminative, cicatrissant, cordial, deodorant, digestive, mildly fungicidal, stimulant (nervous)	<p>Note: Middle</p> <p>Skin Care: Scars, stretch marks, thread veins, mature and sensitive skin, wrinkles, tones the complexion</p> <p>Circulation, Muscles & Joints: Palpitations, poor circulation</p> <p>Digestive System: Diarrhea (chronic), colic, flatulence, spasm, nervous dyspepsia.</p> <p>Nervous System: Anxiety, depression, nervous tension, PMS, shock, stress-related conditions, and especially problems of emotional origin</p>
<p>Nerolina <i>Melaleuca quinquenervia</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: (E)-Nerolidol, Linalool, 1,8-Cineole, α-Pinene, Terpinen-4-ol, Viridiflorol, β-Caryophyllene</p>	Leaves, Flowers	Antiseptic, Antibacterial, anticatarrhal, stimulant, anti-rheumatic, expectorant	<p>Note: Middle</p> <p>Skin Care: Rashes, Pimples, Acne, Herpes, Wounds, cuts, grazes</p> <p>Circulation, Muscles & Joints: Rheumatism, muscular injury</p> <p>Respiratory System: Bronchitis, Respiratory tract disorders, Flu, sinus congestion, sore throat, catarrh, coughs, colds</p> <p>Genito-urinary System: Uterine infections</p> <p>Other: Insect repellent</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Niaouli <i>Melaleuca viridiflora</i></p> <p>Family: <i>Myrtaceae</i></p> <p>Main constituents: Viridiflorol, 1,8-Cineole, (E)-Nerolidol, Ledol</p>	Leaves and Twigs	Analgesic, anthelmintic, anticatarrhal, anti-rheumatic, antiseptic, antispasmodic, bactericidal, balsamic, cicatrisant, diaphoretic, expectorant, regulator, stimulant, vermifuge	<p>Note: Middle</p> <p>Skin Care: Acne, boils, burns, cuts, insect bites, oily skin, spots, ulcers, wounds</p> <p>Circulation, Muscles & Joints: Muscular aches and pains, poor circulation, rheumatism</p> <p>Respiratory System: Asthma, bronchitis, catarrhal conditions, coughs, sinusitis, sore throat, whooping cough</p> <p>Genito-Urinary System: Cystitis, urinary infection</p> <p>Immune System: Colds, fever, flu</p>
<p>Nutmeg <i>Myristica fragrans</i></p> <p>Family: <i>Myristicaceae</i></p> <p>Synonyms: <i>M.officinalis</i>, <i>M.aromatica</i>, <i>M.moschata</i>. <i>Myristica oil</i>, <i>Mace Husk</i>, <i>Macis oil</i></p> <p>Main constituents: Sabinene, α-Pinene, β-Pinene, Terpinen-4-ol, γ-Terpinene, (+)-Limonene, Safrole, Myristicin</p>	Seed	Analgesic, anti-emetic, antioxidant, anti-rheumatic, antiseptic, antispasmodic, aphrodisiac, carminative, digestive, emmenagogue, gastric secretory stimulant, larvicidal, orexigenic, prostaglandin inhibitor, stimulant, tonic	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Arthritis, gout, muscular aches and pains, poor circulation, rheumatism</p> <p>Digestive System: Flatulence, indigestion, nausea, sluggish digestion, upset stomach</p> <p>Reproductive System: Menstrual cramps</p> <p>Nervous System: Frigidity, impotence, neuralgia, nervous fatigue, tension</p> <p>Cautions: Potentially carcinogenic. Psychotropic in high doses, use in moderation. Avoid during pregnancy and with young children</p>
<p>Orange Bitter <i>Citrus aurantium amara</i></p> <p>Family: <i>Rutaceae</i></p> <p>Main constituents: (+)-Limonene, β-Myrcene, Linalool.</p> <p>Non-volatile compounds: Bergapten, Epoxy-bergamottin, Psoralen</p>	Peel of Fruit	Antiseptic, stimulant, tonic, digestive, stomachic, antispasmodic, sedative (nervous system), anti-inflammatory, astringent, bactericidal, carminative, choleric, fungicidal	<p>Note: Top</p> <p>Skin Care: Gums, mouth infection, dull skin</p> <p>Immune System: Colds, Flu</p> <p>Digestive System: Slow digestion, flatulence, constipation</p> <p>Nervous System: Stress</p> <p>Cautions: Possible skin irritant. Phototoxic, if applied to the skin at over max level of 1.25% skin must not be exposed to sunlight or subbed rays for 12hrs</p>
<p>Orange Sweet <i>Citrus sinensis</i></p> <p>Family: <i>Rutaceae</i></p> <p>Main constituents: (+)-Limonene, β-Myrcene</p>	Peel of Fruit	Antidepressant, anti-inflammatory, antiseptic, bactericidal, carminative, choleretic, digestive, fungicidal, hypotensive, sedative (nervous), stimulant (digestive and lymphatic), stomachic, tonic	<p>Note: Top</p> <p>Skin Care: Dull and oily complexions, mouth ulcers</p> <p>Circulation, Muscles & Joints: Obesity, palpitations, water retention</p> <p>Respiratory System: Bronchitis, chills</p> <p>Digestive System: Constipation, dyspepsia, spasm</p> <p>Immune System: Colds, Flu</p> <p>Nervous System: Nervous tension, stress related conditions</p>
