



ABSOLUTE ESSENTIAL™
THERAPEUTIC PLANT OILS

RESTORING BALANCE & SUPPORTING WELLBEING

Product Catalogue





HERE AT ABSOLUTE ESSENTIAL WE BELIEVE THAT NATURE KNOWS BEST

Which is why we keep things pure and simple; providing 100% organic, premium quality essential plant oil products of the highest therapeutic value, sourced sustainably from artisan producers worldwide and expertly crafted with your health in mind.

WHO ARE WE?

Founded in 1988 by Natural Health Practitioner, Dr Bo Hendgen (D.O. N.D. A.M), Absolute Essential is a New Zealand-owned and operated company built on sustainability principles to promote health and wellbeing for our global future.

Bo's founding pledge for the company was to source and protect the world's finest natural plant extracts for maximum therapeutic value. And her vision: to make a positive and permanent difference to people's lives.

30+ years on this dream has been realised. Giving you - our customer - not only access to world-class therapeutic plant oils and a direct in-road to safe, confident use, but also active membership in a visionary, sustainable business, supporting traditional, artisan communities around the globe.

ABSOLUTELY YES

to embracing all things Natural,
Plant Based, Organic, Vegan, Fair
Trade and Cruelty Free.



ABSOLUTELY NO

to Petrochemicals, Parabens,
Pesticides, Industrial Giants
and Animal Testing.

WHERE ARE WE?

Our offices, holistic health clinic and in-house certified organic factory are located on 16 acres of pristine coastal, bush-clad land at Muriwai Beach, New Zealand.

This is beautiful, clean, green countryside where nature abounds – pure, unspoiled and powerful. Much like the products we produce here! Our entire organic range is manufactured onsite. This allows us to maintain complete control over the sourcing, crafting, production and packaging processes (from ‘seed to seal’), and give every item off the line the care and attention it deserves. Only the best for you.

OUR PROMISE

From the quality of our products to the sustainability of our packaging, from our fair trade and cruelty-free practices to our conservation efforts, we take the green approach and do the right thing. Always.

Every item you purchase from the Absolute Essential range has been lovingly and carefully crafted adhering to the following earth-friendly principals:

- We source organic or wild-grown ingredients originating in 56 countries worldwide, and deal direct with our suppliers to support small-hold, eco-friendly businesses, making conscious choices to benefit future generations.
- The final crafting of the raw materials takes place at our in-house certified organic factory, following stringent production protocols and with the utmost attention to detail.
- We plant trees for air miles. Practice a ‘zero-waste’ recycling policy. Employ on-site workers locally where we can. And practice conscious consumption day to day, from choosing eco-lights to low-volume printing on recycled stock.



ESSENTIAL INFORMATION



💧 **Certified Organic** - the highly respected AsureQuality and BioGro organic standards agencies have certified all Absolute Essential organic products and independently audited our manufacturing processes and facility. Products marked with * in the product ingredient listings are certified organic.



💧 **Wild Grown** - in countries where organic or wild certification is not yet available, we work directly with suppliers to guarantee traditional natural production and responsible, sustainable harvesting.



Certified Vegan - our entire product range is certified vegan, which means it is • free from animal derived ingredients • there is no cross-contamination during production • **GMO-free** • and no animal testing has ever been carried out or commissioned.



New Zealand Made - we are a New Zealand-owned and grown company with all final products crafted onsite. We're also proud to be a FernMark Licensee, and be a part of a programme that promotes and protects New Zealand products on a global scale.



No Animal Testing - caring for the planet means caring for the creatures on it too. We do not (and will never) test on animals – you can be safe in the knowledge that all our products are certified cruelty-free.



Fairtrade - being a part of the Fairtrade movement is a simple way for us to know that we are making a difference to the lives of the people who grow the things we love. All our raw materials that come from farms have been assessed to provide fair wages, decent working conditions (no child labour) and local sustainably.



💧 **Mother & Child Safe** - all products marked as Mother & Child Safe can be used with confidence at half dosage on children or during pregnancy. M&C products carry specific child and maternity directions.

WINNING HEARTS & AWARDS

We're proud three-time winners of the Natural Products New Zealand Sustainability Award. We also won the inaugural Natural Products New Zealand Supreme Business Award for exemplary conduct as a sustainable business.



HOW TO USE OUR PLANT OILS

Diffusion	5-10 drops in a diffuser	Air purification	Mood enhancing aroma	Therapeutic environment
Bath	6-10 drops into milk, 15 minutes max	Relaxation	Immunity	Ease aches & pains
Shower	3-5 drops on cloth to damp body	Revitalising	Toning	Conditioning
Inhalation	2-5 drops into bowl of hot water	Colds & flu	Allergies	Sinus
Massage	1-5 drops per 1ml of Carrier	Relaxation	Skin treatment	Sore muscles
Compress	5-20 drops (for intense treatment)	Pain	Joint aches	Hormonal
Pulse points	1-2 drops	Relaxation	Concentration	Headache
Tissue	2-6 drops on a tissue & inhale	Sinus	Focus	Congestion
Perfume	1-3 drops applied to wrists & neck	Mood enhancer	Romance	Therapeutic fragrance

See product packaging or www.absoluteessential.com for more detailed information.

HOW TO USE OUR CREAMS, BODY & MASSAGE OILS

Virgin carrier oils, creams and gels are blended to create exquisite natural body care. Apply as much as required, up to 3 times a day. Follow pack instructions.

SAFETY CONSIDERATIONS

Undiluted essential oils and pure oil blends should not be taken internally or applied directly to the skin unless directed by a qualified practitioner. Keep out of reach of children. Store in a cool, dark place. Consult a health professional for serious illness or persistent symptoms.

ANY QUESTIONS?

See FAQs at the end of this catalogue or please utilise our online chat & e-consult form @ www.absoluteessential.com



ESSENTIAL OILS

An exquisite range of 100% natural, organic & vegan certified essential oils made to medicinal specifications & carefully extracted to deliver a full therapeutic effect.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

🌿 MOTHER & CHILD SAFE

Aniseed 🌿

Pimpinella anisum, seed, Egypt.

Assists digestion, premenstrual & menopausal balance, & aids respiratory health for coughs & colds.

Basil 🌿

Ocimum basilicum, flower/leaf, Nepal.

Helps with clear thinking, memory & concentration, as well as aiding healthy digestion. Beneficial for headaches & muscle tension.

Bergamot 🌿💧

Citrus aurantium var. bergamia, rind, Italy.

Strong tones for composure & resolve. May be useful for stress or crisis. Digestive aid & helps to curb cravings.

Cardamom 🌿

Elettaria cardamomum, fruit/seeds, Guatemala.

Refreshing & uplifting. Promotes digestion. Good in respiratory blends. General tonic when under the weather as well as aphrodisiac qualities.

Cedarwood Atlas 🌿

Cedrus atlantica, wood, Morocco.

Relaxing on mind & body. Diffuse to encourage equilibrium & harmony. Cleanses & conditions skin & hair, particularly for men & adolescents.

Chamomile German: pure 🌿💧

Chamomilla matricaria, flower, Egypt.

Aids skin health & supports hormone balance during menstruation & menopause. Promotes calm.

Chamomile German 3% 🌿💧

Aids skin health & supports hormone balance during menstruation & menopause. Promotes calm. Blended for safe application to skin (not suitable for use in diffusers or bath). Contains: Jojoba* & Chamomile German*.

Chamomile Roman: pure 🌿💧

Anthemis nobilis, flower, France.

Helps relaxation & supports restful sleep, especially in children & babies. Supports healthy balance of the nervous system.

Chamomile Roman 3% 🌿💧

Helps relaxation & supports restful sleep, especially in children & babies. Supports healthy balance of the nervous system. Blended for safe application to skin (not suitable for use in diffusers or bath). Contains: Jojoba* & Chamomile Roman*.

Cinnamon Leaf 🌿

Cinnamomum verum, leaf, Sri Lanka.

Cleansing, protective & antiseptic properties. Supports healthy digestion & immune function. Also excellent for foot care. Warming & comforting.

Citronella 🌿💧

Cymbopogon wintrianus, grass, Nepal.

Natural insect repellent with useful applications for skin, garden, pets & home.

Clary Sage 🌿

Salvia sclarea, plant/flower, France.

Euphoric, enhancing, supports balance during menstrual phases, positive outlook and calm. Also a great skin tonic.

Clove Bud 🌱

Eugenia caryophyllata, bud, Madagascar.

Indicated to support mental clarity and focus - assertiveness. Has soothing & antiseptic properties that are good for oral health (diluted) & disinfecting.

Coriander Seed 🌱

Coriandrum sativum, seed, Hungary.

Exceptional natural healer. Good for circulation, digestion & detox. Helps to regulate menstruation & post partum balance. Supports immunity & aids mental clarity.

Cypress 🌱

Cupressus sempervirens, needles, Spain.

Cleansing, bold & energising. For healthy circulation of skin & body, & emotional lift. May be useful for sadness & to encourage assertiveness. Excellent for puffy feet.

Eucalyptus Australiana 🌱

Eucalyptus radiata, leaf, Australia.

Aids natural respiration & helps to clear congestion. Diffuse to disinfect air & enhance breathing. Germicidal & antibacterial properties of particular benefit to upper respiratory system. Fresh aroma for rinse cycle for soft, fragrant woollens.

Eucalyptus Blue Gum 🌱

Eucalyptus globulus, leaf, Australia.

Support for the lower respiratory system. It has antiseptic & expectorant properties. Also effective for muscle & body tension. Half dose or less for the elderly & young children.

Eucalyptus Lemon 🌱

Eucalyptus citriodora, leaf, Australia.

Use as alternative to DEET repellent. Antiseptic properties for air cleansing. Tonic for cardiovascular health. Refreshing on the mind.

Everlasting 🌱

Helichrysum gymnocephalum, flower, France.

Or Immortella, good for skin health & regeneration, builds natural defences against allergens. Also said to promote dreaming.

Fennel Sweet 🌱

Foeniculum vulgare dulce, seed, Bulgaria.

Aids healthy circulation & fluid expulsion in body tissue, especially lungs. Works well with oils for natural cleansing & detox.

Fir Balsam 🌱

Abies balsamea, needles, Canada.

Clear tones for a positive mindset & balanced emotions. Plus aid for immunity, gland & respiratory health.

Frankincense 🌱

Boswellia carterii, resin, Somalia.

Supports calm & uplifts. Assists natural release of unconscious stress & nightmares. Also encourages vital, toned skin.

Geranium 🌱

Pelargonium graveolens, flower, Egypt.

Complements lightness & communication. Diffuse for positivity. Also supports healthy skin & hormone balance through menstrual phases, & lip health.

Geranium Rose 🌱

Pelargonium roseum, leaf/flower, Morocco.

The softer Geranium oil. Good during pregnancy & for children. Comforting to emotions. Also a great skin tonic.

Ginger 🌱

Zingiber officinalis, rhizome, Madagascar.

Arousing aroma that complements natural energy & courage. Also assists balanced digestion. Good for morning queasiness in pregnancy (small dose).

Grapefruit 🌱

Citrus paradisi, rind, Argentina.

Lively scent for hope & confidence. Properties to help flush fluids & toxins from body tissues. Reported effect on Cellulite.

Jasmine Absolute

Jasminum officinalis, flower, Egypt.

Sensual aroma for intimacy & confidence. Wear as a perfume for natural allure.

Jasmine 3% 🌱

A sensual aroma that supports the release of inhibition & self-doubt. Blended for direct application to skin (not suitable for use in diffusers or bath). Contains: Jojoba* & Jasmine Absolute.

Juniper Berry 🌱

Juniperus communis, berry, France.

Supports cleansing, detox & joint mobility, particularly good for elderly people. Also can assist digestion after a heavy meal.

Kanuka 🌱

Leptospermum ericoides, twig, New Zealand.

Clear tones for vitality & calm. Supports healthy respiration, immune functions & natural recovery following illness. Also soothes & protects skin in blends.

Lavender Spike 🌱

Lavandula latifolia, flower, France.

A more camphorous scent than Lavender True, this oil gently supports healthy respiration. Great for children & the elderly.

Lavender Sweet 🌱

Lavandula hybrida 'super', flower, France.

A light fragrance with classic Lavender qualities. Calming & cleansing. Great for household use.

Lavender True 🌱

Lavandula angustifolia maillette, flower, France.

A classic natural healer, also great for calm & relaxation. Useful for emotional conflict & nervous tension. Gentle for direct skin application, ideal for children & the elderly.

Lemon 🌱

Citrus limonum, rind, Argentina.

Vitalising & positive, promotes clear thinking, humour & decisiveness. Aids circulation & immune function. Powerful cleansing & anti-germ properties.

Lemongrass 🌱

Cymbopogon citratus, leaf, Nepal.

Uplifting & restorative properties. Cleansing & deodorizing. Used in sport's massage. Effective as insect repellent.

Lime 🌿💧

Citrus aurantifolia, rind, Sri Lanka.

Bold & intense for vital life energy. Complements action & fresh resolve. Cleansing & anti-germ power.

Mandarin 🌿💧

Citrus reticulata, rind, Brazil.

Fresh & lively for a positive mood, inspiration & strength. When blended, supports skin balance & rejuvenation for stretchmarks. Safe for use during pregnancy.

Manuka 🌿💧

Leptospermum scoparium, twig, New Zealand.

Milder than Tea Tree. Supports healthy skin, natural respiration & helps to clear congestion. Also good for healthy fungal balance.

Marjoram French 🌿💧

Origanum marjorana, plant, Egypt.

Warm & spicy, a comfort for low spirits. Very calming, especially when blended with Lavender True. Great at bedtime as support for sleeping.

May Chang 🌿💧

Litsea cubeba, plant, Vietnam.

Uplifting & refreshing for natural vitality. Aid against negativity & lethargy. Also support for worry and low mood. Tonic on energy and in skin care.

Melissa True 🌿💧

Melissa officinalis, leaf, France.

A rare oil with a harmonic, nurturing aroma. Support for fear. Also grief & shock. Restorative to the entire body & mind. Supports the immune defences.

Melissa 3% 🌿💧

Skin ready blend of a rare oil with a harmonic, nurturing aroma. Support for fear. Also grief & shock. Restorative to the entire body & mind. Supports the immune defences. Contains: Jojoba* & Melissa True*.

Mint Wild 🌿

Mentha arvensis, leaf, Nepal.

High menthol content, this essential oil is great for pain relief & therapeutic body work (eg, massage). A fresh, lively & invigorating scent.

Myrrh 🌿💧

Commiphora myrrha, resin, Somalia.

Relaxing, musky scent offers support for composure. Also natural healing in skin, particularly to gums & mouth ulcers.

Neroli Blossom 🌿💧

Citrus aurantium, flower, Italy.

Exceptionally restorative to body, mind & skin. Complements self-confidence & initiative. Aids healthy skin; useful for dryness or sensitivity, especially during adolescence.

Neroli 3% 🌿💧

Citrus aurantium, flower, Italy.

Restorative, skin-ready blend of Jojoba* & Neroli Blossom*.

Nutmeg 🌿

Myristica fragrans, fruit, Sri Lanka.

Supports healthy digestion, circulation & nerve balance, as well as promoting appetite & sexuality. Helps recovery from deep muscular & skeletal pain. Also useful for nervous fatigue.

Orange Sweet 🌿💧

Citrus aurantium, rind, South America.

Warm & harmonic to complement courage & positive balance. Cleansing & tonic properties.

Organo 🌿

Origanum compactum, flowering plant, France.

Supports immunity and the body's defences. Antioxidant, and calming properties. Warming relief for muscle tension.

Palmarosa 🌿💧

Cymbopogon martinii, plant/flower, India/Nepal.

Often used in blends to balance strong scents. Gently stimulating, balancing & restorative. Good for skin care & particularly during adolescence.

Patchouli 🌿

Pogostemon patchouli, leaf, India.

Strong earthy scent that reaches deep emotions & encourages natural life flow. Helps tone skin: good after weight loss. Also aids healing on cracked heels.

Pepper Black 🌿

Piper nigrum, fruit, Madagascar.

Energying & warming, stimulating & strengthening. Used to counter lows & inspire happy balance. Good for energy & circulation in winter. Enhances sexuality.

Peppermint 🌿

Mentha piperita, leaf, France.

Refreshing & stimulating. Clear tones for mental clarity & positivity. Helps clear congestion & freshens breath. Release for tense muscles.

Petitgrain Bigarade 🌿💧

Citrus aurantium aur., leaf/flower, Paraguay.

Also known as poor man's Neroli, from the leaves of the orange tree. Used to inspire calm & trust, clarity & self assurance. Good for stress.

Pine Scotch 🌿💧

Pinus silvestris, needles, Bulgaria.

Strong, clear to aid healthy energy & natural respiration. Nice to diffuse for a cleansing & clearing effect while exercising.

Ravensar 🌿💧

Ravensara aromatica, plant, Madagascar.

Cleansing, fortifying qualities to support immunity & joint mobility. Aid also for Lymphatic Detox.

Rose Damask 🌿💧

Rosa damascena, flower, Bulgaria.

Promotes calm & comfort. Aid for grief or loss, hormone balance & fertility. Rejuvenating effect on mature skin.

Rose Maroc 🌹

Rosa damascena, blossom, Turkey/Morocco.

Supports natural endocrine processes for hormone balance. Tonic aid for soft, supple, mature skin. Traditional scent to welcome newborn.

Rose 3% 🌹

Supports natural endocrine processes for hormone balance. Tonic aid for soft, supple, mature skin. Blended for direct skin application (not suitable for use in diffusers or bath). Contains: Jojoba* & Rose Maroc.