<p>Oregano <i>Origanum vulgare</i></p> <p>Family: <i>Lamiaceae</i></p> <p>Main constituents: Carvacrol, <i>p</i>-Cymene, γ-Terpinene, Thymol, β-Caryophyllene, α-Pinene, β-Myrcene, α-Terpinene</p>	Leaves, Flowering Tops	Analgesic, anthelmintic, anti-rheumatic, antiseptic, antispasmodic, antitoxic, antiviral, bactericidal, carminative, choleric, cytophylactic, diaphoretic, diuretic, emmenagogue, expectorant, febrifuge, fungicidal, parasiticide, rubefacient, stimulant, tonic	<p>Note: Middle</p> <p>Skin Care: Yeast infections, cold sores</p> <p>Other: Useful in cleaning products but should be used with extreme caution aromatherapeutically.</p> <p>Cautions: Possible drug interaction with diabetic and anticoagulant medication. Avoid after major surgery or with blood conditions. Inhibits blood clotting. Embryotoxic- Avoid during pregnancy and breast feeding. Skin irritant - avoid use on young children and diseased or damaged skin. Mucous membrane irritant.</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Palmarosa <i>Cymbopogon martini</i></p> <p>Family: <i>Poaceae (Graminaceae)</i> Synonyms: <i>Motia, Rosha grass</i></p> <p>Main constituents: Geraniol, Geranyl acetate, (E,Z)-Farnesol, Linalool, (E)-β-Ocimene, β-Caryophyllene, Geranial, Caryophyllene oxide, β-Myrcene, Elemol, (Z,Z)-Farnesol</p>	Whole Plant	Antiseptic, bactericidal, cicatrisant, digestive, febrifuge, hydrating, stimulant (digestive, circulatory), tonic	<p>Note: Middle</p> <p>Skin Care: Acne, dermatitis, minor skin infections, scars, sores, wrinkles, valuable for all types of skin treatment for face, hands, feet, neck, lips (moisturises the skin, stimulates cellular regeneration, regulates sebum production).</p> <p>Digestive System: Anorexia, digestive atonia, intestinal infections</p> <p>Nervous System: Nervous exhaustion, stress related conditions</p> <p>Cautions: Possible skin sensitisation</p>
<p>Parsley Herb <i>Petroselinum crispum</i></p> <p>Family: <i>Apiaceae (Umbelliferae)</i></p> <p>Main constituents: Myristicin, β-Phellandrene, β-Myrcene, Apiol, Terpinolene, Menthatriene, Pinene, Carotol</p>	Herb	Antimicrobial, anti rheumatic, antiseptic, astringent, carminative, diuretic, depurative, emmenagogue, febrifuge, hypotensive, laxative, stimulant (mild), stomachic, tonic (uterine)	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Accumulation of toxins, arthritis, broken blood vessels, cellulitis, rheumatism, sciatica</p> <p>Digestive System: Flatulence, indigestion, haemorrhoids</p> <p>Genito-urinary System: Amenorrhoea, dysmenorrhoea, aid labour, cystitis, urinary infection</p> <p>Cautions: Toxicity; may be abortifacient - Avoid during pregnancy and breastfeeding</p>
<p>Patchouli <i>Pogostemon patchouli</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i></p> <p>Main constituents: Patchoulol, pogostol, bulnesol, nor patchoulolenol, bulnese, patchoulene.</p>	Leaves	Antidepressant, anti-inflammatory, anti-emetic, antimicrobial, antiphlogistic, antiseptic, antitoxic, antiviral, aphrodisiac, astringent, bactericidal, carminative, cicatrisant, deodorant, digestive, diuretic, febrifuge, fungicidal, nervine, prophylactic, stimulant (nervous), stomachic, tonic	<p>Note: Base</p> <p>Skin & Hair Care: General haircare, Dandruff, Oily skin and scalp conditions. Acne, athlete's foot, cracked and chapped skin, dermatitis, eczema (weeping), fungal infections, impetigo, sores, open pores, wounds, wrinkles</p> <p>Nervous System: Frigidity, nervous exhaustion, stress-related complaints</p> <p>Other: Insect repellent</p> <p>Cautions: Drug interaction; may inhibit blood clotting. Avoid if using anticoagulant medication, after major surgery and bleeding disorders</p>
<p>Pepper Black <i>Piper nigrum</i></p> <p>Family: <i>Piperaceae</i></p> <p>Main constituents: Thujene, pinene, camphene, sabinene, careen, myrcene, limonene, phellandrene, beta-caryophyllene.</p>	Fruit - Peppercorns	Analgesic, antimicrobial, antiseptic, antitoxic, Aperitif, bactericidal, carminative, diaphoretic, digestive, diuretic, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic	<p>Note: Base</p> <p>Skincare: Chilblains</p> <p>Circulation, Muscles & Joints: Anemia, arthritis, neuralgia, Poor circulation. Muscular aches and pains. Stiffness. Rheumatic pain, poor muscle tone, sprains</p> <p>Respiratory System: Catarrh, chills</p> <p>Immune System: Boosts immune system against colds, flu and viruses</p> <p>Digestive System: Loss of appetite, Constipation, diarrhea, flatulence, heartburn, nausea</p> <p>Nervous System: Lethargy. Mental fatigue</p> <p>Caution: Toxic and irritant in concentration. use in low dilutions of less than 1%</p>