Rosemary Cineol 🌿

Rosmarinus officinalis cineol, leaf/flower, France.

An uplifting tonic. Supports alertness & creativity. Use for supporting mental focus & to fight fatigue. Also aids digestion & supports circulation - good for skin & muscles.

Rosewood 🌿

Aniba roseodora, wood, Brazil.

Grounding & comforting. Aid for feelings of neglect or abandonment. Complements consciousness & tranquility. Creates balance in skin care blends.

Sage 🌿

Salvia officinalis, plant/flower, Spain.

Enhances tranquility & composure. Support for mental strain or exhaustion. Also supports hormone balance. Utilise in spritzer for energetic cleansing.

Sandalwood Australian 🌿

Santalum spicatum, wood, Australia.

Relaxing & creative tones. Used for meditation & as an aphrodisiac. Calming & soothing properties for skin care. Calming for the urinary system.

Sandalwood Indian: Extra 🌿

Santalum album, wood, India.

Rare and prized. Creates a relaxing & creative ambience. Good for communication & meditation. Calming & soothing to the skin. Also a male aphrodisiac.

Spearmint 🌿

Mentha spicata, plant, India.

Uplifting & refreshing for energy & mood. Diffuse to complement celebration & sharing. Also for queasiness.

Spruce Black 🌿

Picea mariana, needles, Canada.

Gentle for young & old. Antiseptic, antimicrobial & expectorant properties benefiting respiratory conditions. Helps to clear congestion & aid healthy breathing.

Tarragon French 🌿

Artemisia dracunculus, flowering plant, France.

Assists healthy circulation & natural detox. Promotes effective digestion. Also helps to regulate menstruation & may ease cramping.

Tea Tree 🌿

Melaleuca alternifolia, plant/flower, Australia.

Antiseptic and calming. A natural skin healer. Diffuse to cleanse air. Drops in water to disinfect.

Thyme Thymol 🌿

Thymus vulgaris CT thymol, plant, France.

Supports healthy immunity & respiration. Add to bath for winter chills. Calming & fortifying, enhances courage & compassion.

Tonka Bean 🌿

Dipteryx odorata, seed, Brazil.

Gently uplifting, complements calm & harmony. Can be blended to enhance sensuality, as well as for healing tranquility.

Vanilla 45% 🌿

Vanilla planifolia, pods, Madagascar.

Familiar & comforting. Aids emotional balance during challenging times. Helps when airing emotions, frustrations & hidden sensuality.

Vetiver 🌿

Vetiveria zizanioides, root, Sri Lanka.

Very grounding scent, supports deep relaxation, great to add to massage oil, especially sensual blends. Complements top note when blended.

Wintergreen 🌿

Gaultheria fragrantissima, plant, Nepal.

Helps release muscle tension & tightness, tonic for healthy circulation. Great for sports people.

Ylang Ylang 🌿

Cananga odorata formagenuina, blossom, Madagascar.

Sweet & sensual for intimate blends. Aids release of frustration & tension. Restorative & calming.



PURE BLENDS

The world's finest pure essential oils blended with clinical expertise to produce powerful medicinal synergy.

🌿 CERTIFIED ORGANIC

💧 WILD GROWN

💧 MOTHER & CHILD SAFE

Absolute Passion 🌿

Luxuriously sensual, exotic & arousing. Diffuse, use as a perfume, bath & dilute for massage. Contains: Cedarwood*, Bergamot*, Ylang Ylang*, Clary Sage*, Vetiver*, Amyris (wild), Pepper Black*, Clove Bud*, Ginger*.

Absolute Romance 🌿

Tender & harmonising. Suitable for diffusion, perfume, bath or diluted for massage. Contains: Grapefruit*, Cedarwood*, Palmarosa*, Clary Sage*, Myrrh (wild), Vanilla*, Sandalwood Australian, Tonka*, Rose.

Ambient Harmony 🌿💧

Euphoric & open. Diffuse for warm, inviting tones. Contains: Orange*, Lavender Sweet*, Bergamot*, Palmarosa*, Cedarwood*, Ylang Ylang*, Geranium*, Clary Sage*.

Baby Care: Nose & Chest 🌿💧

Assists healthy breathing. Refer to **Mother & Child**.

Birth Time Calm 🌿💧

Aids composure, clarity & calm. Refer to **Mother & Child**.

Blemish Free 🌿💧

Gentle & restorative for adolescent or menstrual skin. Cleanse/nurture: 5d (drops) for warm compress, 3x week. 1d on spot. Contains: Palmarosa*, Geranium*, Lavender Sweet*, Rosemary Cineol*, Petitgrain Bigarade*, Cypress*, Amyris (wild), Sandalwood.

Brain Power 🌿

Energising & revitalising, diffuse to support mental clarity & focus. Contains: Bergamot*, Rosemary*, Lemon*, Basil*, Spearmint*, Geranium*, Lemonmint, Cardamon*.

Breathe Easy 🌿

Supports effective mucus expulsion & clear breathing. Suitable for bath, diffuser, inhalation or diluted for chest rub. Contains: Eucalyptus Australiana*, Pine Scotch*, Mint Wild*, Tea Tree*, Rosemary Cineol*, Peppermint*, Fennel Sweet*, Aniseed*.

Bugs Repel 🌿💧

Inbuilt healing properties to calm itchy bites & guard against infection. Diffuse or add 1 drop to 1ml of body lotion. Contains: Eucalyptus Lemon* & Australiana*, Citronella*, Cedarwood*, Tea Tree*, Geranium*.

Child Care: Immune Plus 🌿💧

Supports immunity & recovery. Suitable for diffusion, inhalation or bath. Contains: Lavender Spike* & Sweet*, Lemon*, Eucalyptus Australiana*, Fir Balsam*, Bergamot*, Manuka (wild), Ravensar (wild).

Christmas Season 🌿💧

Rich & warm, inspiring pine tones, adds a wonderfully evocative sense of occasion to any gathering. Contains: Orange*, Pine Scotch*, Cinnamon Leaf*, Fir Balsam*, Frankincense (wild), Myrrh (wild).

Clarity & Confidence 🌿

Inspirational & light, creates calm & supports resolve. Use to diffuse, pulse points, inhalation or bath. Contains: Rosemary*, Pine Scotch*, Bergamot*, Cedarwood*, Eucalyptus*, Lemon*, Fir Balsam*, Juniper Berry*, Lime*.

Dream Time 🌱💧

Supports restful sleep by promoting the natural relaxation process. Suitable to diffuse, pulse points, pillows, for baths, & diluted for massage. Contains: Orange*, Lavender Sweet* & True*, Marjoram French*, Mandarin*, Ylang Ylang*, Chamomile Roman*.

Feminine Balance 🌱💧

Supports equilibrium from premenstrual tension to menopause. Suitable for bath, diffuser, compress or dilute for massage. Contains: Cypress*, Lavender True*, Geranium*, Palmarosa*, Clary Sage*, Lemon*, Tarragon French*, Chamomile Matricaria*.

Fresh Air 🌱💧

A powerful natural air-freshener with a lively, clean fragrance that can also help lift the mood. Contains: Lemon*, Cedarwood Atlas*, Palmarosa*, Pine Scotch*, Mint Wild*, Geranium*, Peppermint*.

Head Ease 🌱💧

Refresh the intellect & promote clarity, lift heaviness & ease painful tensions. Suitable for diffusion, pulse points, temples (avoid eyes). Contains: Lavender Sweet* & True*, Mint Wild*, Peppermint*, Spearmint*, Marjoram French*, Basil*.

Immune Plus 🌱💧

Supports healthy immune function & improves defence against common ills and chills. Suitable for diffusion, inhalation or bath. Contains: Eucalyptus Australiana*, Lavender Spike*, Tea Tree*, Cypress*, Pine Scotch*, Manuka (wild), Thyme*.

Lice X 🌱💧

Active essential oil compounds to combat live lice. Safe for children & during pregnancy. Apply every second day for 6 days to interrupt the breeding cycle. Contains: Eucalyptus Australiana*, Mint Wild*, Lemon*, Peppermint*, May Chang*, Citronella*.

Life Lift 🌱💧

Light, upbeat oils with calming & inspiring qualities designed to support a positive outlook & healthy balance. Use to diffuse, perfume, bath or diluted for massage. Contains: Grapefruit*, Rosemary Cineol*, Petitgrain Bigarade*, Lemon*, Bergamot*, Lime*.

Maternity Labour Support 🌱💧

A pure therapeutic blend for use during labour. Refer to **Mother & Child**.

Morning Balance 🌱💧

Natural support for morning sickness, digestion. Refer to **Mother & Child**.

Muscle Tonic 🌱💧

Supports natural recovery & relaxation in muscles following exercise & promotes healthy circulation. Recommended for a bath or dilute for massage. Contains: Lavender Sweet*, Cedarwood Atlas*, Spearmint*, Eucalyptus Australiana*, Lemongrass*, Cypress*, Rosemary Cineol*, Wintergreen*.