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<p>Peppermint Arvensis <i>Mentha arvensis</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i> Synonyms: <i>Mint, Cornmint, field mint, Japanese mint</i></p> <p>Main constituents: (-) Menthol, Menthone, Isomenthone, (+)-Limonene, β-Pinene, α-Pinene, Neomenthol, Piperitone, Menthyl acetate, 3-Octanol, β-Myrcene, Sabinene, Isopulegol, Caryophyllene, (1R)-(+)-β-Pulegone, Iso-pulegol, Menthofuran</p>	Whole Plant	Analgesic, antimicrobial, digestive, anesthetic, antiseptic, antispasmodic, stimulant, uplifting, energising.	<p>Note: Top Skin Care: Acne Circulation, Muscles & Joints: Poor circulation Respiratory System: Sore throat, asthma, colds Digestive System: Digestive issues, nausea, dyspepsia Nervous System: Headache, migrane, mental fatigue, nervous stress, used spiritually to remove negativity Other: Pest repellent Caution: Avoid during pregnancy. Do not apply to or near the face of infants or small children. Should be avoided in cases of cardiac fibrillation and by people with G6PD deficiency. Avoid if suffering from Cholestasis or G.E.R.D</p>
<p>Peru Balsam <i>Myroxylon pereirae</i></p> <p>Family: <i>Fabaceae (Leguminosae)</i></p> <p>Main constituents: Benzyl benzoate, (E)-Benzyl cinnamate, Benzoic acid, (E)-Cinnamic acid, (E)-Nerolidol (E)-Methyl cinnamate, Benzyl alcohol.</p>	Gum resin	Antioxidant, anti-inflammatory, antiseptic, anti-rheumatic, analgesic, diuretic, Stimulant, antiseptic, astringent, expectorant, bactericidal (mild), hypotensor, soothing	<p>Note: Base Hair & Skin Care: Dandruff, Scabies, Chapped skin, eczema, rashes, sores Circulation, Muscles & Joints: Rheumatism, Poor circulation, muscle aches and pains Respiratory System: Bronchitis, pneumonia, coughing, colds, flu Nervous System: Stress, anxiety Cautions: Always used diluted - Moderate risk skin sensitisation; do not use on children under 2yrs, or with hypersensitive, diseased or damaged skin</p>
<p>Petitgrain <i>Citrus aurantzum</i></p> <p>Family: <i>Rutaceae</i> Synonyms: <i>Orange Leaf, Orange Petitgrain, Bitter orange leaf, Seville orange leaf</i></p> <p>Main constituents: Linalyl acetate, Linalool, α-Terpineol, Geranyl acetate, Geraniol, Neryl acetate, β-Myrcene, (E)-β-Ocimene, β-Pinene, (+)-Limonene</p>	Leaves, Twigs	Antiseptic, antispasmodic, deodorant, digestive, nerve, stimulant (digestive, nervous), stomachic, tonic	<p>Note: Top Skin Care: Acne, excessive perspiration, greasy skin & hair, toning Circulation, Muscles & Joints: Respiratory System: Digestive System: Dyspepsia, flatulence Nervous System: Convalescence, insomnia, nervous exhaustion, stress-related conditions</p>
<p>Pine (Turpentine) <i>Pinus pinaster</i></p> <p>Family: <i>Pinaceae</i></p> <p>Main constituents: α-Pinene, β-Pinene, β-Myrcene, β-Caryophyllene, δ-3-Carene, (+)-Limonene, Germacrene D, α-Terpineol, Camphene</p>	Needles	Analgesic, antimicrobial, anti rheumatic, antiseptic, antispasmodic, balsamic, diuretic, cicatrisant, counter-irritant, expectorant, haemostatic, parasiticide, rubefacient, stimulant, tonic, vermifuge, insecticide solvent	<p>Note: Middle Skin Care: Boils, cuts, fleas, insect repellent, lice, ringworm, scabies, wounds Circulation, Muscles & Joints: Arthritis, gout, muscular aches and pains, rheumatism, sciatica. Respiratory System: Bronchitis, catarrh, whooping cough Genito-urinary System: Cystitis, Leucorrhoea, urethritis Immune System: Colds Nervous System: Neuralgia Other: Paint remover, stain remover Cautions: Should not be used on hypersensitive or diseased skin or on children under 2yrs</p>





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<p>Pine Needle <i>Pinus sylvestris</i></p> <p>Family: <i>Pinaceae</i> Synonyms: <i>Scotch Pine, Forest Pine, Norway Pine</i></p> <p>Main constituents: α-Pinene, β-Pinene, δ-3-Carene, β-Phellandrene, δ-Cadinene, Camphene, α-Muuroolene, β-Bisabolene, γ-Cadinene, (+)-Limonene, Caryophyllene oxide, Bornyl acetate, β-Myrcene, β-Caryophyllene, Longifolene, α-Terpinene, Terpinolene, 1,8-Cineole, α-Cadinol, Fenchone, γ-Muuroolene, α-Terpineol, Tricyclene, α-Caryophyllene, (Z)-β-Ocimene, Chamazulene, (E)-β-Ocimene, Germacrene D, T-Muurolol, Sabinene.</p>	Needles	Antimicrobial, anti-neuralgic, anti rheumatic, antiscorbutic, antiseptic (pulmonary, urinary, hepatic), antiviral, bactericidal, balsamic, cholagogue, choleric, deodorant, diuretic, expectorant, hypertensive, insecticidal, restorative, rubefacient, stimulant (adrenal cortex, circulatory, nervous), vermifuge	<p>Note: Middle</p> <p>Skin Care: Cuts, lice, excessive perspiration, scabies, sores</p> <p>Circulation, Muscles & Joints: Arthritis, gout, muscular aches and pains, poor circulation, rheumatism</p> <p>Respiratory System: Asthma, bronchitis, catarrh, coughs, sinusitis, sore throat</p> <p>Genito-urinary System: Cystitis, urinary infection</p> <p>Immune System: Colds, flu</p> <p>Nervous System: Fatigue, nervous exhaustion and stress related conditions, neuralgia</p>