Revitalize 🌱💧

A versatile concentrate used to help counter mental & physical fatigue. Suitable for diffusion, pulse points, bath or shower. Contains: Rosemary Cineol*, Orange Sweet*, Lemon*, Spearmint*, Cypress*, Ginger*, Lime*, Sage*.

Sinus Clear 🌱💧

With a penetrating molecular aroma carrying antiseptic, calming & decongestant properties. Use on tissue or clothes, steam inhalation, diffusion or chest rub (10 drops to 1 tsp of carrier). Contains: Eucalyptus Australiana*, Lavender Spike*, Peppermint*, Pine Scotch*, Mint Wild*, Tea Tree*, Kanuka*.

Stress Less 🌱💧

Promotes sustainable energy & calm focus. Contains: Lemon*, Lavender Sweet*, Bergamot*, Cedarwood*, Amyris (wild), Sandalwood Australian.

Sweet Rose 🌱💧

Soothing & nurturing on emotions. Suitable for diffusion, inhalation, bath, & diluted for massage. Contains: Cedarwood Atlas*, Palmarosa*, Geranium*, Geranium Rose*, Rosewood (wild), Rose Maroc.

Tranquility & Meditation 🌱💧

A blend with relaxant, calming & cleansing properties to help soothe world-weary senses & encourage restoration. Use for diffusion, pulse points, for baths & dilute for massage. Contains: Orange Sweet*, Palmarosa*, Lavender Sweet*, Cedarwood Atlas*, Marjoram French*, Amyris (wild), Frankincense (wild), Sandalwood Australian, Chamomile Roman*.

Twinkle Star 🌱💧

Child support for calmness, relaxation & healthy breathing. Add to bath, diffuse, drop on collar or mix with massage cream. Contains: Lavender Sweet*, Orange Sweet*, Eucalyptus Blue Gum*, Mandarin*, Chamomile Roman*.



CARRIERS

The finest virgin, cold-pressed carrier oils, pure floral waters, infused oils, creams, gels, clays, waxes and plant butters. For raw, pure body care and superior essential oil blending.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

🌿 MOTHER & CHILD SAFE

Absolute Emulsifier 🌿

A natural emulsifier for blending oil & water. Directions: add 10 drops for every 1 drop of essential oil or pure blend in 100ml of water / hydrosol. Contains: Ethanol*, Lecithin*.

Almond Oil sweet: organic 🌿💧

Prunus amygdalus, nut, Spain.

This wonderful certified organic carrier oil blends beautifully with essential oils and offers an exceptional level of absorption to promote optimum therapeutic benefit.

Almond Oil sweet: virgin 💧

Prunus amygdalus, nut, Spain.

Assists absorption of essential oils. Supports recovery from dry, itchy skin & is suitable for most skin types. Nourishing & moisturising for massage, gentle for babies & children.

Aloe Vera Gel 🌿💧

Aloe barbadensis, leaf, USA.

Clear, cool & soothing. A naturally healing & nourishing gel particularly suitable for broken, burned or irritated skin. Also an excellent non-greasy medium for diluting essential oils. Contains: Calendula Tea*, Lavender Floral Water*, Amigum, Aloe Vera Powder*, Geogard 221.

Apricot Kernel Oil: virgin 🌿💧

Prunus armeniaca, kernel, Nepal.

A light textured moisturising oil that supports restorative process for skin vitality & healthy complexion. Ideal for mature, sensitive or overly dry facial skin.

Argan Oil: raw 🌿💧

Argania spinosa, kernel, Morocco.

Also known as 'Moroccan gold'. Its rich, complex & unique chemical composition nourishes the skin helping to soften wrinkles & revitalise skin quality. Protects & nourishes hair.

Arnica Oil: infused 🌿

Arnica montana, flower, France.

Can support natural healing by topical application. It may be especially useful for bumps, sprains & strains. Not suitable during pregnancy or on babies.

Avocado Oil: Virgin 🌿💧

Persea americana, fruit, New Zealand.

Rich in nutrients & natural lipids. An exceptional moisturiser for replenishing dry, damaged skin & promoting the toned, elastic qualities of youthful skin. Also conditioning for hair.

Calendula Oil: infused 🌿💧

Calendula Officinalis, plant, France.

Nourishing oil imbued with famously soothing moisturising qualities. Suitable for all skin types: protect baby skin or revitalise mature skin.

Castor Oil: virgin unsulphanated 🌿

Ricinus Communis, bean, Germany.

Hydrating & nutritious for skin, with significant healing properties. Aids joint mobility & natural recovery in muscle & tissue. Useful for rheumatism, arthritis & other painful body issues. Also assists lymphatic flow, to fortify immunity & counter fatigue & lows.

Chamomile Roman Floral Water 🌸💧

Anthemis nobilis, flower, France.

Gentle therapeutic properties make this great for cleansing, toning & make-up removal. Relaxing & restorative as a room spray. Water-soluble properties from distillation of Chamomile Roman.

Clay Powder: French Argyle White 🌿💧

When hydrated to create a beauty mask (a hydrosol adds therapeutic value), Argyle Clay powder will cleanse, smooth & nourish the skin. Add essential oils for further benefits. Also small amounts diluted for internal cleansing.

Cocoa Butter 🌿💧

Theobroma cacao, seed, Ghana.

A wonderful natural emollient, rapidly absorbed. An excellent base for essential oil creams. Product note: Cocoa Butter should be melted only once, as it may bind after melting.

Ethanol 🌿💧

Grain alcohol

Pure, cosmetic grade alcohol suitable for the creation of perfumes or for use as a preservative in creams.

Evening Primrose Oil 🌸💧

Oenothera Biennis, seed, New Zealand.

Recommended to support healthy, vital skin & to assist the natural recovery of dryness. 5 drops on muesli supports healthy endocrine functions connected to balanced cycles through pre-menstrual & menopausal phases.

Jojoba Oil Golden 🌿💧

Simmondsia chinensis, fruit, Australia.

Excellent nourishment for facial blends with effective cleansing properties for clogged pores. Suitable for most skin types. Adds shine & softness to brittle or dry hair. Product notes: long shelf life, very stable. Solidifies below 12 degrees celsius.

Lavender Floral Water 🌸💧

Lavendula officinalis, flower, France.

A pure, cleansing water with balancing & soothing qualities for combination or irritated & stressed skin. Perfect for cooling sunburn. Water-soluble properties from distillation of Lavender True.

Neroli Floral Water 🌸💧

Citrus aurantium, flower, France.

A pure, cleansing hydrosol with refreshing, astringent qualities. For toner or make-up remover suited to young skin. Water-soluble properties from distillation of Neroli Blossom.

Pure Unscented Body Cream 🌿💧

A gentle, silky cream made with the purest ingredients. Formulated for sensitive skin & ideal for all-over body care, massage & bespoke blending. Refer to **Skin & Beauty**.

Pure Unscented Body Lotion 🌿💧

A light, absorbent and deeply nourishing lotion gently formulated for sensitive skin. Ideal for bespoke blending. Refer to **Skin & Beauty**.

Pure Unscented Body Oil 🌿💧

Ideal for massage, skin care, moisturising & balancing to all skin types. The perfect foundation for creating your own therapeutic blend. Refer to **Skin & Beauty**.

Pure Unscented Face Cream 🌿💧

Luxuriously nourishing care for sensitive skin. Anti-ageing. Ideal for bespoke blending. Refer to **Skin & Beauty**.

Rose Floral Water 🌸💧

Rosa damascena, flower, France.

A pure, cleansing hydrosol with soothing, toning qualities. Restores balance & moisture to dry & irritated skin. Safe for eye-cleansing. Water-soluble properties from distillation of Rose Damascena.

Rose Hip Oil 🌿💧

Rosa rubiginosa /mosqueta, fruit, Chile.

Supports the skin's natural rejuvenating processes to encourage a soft youthful complexion. Especially beneficial for mature skin. Recommended under the eyes or for damaged skin & scarring.

Shea Butter 🌿💧

Butyrosperum torkii, nut, Africa.

This all-natural plant butter creates a silky texture in creams & balms. Especially nourishing for lips & other sensitive areas. Suitable for all ages & skin types.

Wheatgerm Oil: virgin 🌿💧

Triticum vulgare, germ, Australia.

Extremely rich & nourishing. Protects the skin against cold weather & wind. A natural antioxidant for massage blends. Note: add just 5-10% Wheatgerm Oil when blending with other carriers. Store in the fridge.



MOTHER & CHILD

For pregnancy, birth, infancy and childhood. 100% pure, beautiful organic products developed at our specialist health clinics for safe, simple care and protection.

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Almond Oil sweet: organic 🌿💧

Prunus amygdalus

Nourishing & gentle for use on babies. Refer to **Carriers**.

Almond Oil sweet: virgin 💧

Prunus amygdalus

Silky composition, gentle for use on babies. Refer to **Carriers**.