<p>Ravensara <i>Ravensara aromatica</i></p> <p>Family: <i>Lauraceae</i></p> <p>Main constituents: (+)-Limonene, Sabinene, Isoledene, Estragole, β-Caryophyllene, β-Myrcene, α-Terpinene, α-Pinene, Linalool, δ-3-Carene, Terpinen-4-ol, γ-Terpinene, 1,8-Cineole, β-Pinene, β-Phellandrene, α-Thujene, Camphene, γ-Cadinene, α-Copaene, <i>p</i>-Cymene, β-Elemene, (Z)-β-Ocimene</p>	Leaves	Antibacterial, antiviral, anti-inflammatory, antiseptic, diuretic, expectorant, decongestant, analgesic, stimulant, uplifting	<p>Note: Top</p> <p>Skin Care: Shingles, Cold sores</p> <p>Circulation, Muscles & Joints: Inflamed joints, Joint and muscular pain, rheumatism</p> <p>Respiratory System: Allergies, Colds, Bronchitis, respiratory tract infections</p> <p>Immune System: Flu, viral infections</p> <p>Cautions: Potentially carcinogenic based on Estragole content.</p>
<p>Rosalina <i>Melaleuca ericifolia</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>Swamp Paperbark tree, Lavender tea tree</i></p> <p>Main constituents: Linalool, 1,8-Cineole, α-Pinene, Terpinolene, (+)-Limonene, (+)-Aromadendrene, γ-Terpinene, α-Terpineol, <i>p</i>-Cymene, Terpinen-4-ol, 1(10)-Aromadendrene</p>	Leaves, Twigs	Anti-inflammatory, decongestant, anti-microbial, expectorant, antiseptic, antibacterial, antiviral, Sedative, calming, promotes sleep	<p>Note: Top</p> <p>Skin Care: Insect bites, acne, pimples, boils, tinea, herpes</p> <p>Circulation, Muscles & Joints:</p> <p>Respiratory System: Allergies, respiratory support, sinus congestion, sore throat, cough</p> <p>Nervous System: Restlessness, nervousness, irritability, stress, anxiety</p>





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<p>Rose <i>Rosa damascena</i></p> <p>Family: <i>Rosaceae</i> Synonyms: <i>Rose Otto, Damask rose, Bulgarian rose, Turkish rose</i></p> <p>Main constituents: (-)-Citronellol, Geraniol, Alkenes & Alkanes, Nerol, Methyleugenol, Linalool, Citronellyl acetate, Ethanol, 2-Phenylethanol, (E,E)-Farnesol, β-Caryophyllene, Eugenol, Geranyl acetate</p>	Flowers, Petals	Antidepressant, antiphlogistic, antiseptic, antispasmodic, anti-tubercular agent, antiviral, aphrodisiac, astringent, bactericidal, choleric, cicitrisant, depurative, emmenagogue, haemostatic, hepatic, laxative, regulator of appetite, sedative (nervous), stomachic, tonic (heart, liver, stomach, uterus)	<p>Note: Middle</p> <p>Skin Care: Broken capillaries, conjunctivitis (rose water), dry skin, eczema, herpes, mature and sensitive complexions, wrinkles.</p> <p>Circulation, Muscles & Joints: Palpitations, poor circulation</p> <p>Respiratory System: Asthma, coughs, hay fever</p> <p>Digestive System: Cholecystitis, liver congestion, nausea</p> <p>Genito-Urinary System: Irregular menstruation, leucorrhoea, menorrhagia, uterine disorders</p> <p>Nervous System: Depression, impotence, insomnia, frigidity, headache, nervous tension, stress-related complaints. Promotes wellbeing and happiness.</p>
<p>Rosemary <i>Rosmarinus officinalis</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i></p> <p>Main constituents: α-Pinene, 1,8-Cineole, Camphor, Camphene, β-Pinene, β-Myrcene, Verbenone, (+)-Limonene, α-Terpineol+borneol, β-Caryophyllene, Bornyl acetate, <i>p</i>-Cymene, Terpinen-4-ol, Linalool</p>	Flowers, Leaves	Analgesic, antimicrobial, antioxidant, anti-rheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, cephalic, cholagogue, choleric, cicatrisant, cordial, cytophylactic, diaphoretic, digestive, diuretic, emmenagogue, fungicidal, hepatic, hypertensive, nervine, parasiticide, restorative, rubefacient, stimulant (circulatory, adrenal cortex, hepatobiliary) stomachic, sudorific, tonic (nervous, general), vulnerary	<p>Note: Top</p> <p>Skin & Hair Care: Dandruff, greasy hair, promotes hair growth, stimulates scalp, lice, Acne, dermatitis, eczema, regulates Seborrhoea, scabies, varicose veins</p> <p>Circulation, Muscles & Joints: Arteriosclerosis, fluid retention, gout, muscular pain, palpitations, poor circulation, rheumatism</p> <p>Respiratory System: Asthma, bronchitis, whooping cough</p> <p>Digestive System: Colitis, dyspepsia, flatulence, hepatic disorders, hypercholesterolaemia, jaundice</p> <p>Genito-urinary system: Dysmenorrhoea, leucorrhoea</p> <p>Immune System: Colds, flu, infections</p> <p>Nervous System: Debility, headaches, hypotension, neuralgia, mental fatigue, nervous exhaustion, stress related disorders</p> <p>Other: Insect repellent</p> <p>Cautions: Do not apply to or near the face of infants or children. Not recommended if you have Epilepsy. May be neurotoxic based on camphor content.</p>
<p>Rosewood <i>Aniba rosaeodora</i></p> <p>Family: <i>Lauraceae</i> Synonyms: <i>bois de rose</i></p> <p>Main constituents: Linalool, α-Terpineol, (Z)-Linalool oxide, (E)-Linalool oxide, 1,8-Cineole</p>	Wood	Mildly analgesic, anticonvulsant, antidepressant, antimicrobial, antiseptic, aphrodisiac, bactericidal, cellular stimulant, cephalic, deodorant, stimulant (immune system) tissue regenerator, tonic	<p>Note: Skin Care: Middle</p> <p>Skin Care: Acne, dermatitis, scars, wounds, wrinkles and general skincare: sensitive, dry, dull, combination oily/dry, etc</p> <p>Immune System: Coughs, colds, fever, infections, stimulates immune system</p> <p>Nervous System: Frigidity, headaches, nausea, nervous tension, and stress related conditions.</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Sage (Spanish) <i>Salvia lavandulaefolia</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i></p> <p>Main constituents: 1,8-Cineole, Camphor, α-Terpinyl acetate, Linalool, α-Pinene, Camphene, β-Pinene, (Z)-Sabinyl acetate, Borneol, Linalyl acetate, (+)-Limonene, β-Myrcene, Bornyl acetate, β-Caryophyllene, Sabinene, (Z)-β-Ocimene, <i>p</i>-Cymene, Isoborneol, α-Terpineol, α-Caryophyllene, Terpinen-4-ol</p>	Leaves	Antidepressant, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, astringent, carminative, deodorant, depurative, digestive, emmenagogue, expectorant, febrifuge, hypotensive, nervine, regulator (of seborrhoea), stimulant (hepatobiliary, adrenocortical glands, circulation), stomachic, tonic (nerve and general)	<p>Note: Middle</p> <p>Skin & Hair Care: Dandruff, hair loss, acne, cuts, dermatitis, eczema, excessive sweating, gingivitis, gum infections, sores</p> <p>Circulation, Muscles & Joints: Arthritis, debility, fluid retention, muscular aches and pains, poor circulation, rheumatism</p> <p>Respiratory System: Asthma, coughs, laryngitis</p> <p>Digestive System: Jaundice, liver congestion</p> <p>Genito-Urinary System: Amenorrhoea, dysmenorrhoea, sterility</p> <p>Immune System: Colds, fever, flu</p> <p>Nervous System: Headaches, nervous exhaustion, stress-related conditions.</p> <p>Cautions: Abortifacient; Avoid during pregnancy and breastfeeding.</p>
<p>Sandalwood West Australian <i>Santalum spicatum</i></p> <p>Family: <i>Santalaceae</i></p> <p>Main constituents: α-Santalol, α-Bisabolol, (Z)-Nuciferol, (E,E)-Farnesol, Dendrolasin, (Z)-β-Santalol, (E)-Nuciferol, (E)-α-Bergamotol, β-Bisabolol, Bulnesol, (E)-β-Santalol, (Z)-Lanceolol, (E)-Nerolidol, Guaiol, β-Curcumene, <i>epi</i>-β-Santalol, β-Santalene</p>	Wood	Anti-inflammatory, antidepressant, antiphlogistic, antiseptic (urinary & pulmonary), astringent, antispasmodic, carminative, cicatrisant, diuretic, expectorant, relaxant, fungicidal, bactericidal, insecticidal, sedative, tonic	<p>Note: Base</p> <p>Skin Care: Acne, Dry, chapped and cracked skin, Wrinkles, greasy skin, moisturiser, barbers rash, scars, dermatitis, insect bites</p> <p>Circulation, Muscles & Joints: Muscle aches and pains, muscle spasms</p> <p>Respiratory System: Bronchitis, catarrh, coughs (dry, persistent), laryngitis, sore throat, sinusitis</p> <p>Digestive System: Diarrhea, nausea</p> <p>Genito-Urinary System: Cystitis</p> <p>Nervous System: Insomnia, meditation aid, stress-related conditions, depression, nervous tension.</p>
<p>Sandalwood Pacific <i>Santalum austrocaledonicum</i></p> <p>Family: <i>Santalaceae</i></p> <p>Main constituents: (Z)-α-Santalol, (Z)-β-Santalol, (Z)-Lanceol, (Z)-α-<i>trans</i>-Bergamotol, (Z)-<i>epi</i>-β-Santalol, (Z)-Nuciferol</p>	Wood	Antidepressant, antiphlogistic, antiseptic (urinary, pulmonary), antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrisant, diuretic, expectorant, fungicidal, insecticidal, sedative, tonic	<p>Note: Base</p> <p>Skin Care: Acne, Dry, chapped and cracked skin, greasy skin, moisturiser, barbers rash</p> <p>Respiratory System: Bronchitis, catarrh, coughs (dry, persistent), laryngitis, sore throat</p> <p>Digestive System: Diarrhea, nausea</p> <p>Genito-Urinary System: Cystitis</p> <p>Nervous System: Insomnia, meditation aid, stress-related conditions, depression, nervous tension.</p>