Baby Care: Nose & Chest 🌿💧

Helps clear mucus congestion and assists healthy breathing. Offers support when ills and chills are rife, made with pristine medicinal oils to include decongestant, expectorant, antiseptic & calming properties. Contains: Lavender Spike*, Eucalyptus Australiana*, Eucalyptus Blue Gum*, Fir Balsam*, Spruce Black*

Baby Ear Blend 🌿💧

Supports ear comfort and natural healing. Antiseptic and soothing qualities in a mild oil synergy for delicate care. Safe to use alongside medication when necessary. Contains: Olive Oil*, Eucalyptus Blue Gum*, Basil*.

Baby Oil: Rose & Chamomile 🌿💧

Nurturing oils to enhance the benefits of baby massage (loving bonding: content, secure baby; strong immunity & muscle tone), while nourishing & protecting baby skin. Useful against nappy rash & cradle cap. Contains: Almond Oil*, Calendula Infused Oil*, Jojoba Oil*, Lavender Sweet*, Wheatgerm Oil*, Myrrh (wild), Chamomile Roman*, Rose Maroc.

Baby Teething Blend 🌿💧

Gentle healing & comfort: apply to cheek & neck in warm compress or direct. May also help settle restlessness & aid sleep when massaged onto tummy in clockwise direction. Contains: Olive Oil*, Jojoba Oil*, Lavender True*, Chamomile Roman*.

Baby Tummy Blend 🌿💧

Combines calming & relaxing properties with support for healthy digestion. Use for colic & restless nights. Massage 10 drops clockwise onto the tummy. Contains: Olive Oil*, Lavender True*, Chamomile Roman*, Coriander Seed*, Peppermint*.

Birth Time Calm 🌿💧

Diffuse this pure blend to aid clarity & calm for pre-natal, birth-time & post-natal intensity. Absolutely safe & pure. Use with Maternity Labour Support. Contains: Mandarin*, Lavender Sweet* & True*, Palmarosa*, Spearmint*, Clary Sage*, Geranium*, Sandalwood Australian.

Birth Time Start 🌿💧

A natural way to support labour hormones when due dates have passed you by. Supports natural hormone production for birthing: apply to small of back 3-6x day. Repeat as often as required. Contains: Jojoba Oil*, Geranium*, Tarragon French*, Clary Sage*, Sage*, Jasmine Absolute.

Breast Care Cream 🌿💧

Conditions skin & supports natural healing: massage into breast after feeds. Contains: Lavender Sweet* & True*, Geranium*, Myrrh (wild), Chamomile German* & Matricaria* in Pure Unscented Body Cream*.

Bugs Repel Pure Blend & Spray 🌿💧

Organic insect repellent, safe for the whole family. Refer to **Body & Mind**.

Chamomile Roman 🌿💧

Anthemis nobilis, flower, France.

Helps with teething, tummy & sleeping troubles for little ones. Refer to **Essential Oils**.

Chest Care Cream 🌿💧

Helps to clear mucus congestion, supports healthy breathing & immune functions. Absolutely pure & gentle for children (1yr+). For babies mix equally with Sweet Almond Oil. Apply to chest & back as required. Contains: Lavender Spike*, Eucalyptus Blue Gum*, Fir Balsam*, Spruce Black* in Pure Unscented Body Cream*.

Child Care: Immune Plus 🌿💧

Supports healthy immune system plus natural recovery. Refer to **Pure Blends**.

Eye Soothe 🌿💧

Supports comfort & natural healing for dry & irritated eyes. Used by midwives for baby crusting, very gentle & safe. Drop into eye or apply to cotton wool & rest on eyes for 10 minutes. Contains: Rose Floral Water*, Chamomile Roman Floral Water* & Lavender Floral Water*.

Lice X Pure Blend 🌿💧 & Intensive Wash 🌿💧

A safe recipe of active essential oils for effective lice eradication. Safe for children & during pregnancy. Use as directed. Available as an Intensive Wash or as a Pure Blend for use as a preventative. Pure Blend contains: Eucalyptus Australiana*, Mint Wild*, Lemon*, Peppermint*, May Chang*, Citronella*. Wash combines Pure Blend with all-natural plant-based wash.

Maternity Labour Support 🌿💧

A pure therapeutic blend for use during labour on the lower back area: 5 drops to hot cloth compress. May support comfort with muscle relaxant properties. Calming & loosening. Contains: Lavender True* & Sweet*, Mint Wild*, Peppermint*, Nutmeg*, Chamomile Roman*.

Maternity Stretchmark & Tone Oil 🌿💧

Provides intense nutrition to assist with skin elasticity, condition & toning. Minimise stretching & stretchmarks & assist in postpartum toning: apply 3x daily. Contains: Avocado Oil*, Almond Oil*, Calendula Oil*, Jojoba Oil*, Evening Primrose Oil*, Olive Oil*, Wheatgerm Oil*, Lavender Sweet*, Palmarosa*, Mandarin*, Geranium Rose*, Grapefruit*, Cypress*, Sandalwood Australian.

Morning Balance 🌿💧

A completely natural & safe botanical blend with specific balancing properties to gently aid the body's natural ability to integrate feelings of queasiness & regain balance. Helps digestion & may help you keep your food down (early pregnancy hormones, digestion & travel). Diffuse, apply as perfume, to pulse points, or to body on a wet cloth. Contains: Spearmint*, Ginger*.

Perineum Care Cream 🌿💧

Moisturises & softens perineal tissues to nurture elasticity & prepare the skin for natural delivery. Contains: Lavender*, Carrot Root*, Geranium Rose*, Myrrh (wild), Chamomile Matricaria* in Pure Unscented Body Cream* with Shea Butter*, EPO*, Jojoba Oil*, Calendula CO2*.

Rose Damask 🌿💧

Rosa damascena, flower, Bulgaria.

Promotes calm & comfort. Refer to **Essential Oils**.

Rose Maroc 🌿💧

Rosa damascena, blossom, Turkey/Morocco.

Scent of angels to welcome newborn. Refer to **Essential Oils**.

Skin Repair Cream 🌿💧

The gentlest ingredients for regular use on baby skin. Protect against nappy rash & assist natural healing when irritations occur. Apply to a clean dry bottom at each change, day & night. Contains: Jojoba Oil*, Shea Butter*, Lavender True* & Sweet*, Myrrh (wild), Chamomile German* & Roman*, Calendula CO2*, Aloe Vera* in Pure Unscented Body Cream*.

Skin ViralX Gel 🌿💧

An effective all-natural solution to eradicate skin viral growths. Working without chemical burn. Gentle enough for the whole family, including young skin. Contains: Cypress*, Lemon*, Thyme Thymol* in Aloe Vera Gel*.

Twinkle Star 🌿💧

Support for calmness & relaxation. Help ease fears, nightmares, clears congestion. Refer to **Pure Blends**.



SKIN & BEAUTY

Over 30 years of specialist clinical expertise and nature's finest medicinal and nutritional ingredients bring an outstanding personal care range to nurture health, balance and vitality for all skin and body types.

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Absolute Hair Care 🌿💧

An optimum-impact hair care formula offering nourishment, moisture, repair & rejuvenation. Beautifully softening and conditioning, cleansing and protective. Contains: Avocado Oil*, Jojoba Oil*, Argan Oil*, Wheatgerm Oil*, Orange Sweet*, Cedarwood Atlas*, Rosemary Cineol*, Ylang Ylang*, Patchouli Supreme*, Geranium*.

Aloe Vera Gel 🌿💧

Aloe barbadensis, leaf, USA.

Naturally healing & nourishing, suitable for broken, burned or irritated skin. Refer to **Carriers**.

Argan Oil: raw 🌿💧

Argania spinosa, kernel, Morocco.

Deeply nourishes the skin helping to soften wrinkles & revitalise. Also protects & deeply nourishes the hair. Refer to **Carriers**.

Arnica Oil: infused 🌿

Arnica montana, flower, France.

Topical application for bumps, sprains & strains. Refer to **Carriers**.

Avocado Oil: virgin 🌿💧

Persea americana, fruit, New Zealand.

Intensely moisturising & nourishing. Promoting the toned, elastic qualities of youthful skin. Refer to **Carriers**.

Baby Oil: Rose & Chamomile 🌿💧

Nourish & protect baby skin. Enhance the benefits of baby massage. Refer to **Mother & Child**.

Bergamot 🌿💧

Citrus auranthium var. bergamia, rind, Italy.

Tonic effect on a range of body functions. Refer to **Essential Oils**.

Blemish Free 🌿💧

Excellent for adolescent or menstrual skin due to its inherent astringent & antiseptic properties. Refer to **Pure Blends**.

Body Repair Cream 🌿

All natural calming cream, supporting healthy joint mobility & natural healing for injury & strain. Suitable for joint mobility & professional bodywork. Contains: Castor Oil*, Arnica Oil*, Eucalyptus Australiana*, Lavender Sweet* & True*, Mint Wild*, Peppermint*, Basil*, Wintergreen*, Juniper*, Chamomile German* in Pure Unscented Body Cream*.