<p>Spearmint <i>Mentha spicata</i></p> <p>Family: <i>Lamiaceae (Labiatae)</i></p> <p>Main constituents: (-)-Carvone, (+)-Limonene, β-Myrcene, (Z)-Dihydrocarvone, 1,8-Cineole, 3-Octanol, Menthone</p>	Leaves Flowering Tops	Anaesthetic (local), antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, decongestant, digestive, diuretic, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, tonic	<p>Note: Top/Middle</p> <p>Skin Care: Acne, dermatitis, congested skin,</p> <p>Respiratory System: Asthma, bronchitis, catarrhal conditions, sinusitis</p> <p>Digestive System: Colic, dyspepsia, flatulence, hepatobiliary disorders, nausea, vomiting</p> <p>Immune System: Colds, fevers, flu</p> <p>Nervous System: Fatigue, headache, migraine, nervous strain, neurasthenia, stress</p> <p>Cautions: Skin sensitisation (Low risk), Mucous membrane irritation (low risk)</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Tagetes <i>Tagetes minuta</i></p> <p>Family: <i>Asteraceae (Compositae)</i> Synonyms: <i>Taget, Marigold, Mexican marigold, Tagetes glandulifera</i></p> <p>Main constituents: (Z)-β-Ocimene, Dihydrotagetone, (Z)-Tagetone, (Z)-Tagetenone, (E)-Tagetenone, (+)-Limonene, (E)-Tagetone, Germacrene B, β-Caryophyllene</p>	Flowers	Anthelmintic, antispasmodic, bactericidal, carminative, diaphoretic, emmenagogue, fungicidal, stomachic	<p>Note: Top</p> <p>Skin Care: Bunions, calluses, corns, resistant fungal infections, warts, athlete's foot, parasitic infestations</p> <p>Cautions: Phototoxic, If applied to the skin at over max level of 0.01%, skin must not be exposed to sunlight or sun bed rays for 12hrs except for wash off products.</p>
<p>Tangerine <i>Citrus reticulata</i></p> <p>Family: Rutaceae</p> <p>Main constituents: (+)-Limonene, γ-Terpinene, β-Myrcene, α-Pinene, Sabinene, <i>p</i>-Cymene, Linalool</p>	Peel of Fruit	Antiseptic, antispasmodic, carminative, digestive, diuretic (mild), laxative (mild), sedative, stimulant (digestive and lymphatic), tonic	<p>Note: Top</p> <p>Skin Care: Acne, congested and oily skin</p> <p>Circulation, Muscles & Joints: Mild muscular spasm, cellulite</p> <p>Digestive System: Digestive problems, Flatulence, constipation, bodily congestion, detoxification, fluid retention.</p> <p>Nervous System: Fatigue, irritability, stress induced insomnia, sadness, anxiety, nervous exhaustion</p> <p>Caution: Skin irritant if oxidised.</p>
<p>Tea Tree <i>Melaleuca alternifolia</i></p> <p>Family: <i>Myrtaceae</i> Synonyms: <i>ti-tree</i></p> <p>Main constituents: Terpinen-4-ol, γ-Terpinene, α-Terpinene, Terpinolene, 1,8-Cineole, α-Terpineol, <i>p</i>-Cymene, α-Pinene, (+)-Aromadendrene, Ledene (viridiflorene), δ-Cadinene, (+)-Limonene</p>	Leaves, Twigs	Anti-infectious, anti-inflammatory, antiseptic, antiviral, bactericidal, balsamic, cicatrisant, diaphoretic, expectorant, fungicidal, immuno-stimulant, parasiticide, vulnerary	<p>Note: Middle</p> <p>Skin Care: Abscess, acne, athlete's foot, blisters, burns, cold sores, cuts, dandruff, herpes, insect bites, oily skin, rashes (nappy rash), spots, veruccae, warts, wounds (infected), itching, ringworm</p> <p>Respiratory System: Asthma, bronchitis, catarrh, coughs, sinusitis, tuberculosis, whooping cough</p> <p>Genito-urinary System: Candida, vaginitis, cystitis, pruritus, Urethritis</p> <p>Immune System: Colds, fever, flu, infectious illnesses such as chicken pox</p> <p>Other: Disinfectants and household cleaning products</p>
<p>Thyme <i>Thymus vulgaris</i> Chemotype - Linalool</p> <p>Family: <i>Lamiaceae (Labiatae)</i></p> <p>Main constituents: Linalool, Linalyl acetate, α-Terpineol+borneol, Thymol, <i>p</i>-Cymene, β-Caryophyllene, Camphene, Carvacrol, β-Myrcene</p>	Leaves, Flowering Tops	Anthelmintic, antimicrobial, antioxidant, anti-putrescent, anti-rheumatic, antiseptic (intestinal, pulmonary, genito-urinary), antispasmodic, antitussive, antitoxic, aperitif, astringent, aphrodisiac, bactericidal, balsamic, carminative, cicatrisant, diuretic, emmenagogue, expectorant, fungicidal, hypertensive, nervine, revulsive, rubefacient, parasiticide, stimulant (immune system, circulation) Sudorific, tonic, vermifuge	<p>Note: Middle</p> <p>Skin Care: Abscess, acne, bruises, burns, cuts, dermatitis, eczema, insect bites, lice, gum infections, oily skin, scabies, cuts</p> <p>Circulation, Muscles & Joints: Arthritis, cellulitis, gout, muscular aches and pains, obesity, oedema, poor circulation, rheumatism, sprains, sports injuries.</p> <p>Respiratory System: Asthma, bronchitis, catarrh, coughs, laryngitis, sinusitis, sore throat, tonsillitis.</p> <p>Digestive System: Diarrhoea, dyspepsia, flatulence</p> <p>Genito-urinary System: Cystitis, urethritis</p> <p>Immune System: Chills, colds, flu, infectious diseases</p> <p>Nervous System: Headaches, insomnia, nervous debility, stress-related complaints- helps to revive and strengthen both body and mind</p> <p>Other: Disinfectants and household cleaning</p>