Breast Care Cream 🌿💧

Conditions skin & supports natural healing. Refer to **Mother & Child**.

Calendula Oil: infused 🌿💧

Calendula Officinalis, plant, France.

Soothing & moisturising qualities. Refer to **Carriers**.

Castor Oil: virgin unsluphanated 🌿

Ricinus Communis, bean, Germany.

Hydrating & nutritious for skin. Refer to **Carriers**.

Cedarwood Atlas 🌿

Cedrus atlantica, wood, Morocco.

Cleanses & conditions. Refer to **Essential Oils**.

Chamomile German: pure 🌿

Chamomilla matricaria, flower, Egypt.

Aids skin health. Refer to **Essential Oils**.

Chamomile German 3% 🌿

Blended for safe application to skin. Refer to **Essential Oils**.

Chamomile Roman Floral Water 🌿

Anthemis nobilis, flower, France.

Gentle cleansing, toning. Refer to **Carriers**.

Clay Powder: French Argyle White 🌿

A deep natural cleanser; smoothing & nourishing. Refer to **Carriers**.

Cocoa Butter 🌿

Theobroma cacao, seed, Ghana.

Nourishing & absorbent. Refer to **Carriers**.

Deep Relax Massage Oil 🌿

Assists balance, calmness & restorative energy. Relaxing for tension & stress: to pulse points or full massage. Contains: Avocado Oil*, Almond Oil*, Wheatgerm Oil*, Cedarwood Atlas*, Ho Sho, Lavender Sweet*, Orange Sweet*, Petitgrain Bigarade*, Jojoba Oil*, Lavender True*, Marjoram French*, Chamomile Roman*, Sandalwood Australian.

Evening Primrose Oil 🌿

Oenothera Biennis, seed, New Zealand.

Recommended to support healthy, vital skin & to assist the natural recovery of dryness. Refer to **Carriers**.

Everlasting 🌿

Helichrysum gymnocephalum, flower, France.

Good for skin health & regeneration. Refer to **Essential Oils**.

Eye Soothe 🌿

For dry & irritated eyes. Refer to **Mother & Child**.

Fennel Sweet 🌿

Foeniculum vulgare dulce, seed, Bulgaria.

Supports healthy circulation and the natural expulsion of excess fluids from body tissues. It works well in combination with oils for cleansing and detoxification processes. Refer to **Essential Oils**.

Frankincense 🌿

Boswellia carterii, resin, Somalia.

Supports vital, toned skin. Refer to **Essential Oils**.

Foot Care Balm 🌿

Provides natural recovery from tired, dry, cracked feet & heels. Refreshing & deodorising. Contains: Lemon*, Cypress*, Tea Tree*, Cinnamon Leaf*, Mint Wild*, Patchouli*, Peppermint* in Pure Unscented Body Cream*.

Geranium 🌿

Pelargonium graveolens

Supports healthy skin & hormone balance through menstrual phases, & lip health. Refer to **Essential Oils**.

Geranium Rose 🌿

Pelargonium roseum, leaf/flower, Morocco.

A great skin tonic. Refer to **Essential Oils**.

Grapefruit 🌿

Citrus paradisi, rind, Argentina.

Helps flush fluids & toxins from body tissues. Reported effect on Cellulite. Refer to **Essential Oils**.

Jojoba Oil Golden 🌿

Simmondsia chinensis

Excellent nourishment for facial blends. Refer to **Carriers**.

Lavender Floral Water 🌿

Lavendula officinalis, flower, France.

Pure & cleansing with balancing & soothing qualities for combination or irritated & stressed skin. Refer to **Carriers**.

Mandarin 🌿

Citrus reticulata, rind, Brazil.

Supports skin balance & rejuvenation for stretchmarks. Safe for use during pregnancy. Refer to **Essential Oils**.

Maternity Stretchmark & Tone Oil 🌿

Luxury botanical preparation. Refer to **Mother & Child**.

May Chang 🌿

Litsea cubeba, plant, Vietnam.

Tonic on energy and in skin care. Refer to **Essential Oils**.

Neroli Blossom 🌿

Citrus aurantium, flower, Italy.

Aids healthy skin; useful for dryness or sensitivity, especially during adolescence. Refer to **Essential Oils**.

Neroli 3% 🌿

Citrus aurantium, flower, Italy.

Blended for safe application to skin Refer to **Essential Oils**.

Neroli Floral Water 🌿

Citrus aurantium, flower, France.

Pure, cleansing hydrosol with refreshing, astringent qualities. Refer to **Carriers**.

Palmarosa 🌿

Cymbopogon martinii, plant/flower, India/Nepal.

Gently stimulating, balancing & restorative. Good for skin care, particularly during adolescence. Refer to **Essential Oils**.

Patchouli 🌿

Pogostemon patchouli, leaf, India.

Helps tone skin: good after weight loss. Also aids healing on cracked heels. Refer to **Essential Oils**.

Perineum Care Cream 🌿

Prepares the skin for natural delivery. Refer to **Mother & Child**.

Pure Unscented Body Cream 🌿

A deeply moisturising, hydrating, nourishing cream gently formulated for sensitive skin. Ideal for massage and bespoke blending. Contains: Calendula Tea*, Avocado Oil*, Apricot Kernel Oil*, Cocoa Butter*, Shea Butter*, Calendula Infused Oil*, Olive Oil Emulsifier, Arnica Oil*, Geogard 221, Jojoba Oil*, Rosemary Extract*, Xanthan Gum, Aloe Vera*.

Pure Unscented Body Lotion 🌿💧

A light & replenishing body lotion formulated for sensitive skin & perfect for bespoke blending. Contains: Calendula Tea*, Avocado Oil*, Almond Oil*, Shea Butter*, Cocoa Butter*, Olive Oil Emulsifier, Geogard 221, Rosemary Extract*, Xanthan Gum.

Pure Unscented Body Oil 🌿💧

Ideal for massage, skin care, moisturising & balancing to all skin types. The perfect foundation for creating your own therapeutic blend. Contains: Avocado Oil*, Apricot Oil*, Almond Oil*, Jojoba Oil*, Wheatgerm Oil*.

Pure Unscented Face Cream 🌿💧

Luxuriously nourishing care for sensitive skin. Anti-ageing. Ideal for bespoke blending. Contains: Calendula Tea* Apricot Oil*, Argan Oil*, Rose Hip Oil*, Shea & Cocoa Butters*, Olive Oil Emulsifier, Jojoba Oil*, Evening Primrose Oil*, Wheatgerm Oil*, Geogard 221, Rosemary Extract*, Xanthan Gum, Aloe Vera*.

Rejuvenating Face Serum 🌿💧

NEW FORMULA: designed to replenish natural vitality. Light & non greasy, nourishes the skin for radiant effect. Contains: Avocado*, Jojoba*, Apricot*, Evening Primrose* & Rose Hip*Oils, Wheatgerm Oil*, Amyris (wild), Petitgrain*, Ylang Ylang*, Geranium Rose*, Sandalwood Australian, Rosemary Extract*, Neroli Blossom*.

Rose Damask 🌿💧

Rosa damascena, flower, Bulgaria.

Rejuvenating effect on mature skin. Refer to **Essential Oils**.

Rose Floral Water 🌿💧

Rosa damascena, flower, France.

A pure, cleansing hydrosol with soothing, toning qualities. Restores balance & moisture to dry & irritated skin. Refer to **Carriers**.

Rose Hip Oil 🌿💧

Rosa rubiginosa /mosqueta

Aids rejuvenation & repair. Refer to **Carriers**.

Rose Maroc 🌿

Rosa damascena, blossom, Turkey/Morocco.

Tonic aid to nurture soft, supple, mature skin. Refer to **Essential Oils**.

Rose 3% 🌿💧

Blended for safe application to skin. Refer to **Essential Oils**.

Rosewood 🌿💧

Aniba roseodora, wood, Brazil.

Creates balance in skincare blends. Refer to **Essential Oils**.

Sandalwood Australian 🌿

Santalum spicatum, wood, Australia.

Calming & soothing. Refer to **Essential Oils**.

Sandalwood Indian: Extra 🌿💧

Santalum album, wood, India.

Rare and prized. Calming & soothing to the skin. Refer to **Essential Oils**.

Scarless Solution 🌿

Supports natural healing & nourishes tissues to minimize scarring. Intense, synergistic action. Contains: Avocado Oil* Jojoba Oil*, Evening Primrose Oil*, Rose Hip Oil*, Argan Oil*, Wheatgerm Oil*, Eucalyptus Blue Gum*, Lavender Spike* & Sweet*, Geranium*, Patchouli*, Everlasting*, Myrrh (wild), Chamomile German CO2*.

Shea Butter 🌿💧

Butyrosperum parkii, nut, Africa.