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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Turmeric <i>Curcuma longa</i></p> <p>Family: <i>Zingiberaceae</i></p> <p>Main constituents: Tumerone, <i>ar</i>-Tumerone, Zingiberene, α-Phellandrene, β-Sesquiphellandrene, <i>ar</i>-Curcumene, 1,8-Cineole, β-Curcumene, Carlone, α-Caryophyllene, Terpinolene, β-Bisabolene, β-Caryophyllene, <i>p</i>-Cymene</p>	Rhizomes	Analgesic, anti-arthritis, anti-inflammatory, anti-oxidant, bactericidal, cholagogue, digestive, diuretic, hypotensive, insecticidal, laxative, rebeferent, stimulant	<p>Note: Middle</p> <p>Circulation, Muscles & Joints: Arthritis, muscular aches and pains, rheumatism</p> <p>Digestive System: Anorexia, sluggish digestion, liver congestion</p> <p>Cautions: Drug interaction with diabetes medication. 'Tumerone' can be toxic and irritating in high concentrations, use in moderation and for limited periods.</p>
<p>Valerian Root <i>Valeriana officinalis</i></p> <p>Family: <i>Valerianaceae</i></p> <p>Main constituents: Valerianol, Bornyl acetate, Valeranone, Valeranal, Camphene, α-Kessyl acetate, Elemol, (+)-Limonene + β-terpinene + 1,8-cineole, Myrtenyl isovalerate, α-Pinene, Myrtenyl, acetate, β-Eudesmol, Kessane, Eudesma-2,6,8-triene, Bicycloelemene, α-Gurjunene, Eugenyl hexanoate, β-Pinene, Valerenic acid, Drimenol, δ-Elemene, Myrtenol, Cryptofauronol, α-Caryophyllene, Kessanyl acetate, β-Caryophyllene, Pacifigorgiol, α-Guaiene, Borneol, β-Elemene, Cryptofauronyl acetate, (-)-<i>allo</i>-Aromadendrene, β-Phellandrene, Citronellyl isovalerate, Ledol, <i>epi</i>-α-Bisabolol, Palmitic acid, Germacrene D, (E)-Valerenyl isovalerate, Nojigiku acetate, Maaliol, <i>p</i>-Cymene, (E)-Valarenyl acetate, 2,6-Dimethoxy-<i>p</i>-cymene, β-Gurjunene, Bornyl isovalerate, Valerenol (Z/E), δ-Cadinene, Isoeugenyl isovalerate, Sabinene</p>	Tops Roots	Anodyne (mild), antidandruff, diuretic, antispasmodic, bactericidal, carminative, depressant of the central nervous system, hypnotic, hypotensive, regulator, sedative, stomachic	<p>Note: Base</p> <p>Skin Care: Dandruff</p> <p>Nervous System: insomnia, nervous indigestion, migraine, restlessness and stress and tension states</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Vetiver <i>Vetiverla zizan ides</i></p> <p>Family: <i>Poaceae (Gramineae)</i> Synonyms: <i>Vetivert, Khus Khus</i></p> <p>Main constituents: Khusimol (zizanol), Vetiselinol (isonootkatol), Cyclocapacamphan-12-ol (epimer A), α-Cadinol, α-Vetivone (isonootkatone), β-Vetivenene, β-Eudesmol, β-Vetivone, Khusenic acid, β-Vetispirene, γ-Vetivenene, α-Amorphene, (E)-Eudesm-4(15),7-dien-12-ol, β-Calacorene, γ-Cadinene, (Z)-Eudesm-6-en-11-ol, γ-Amorphene, Ziza-5-en-12-ol, β-Selinene, (Z)-Eudesma -6,11-diene, Salvial-4(14)-en-1-one, Khusinol, Cyclocopacamphan-12-ol (epimer B), Selina-6-en-4-ol, Khusian-ol, δ-Amorphene, 1-<i>epi</i>-Cubenol, Khusimene (ziza-6 (13)-ene), Ziza-6(13)-en-3β-ol, Ziza-6(13)-en-3-one, 2-<i>epi</i>-Ziza-6(13)-en-3α-ol, 12-Nor-ziza-6(13)-en-2β-ol, α-Vetispirene, Ermophila-1(10),7(11)-diene, Dimethyl-6,7-bicyclo-[4.4.0]-deca-10-en-one, 10-<i>epi</i>-γ-Eudesmol, α-Calacorene, (E)-Opposita-4(15),7(11)-dien12-ol, Prekhusenic acid, 13-Nor-eudesma-4,6-dien-11-one, Isovalencenol, Spirovetiva-1(10),7(11)-diene, 2-<i>epi</i>-Zlza-6(13)-en-12-al, (E)-Isovalencenal, Preziza-7(15)-ene, (Z)-Eudesma-6,11-dien-3β-ol, Intermedeol (eudesm-11-en-4-ol), Isoeugenol, Isokhusenic acid, Elemol, Eremophila-1(10),6-dien-12-al, Juniper camphor, Khusimone, Eremophila-1(10),4(15)-dien-2α-ol, Eremophila-1(10),7(11)-dien-2β-ol, (Z)Isovalencenal, <i>allo</i>-Khusiol, Methyl-(E)-eremophila-1(10),7(11)-dien-12-ether, (E)-2-Nor-zizaene, (Z)-Eudesm-6-en-12-al, Funebran-15-al</p>	<p>Roots</p>	<p>Antiseptic, antispasmodic, depurative, rubefacient, sedative (nervous system), stimulant (circulatory, production of red corpuscles), tonic, vermifuge</p>	<p>Note: Base Skin Care: Acne, cuts, oily skin, wounds, sores Circulation, Muscles & Joints: Arthritis, Muscular spasm, muscular aches and pains, rheumatism, sprains, stiffness Genito-urinary System: Menstrual Cramps, PMS Nervous System: Restlessness, Exhaustion, Debility, depression, insomnia, nervous tension - Vetiver is deeply relaxing, so valuable in massage and baths for stress relief</p>