Especially nourishing for lips & other sensitive areas. Refer to **Carriers**.

Skin Ease Oil 🌿💧

Aids natural healing of redness, itchiness & inflammation in chronic conditions. May be especially useful for dryness, irritation & intense allergies. Suitable for night time use. Works well with Skin Soothing Gel*. Contains: Avocado Oil*, Olive Oil*, Calendula Oil*, Jojoba Oil*, Lavender Sweet*, Geranium Rose*, Myrrh (wild), Chamomile German* & Matricaria*, Carrot.

Skin Repair Cream 🌿💧

Excellent for all skin types. Nourishing & soothing, aids natural healing for wounds, cuts, bruises & scars. Essential in first aid. Contains: Jojoba Oil*, Shea Butter*, Lavender Sweet* & True*, Myrrh (wild), Chamomile German* & Roman*, Calendula CO2*, Aloe Vera* in Pure Unscented Body Cream*.

Skin Soothing Gel 🌿💧

Soothing & cooling. Moisturises overly dry & stressed skin & supports healing in itchy, red, dry skin. Recommended for day time use. Contains: Calendula Oil*, Lavender Sweet* & True*, Geranium*, Jojoba*, Evening Primrose*, Chamomile Roman*, Myrrh (wild) in Aloe Vera Gel*.

Skin ViralX Gel 🌿💧

An all-natural solution to eradicate skin growths. Refer to **Mother & Child**.

Wheatgerm Oil: virgin 🌿💧

Triticum vulgare, germ, Australia.

Extremely rich & nourishing. Protects the skin against cold weather & wind. Refer to **Carriers**.



BODY & MIND

The finest, pure botanicals developed for clinical prescription and maximum therapeutic effect. Safe, effective support for optimal physical and mental wellness.

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Absolute Passion 🌿

Sensual & energising. Refer to **Pure Blends**.

Absolute Romance 🌿

Tender & harmonising. Refer to **Pure Blends**.

Ambient Harmony 🌿💧

Warm & inviting, balances the home. Refer to **Pure Blends**.

Aloe Vera Gel 🌿💧

Aloe barbadensis

Naturally healing & nourishing, suitable for broken, burned or irritated skin. Refer to **Carriers**.

Arnica Oil: infused 🌿

Arnica montana

For bumps, sprains & strains. Refer to **Carriers**.

Base Chakra Oil 🌿

The base chakra relates to life's core physical & practical aspects. This therapeutic blend is focused on grounding, protecting & strengthening. Contains: Jojoba Oil*, Cedarwood Atlas*, Patchouli*, Vetiver*, Pepper Black*, Frankincense (wild), Myrrh (wild), Sandalwood Australian.

Body Repair Cream 🌿

All natural calming cream, supporting healthy joint mobility & natural healing. Refer to **Skin & Beauty**.

Brain Power 🌿

Energising & revitalising. Refer to **Pure Blends**.

Breathe Easy 🌿

Supports clear breathing. Refer to **Pure Blends**.

Brow Chakra Oil 🌿

At the brow chakra we encounter moral perspective & are able to see issues clearly. This blend supports clarity of thought, intuition & inner vision. Contains: Jojoba Oil*, Rosemary Cineol*, Fir Balsam*, Frankincense (wild), Juniper Berry*, Everlasting*.

Bugs Repel Pure Blend & Spray 🌿💧

All natural, safe repellent with calming, soothing properties for itchy bites. Convenient spray, or concentrated pure blend (to add to moisturiser or sun lotion, as well as diffuse). Pure Blend contains: Eucalyptus Lemon* & Australiana*, Citronella*, Cedarwood Atlas*, Tea Tree*, Geranium*. Spray Pure Blend is combined with Calendula Tea*, Lavender Floral Water* & Absolute Emulsifier*.

Candles Natural Wax

8 tea lights made from natural wax. Refer to **Accessories**.

Chest Care Cream 🌿💧

Supports healthy breathing. Refer to **Mother & Child**.

Christmas Season 🌿💧

Rich, warm & evocative. Refer to **Pure Blends**.

Citronella 🌿💧

Cymbopogon wintrianus, grass, Nepal.

Natural insect repellent. Refer to **Essential Oils**.

Clarity & Confidence 🌿

Inspiring & cleansing on the mind. Refer to **Pure Blends**.

Clove Bud 🌱

Eugenia caryophyllata

For first aid & eco-cleaning. Refer to **Essential Oils**.

Crown Chakra Oil 🌱

At the crown chakra is empathy, unity & universal consciousness. This blend complements our highest aspirations. Contains: Jojoba Oil*, Lavender True*, Petitgrain Bigarade*, Cypress*, Frankincense (wild), Myrrh (wild), Neroli Blossom*, Sandalwood Australian.

Deep Relax Massage Oil 🌱

Eases tension and stress. Refer to **Skin & Beauty**.

Dream Time 🌱

Aids deep relaxation. Refer to **Pure Blends**.

Eucalyptus Australiana 🌱

Eucalyptus radiata, leaf, Australia.

Aids natural respiration. Refer to **Essential Oils**.

Eucalyptus Lemon 🌱

Eucalyptus citriodora, leaf, Australia.

Refreshing on the mind. Refer to **Essential Oils**.

Feminine Balance 🌱

Assists balance & relaxation for premenstrual & menopausal stages. Refer to **Pure Blends**.

Foot Care Balm 🌱

Conditions against fungi, drynes & cracks. Refer to **Skin & Beauty**.

Fresh Air 🌱

A powerful natural air-freshener that can help lift the mood. Refer to **Pure Blends**.

Head Ease 🌱

Soothing, cleansing & refreshing. Refer to **Pure Blends**.

Heart Chakra Oil 🌱

Here we perceive love & acceptance. The blend supports openness to healing love, as well as comfort for grief & separation. Contains: Jojoba Oil*, Bergamot*, Petitgrain Bigarade*, Cedarwood Atlas*, Sandalwood Australian, Amyris (wild), Rose Maroc, Melissa True*.

Immune Plus 🌱

Aids healthy immunity, respiration & natural recovery. Refer to **Pure Blends**.

Jasmine Absolute 🌱

Jasminum officinalis, flower, Egypt.

For intimacy & confidence. Refer to **Essential Oils**.

Jasmine 3% 🌱

Blended for direct application to skin. Refer to **Essential Oils**.

Lavender Sweet 🌱

Lavandula hybrida 'super', flower, France.

Calming & cleansing. Refer to **Essential Oils**.

Lavender True 🌱

Lavandula angustifolia maillette, flower, France.

A classic natural healer, great for calm & relaxation. Refer to **Essential Oils**.

Lemon 🌱

Citrus Limonum, rind, Argentina.

Vitalising & positive, promotes clear thinking, humor & decisiveness. Refer to **Essential Oils**.

Lemongrass 🌱

Cymbopogon citratus, leaf, Nepal.

Uplifting & restorative properties. Refer to **Essential Oils**.

Life Lift 🌱

Supports fresh, positive energy. Refer to **Pure Blends**.

Lover's Delight Oil 🌱

Helps relax the mind & awaken the senses. Natural & pure for luxury body care. Contains: Palmarosa*, Cedarwood Atlas*, Mandarin*, Vetiver*, Coriander Seed*, Ylang Ylang*, Sandalwood Australian in Pure Unscented Body Oil*.

Manuka 🌱

Leptospermum scoparium, twig, New Zealand.

Supports healthy skin & natural respiration. Refer to **Essential Oils**.

Muscle Tonic 🌱

Body restorative. Refer to **Pure Blends**.

Navel Chakra Oil 🌱

The navel chakra is the centre of sexual & creative energies. This blend focuses on complementing & assisting creative flow & emotional tides. Contains: Jojoba Oil*, Cedarwood Atlas*, Ylang Ylang*, Petitgrain Bigarade*, Sage*, Amyris (wild), Rosewood (wild), Sandalwood Australian, Jasmine Absolute.

Neroli Blossom 🌱

Citrus aurantium, flower, Italy.

Exceptionally restorative to body, mind & skin. Also available as 3% in Jojoba. Refer to **Essential Oils**.

Nutmeg 🌱

Myristica fragrans, fruit, Sri Lanka.

Useful for nervous fatigue. Refer to **Essential Oils**.

Orange Sweet 🌱

Citrus aurantium, rind, South America.

For courage & positive balance. Refer to **Essential Oils**.

Oregano 🌱

Origanum compactum, flowering plant, France.

Antioxidant, and calming properties. Refer to **Essential Oils**.

Palmarosa 🌱

Cymbopogon martinii, plant/flower, India/Nepal.

Stimulating, balancing & restorative. Refer to **Essential Oils**.

Patchouli 🌱

Pogostemon patchouli, leaf, India.

Reaches deep emotions. Refer to **Essential Oils**.

Pepper Black 🌱

Piper nigrum, fruit, Madagascar.

Energising, warming & strengthening. Refer to **Essential Oils**.