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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Violet Leaf Absolute <i>Viola odorata</i></p> <p>Family: <i>Violaceae</i></p> <p>Main constituents: 9,12-Octadecadienoic acid, 2,6-Nonedienal, Hexadecanoic acid, 3-pentadecenal, 1-Hexadecene, 1-Octadecene, 2,6,11-Trimethyldodecane, Docecanol, 2,4-Dimethyldodecane, 2,7,11-Trimethyldodecane, 2,6-Nonedienol, (3Z)-Hexen-1-ol, 2,5-Heptadienol, 7-Octen-4-ol, (2E)-Hexen-1-ol, 3-Hexenyl formate, Benzyl alcohol, 3,7-Dimethyloctane</p>	Leaves	Analgesic (mild), anti-inflammatory, anti rheumatic, antiseptic, decongestant (liver) diuretic, expectorant, laxative, soporific, stimulant (circulation)	<p>Note: Middle</p> <p>Skin Care: Acne, eczema, refines the pores, thread veins, wounds, bruising, sore skin, prematurely aged skin</p> <p>Circulation, Muscles & Joints: Fibrosis, poor circulation, rheumatism, cellulite, edema, fluid retention</p> <p>Respiratory System: Bronchitis, catarrh, mouth and throat infections</p> <p>Nervous System: Dizziness, headaches, insomnia, nervous exhaustion</p>
<p>Wintergreen <i>Gaultheria procumbens</i></p> <p>Family: <i>Ericaceae</i></p> <p>Main constituents: Methyl salicylate</p>	Leaves	Analgesic (mild), anti-inflammatory, anti-rheumatic, antitussive, astringent, carminative, diuretic, emmenagogue, galactagogue, stimulant	<p>Note: Top</p> <p>Circulation, Muscles & Joints: Inflammation, pain management, rheumatoid arthritis</p> <p>Cautions: Drug interaction; inhibits blood clotting. High doses are teratogenic. Avoid use with Anticoagulant medication, major surgery, hemophilia, bleeding disorders. Avoid during pregnancy and breastfeeding, avoid use on children especially those with ADD/ADHD Avoid use on broken skin or dermatological conditions</p>
<p>Yarrow <i>Achulea millefolium</i></p> <p>Family: <i>Asteraceae (Compositae)</i></p> <p>Main constituents: Sabinene, Chamazulene, β-Myrcene, Germacrene D, β-Pinene, Camphor, Camphene, β-Caryophyllene, β-Phellandrene, α-Pinene, Borneol, β-Thujone, Bornyl acetate, γ-Terpinene, 1,8-Cineole, β-Thujone, (+)-Limonene</p>	Leaves, Flowering Tops	Anti-inflammatory, antipyretic, anti rheumatic, antiseptic, antispasmodic, astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, haemostatic, hypotensive, stomachic, tonic	<p>Note: Middle</p> <p>Skin & Hair Care: Acne, burns, cuts, eczema, promotes hair growth, inflammations, rashes, scars, tones the skin, varicose veins, wounds, haemorrhoids</p> <p>Circulation, Muscles & Joints: Arteriosclerosis, high blood pressure, rheumatoid arthritis, thrombosis</p> <p>Respiratory System: Constipation, cramp, flatulence, haemorrhoids, indigestion</p> <p>Genito-Urinary System: Amenorrhoea, dysmenorrhoea, cystitis, and other infections</p> <p>Immune System: Colds, flu, fever</p> <p>Nervous System: Hypertension, insomnia, stress-related conditions</p> <p>Cautions: Possible drug interactions when using drugs metabolised by CYP2D6.</p>





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<u>COMMON NAME & BOTANICAL NAME</u>	<u>PART EXTRACTED</u>	<u>PROPERTIES</u>	<u>AROMATHERAPY USES</u>
<p>Ylang-Ylang <i>Cananga odorata</i></p> <p>Family: <i>Annonaceae</i></p> <p>Main constituents: Germacrene D, Benzyl benzoate, (E,E)-α-Farnescene, Benzyl acetate, Linalool, β-Caryophyllene, Geranyl acetate, <i>p</i>-Cresyl methyl ether, (E,E)-Farnesyl acetate, α-Caryophyllene, (E)-Cinnamyl acetate, (E,E)-Farnesol, Methyl benzoate, (Z)-3-Hexen-1-yl benzoate, Bicyclogermacrene, α-Cadinol, 3-Methyl-2-buten-1-yl acetate, Isoeugenol</p>	Flowers	Aphrodisiac, antidepressant, anti-infectious, antiseborrhoeic, antiseptic, euphoric, hypotensive, nervine, regulator, sedative (nervous), stimulant (circulatory), tonic	<p>Note: Middle/Base</p> <p>Skin & Hair Care: Acne, hair growth, insect bites, irritated and oily skin, general skin care</p> <p>Circulation, Muscles & Joints: High blood pressure, hyperpnoea (abnormally fast breathing), tachycardia, palpitations</p> <p>Nervous System: Depression, frigidity, impotence, insomnia, nervous tension and stress related disorders, frustration</p> <p>Cautions: Skin sensitisation, avoid use on children under 2yrs or those with hypersensitive, diseased or damaged skin. Max recommended use level 0.8% (Tisserand & Young)</p>
<p>References: Essential Oil Safety Second Edition - Robert Tisserand & Rodney Young Aromatherapy for health professionals Fourth edition - Len Price & Shirley Price The Encyclopaedia of Essential Oils - Julia Lawless Complete Illustrated Guide to Aromatherapy - Julia Lawless Encyclopedia of Aromatherapy - Chrissie Wildwood</p> <p>biofinest.com benthamopen.com aromaweb.com healthline.com healthbenefitstimes.com kochiioil.com.au cosmeticsbusiness.com</p>			