Peppermint 🌱

Mentha piperita, leaf, France.

Refreshing & stimulating. Refer to **Essential Oils**.

Petitgrain Bigarade 🌿💧

Citrus auranthium aur., leaf/flower, Paraguay.

Used to inspire calm & trust, clarity & self assurance. Good for stress. Refer to **Essential Oils**.

Pure Unscented Body Cream 🌿💧

A gentle, silky cream made with the purest ingredients. Refer to **Skin & Beauty**.

Pure Unscented Body Lotion 🌿💧

A light, absorbent and deeply nourishing lotion. Refer to **Skin & Beauty**.

Pure Unscented Body Oil 🌿💧

Ideal for massage, skin care, moisturising & balancing to all skin types. Refer to **Skin & Beauty**.

Pure Unscented Face Cream 🌿💧

Luxuriously nourishing care for sensitive skin. Anti-ageing. Ideal for bespoke blending. Refer to **Skin & Beauty**.

Relaxing Massage Balm 🌿💧

Soothing, nourishing & silky smooth. Supports natural muscle relaxation & promotes deep calm. Contains: Shea & Cocoa Butters*, Orange*, Lavender Sweet*, Cedarwood*, Palmarosa*, Geranium*, Chamomile Roman* in Pure Unscented Body Cream*.

Revitalize 🌿

Non-caffeine energiser. Refer to **Pure Blends**.

Rosemary Cineol 🌿

Rosmarinus officinalis cineol, leaf/flower, France.

An uplifting tonic. Refer to **Essential Oils**.

Sandalwood Australian 🌿

Santalum spicatum, wood, Australia.

Relaxing & creative tones. Refer to **Essential Oils**.

Sandalwood Indian: Extra 🌿💧

Santalum album, wood, India.

For a relaxing & creative ambience. Refer to **Essential Oils**.

Scarless Solution 🌿

Tissue repair to minimize scarring. Refer to **Skin & Beauty**.

Sensual Massage Balm 🌿

An exotic, earthy scent that supports deep relaxation & sensuality, carefully formulated for silky, nourishing bodycare. Contains: Cedarwood Atlas*, Bergamot*, Clary Sage*, Ylang Ylang*, Amyris (wild), Ginger*, Vetiver*, Pepper Black*, Clove Bud* in Pure Unscented Body Cream*.

Skin Ease Oil 🌿💧

Nourishing, hydrating & soothing. Refer to **Skin & Beauty**.

Skin Repair Cream 🌿💧

Essential First Aid Kit item. Refer to **Skin & Beauty**.

Skin Soothing Gel 🌿💧

Soothing & cooling to stressed skin. Refer to **Skin & Beauty**.

Solar Chakra Oil 🌿

The power centre where we develop our autonomy & sense of self. It affects our ability to relate, experience freedom, power, self-definition & intellect. This blend helps instil balance, especially after shock or stress, & strengthen the will. Contains: Jojoba Oil*, Lemon*, Rosemary Cineol*, Sage*, Vetiver*, Petitgrain*, Clove Bud*, Juniper Berry*.

Throat Chakra Oil 🌿💧

The throat chakra is the intuitive voice. This blend supports communication, self-expression, the truth of heart by which we live. Contains: Jojoba Oil*, Eucalyptus Blue Gum*, Ginger*, Cypress*, Fir Balsam*, Myrrh (wild), Chamomile German*, Spruce Black*, Chamomile Roman*.

Tonka Bean 🌿💧

Dipteryx odorata, seed, Brazil.

Complements calm & harmony. Refer to **Essential Oils**.

Tranquility & Meditation 🌿💧

Promote inner peace & relaxation. Refer to **Pure Blends**.

Twinkle Star 🌿💧

Child support for calmness & relaxation. Refer to **Pure Blends**.

Vanilla 45% 🌿💧

Vanilla planifolia, pods, Madagascar.

Familiar & comforting. Aids emotional balance during challenging times. Refer to **Essential Oils**.

Wintergreen 🌿

Gaultheria fragrantissima, plant, Nepal.

Body nourishing compounds. Refer to **Essential Oils**.

Ylang Ylang 🌿

Cananga odorata formagenuina, blossom, Madagascar.

Restorative & calming. Refer to **Essential Oils**.



ELDER CARE

100% pure, natural and gentle plant extracts for absolute nurture, optimal balance and enhanced vitality.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

🌿 MOTHER & CHILD SAFE

Almond Oil sweet: organic 🌿💧

Prunus amygdalus, nut, Spain.

This wonderful certified organic carrier oil blends beautifully with essential oils and offers an exceptional level of absorption to promote optimum therapeutic benefit.

Almond Oil sweet: virgin 🌿

Prunus amygdalus, nut, Spain.

Assists absorption of essential oils. Supports recovery from dry, itchy skin & is suitable for most skin types. Nourishing & moisturising for massage, gentle for babies & children.

Arnica Oil: infused 🌿

Arnica montana, flower, France.

Can support natural healing by topical application. It may be especially useful for bumps, sprains & strains. Not suitable during pregnancy or on babies.

Body Repair Cream 🌿

All natural calming cream, supporting healthy joint mobility & natural healing for injury & strain. Suitable for joint mobility & professional bodywork. Contains: Castor Oil*, Arnica Oil*, Eucalyptus Australiana*, Lavender Sweet* & True*, Mint Wild*, Peppermint*, Basil*, Wintergreen*, Juniper*, Chamomile German* in Pure Unscented Body Cream*.

Castor Oil: virgin unsulphanated 🌿

Ricinus Communis, bean, Germany.

Hydrating & nutritious for skin, with significant healing properties. Aids joint mobility & natural recovery in muscle & tissue. Useful for rheumatism, arthritis & other painful body issues. Also assists lymphatic flow, to fortify immunity & counter fatigue & lows.

Cypress 🌿💧

Cupressus sempervirens, needles, Spain.

Cleansing, bold & energising. For healthy circulation of skin & body, & emotional lift. May be useful for sadness & to encourage assertiveness. Excellent for puffy feet.

Deep Relax Massage Oil 🌿

Assists balance, calmness & restorative energy. Wonderfully relaxing for tension & stress: to pulse points or full massage. Contains: Avocado Oil*, Almond Oil*, Wheatgerm Oil*, Cedarwood Atlas*, Ho Sho, Lavender Sweet*, Orange Sweet*, Petitgrain Bigarade*, Jojoba Oil*, Lavender True*, Marjoram French*, Chamomile Roman*, Sandalwood Australian.

Dream Time 🌿

Supports restful sleep by promoting the natural relaxation process. Suitable to diffuse, pulse points, pillows, for baths, & diluted for massage. Contains: Orange*, Lavender Sweet & True*, Marjoram French*, Mandarin*, Ylang Ylang*, Chamomile Roman*.

Eye Soothe 🌿💧

Supports comfort & natural healing for dry & irritated eyes. Used by midwives for baby crusting, very gentle & safe. Drop into eye or apply to cotton wool & rest on eyes for 10 minutes. Contains: Rose Floral Water*, Chamomile Roman Floral Water* & Lavender Floral Water*.

Foot Care Balm 🌱

Provides natural recovery from tired, dry, cracked feet & heels. Refreshing & deodorising. Contains: Lemon*, Cypress*, Tea Tree*, Cinnamon Leaf*, Mint Wild*, Patchouli*, Peppermint* in Pure Unscented Body Cream*.

Immune Plus 🌱

Supports healthy immune function & improves defence against common ills and chills. Suitable for diffusion, inhalation or bath. Contains: Eucalyptus Australiana*, Lavender Spike*, Tea Tree*, Cypress*, Pine Scotch*, Manuka, Thyme*.

Juniper Berry 🌱

Juniperus communis, berry, France.

Supports cleansing, detox & joint mobility, particularly good for elderly people. Also can assist digestion after a heavy meal.

Kanuka 🌱

Leptospermum ericoides, twig, New Zealand.

Clear tones for vitality & calm. Supports healthy respiration, immune functions & natural recovery following illness. Also soothes & protects skin in blends.

Lavender Spike 🌱

Lavandula latifolia, flower, France.

A more camphorous scent than Lavender True, this oil gently supports healthy respiration. Great for children & the elderly.

Lavender Sweet 🌱

Lavandula hybrida 'super', flower, France.

A light fragrance with classic Lavender qualities. Calming & cleansing. Great for household use.

Manuka 🌱

Leptospermum scoparium, twig, New Zealand.

Milder than Tea Tree. Supports healthy skin, natural respiration & helps to clear congestion. Also good for healthy fungal balance.

Muscle Tonic 🌱

Supports natural recovery & relaxation in muscles following exercise & promotes healthy circulation. Recommended for a bath or dilute for massage. Contains: Lavender Sweet*, Cedarwood Atlas*, Spearmint*, Eucalyptus Australiana*, Lemongrass*, Cypress*, Rosemary Cineol*, Wintergreen*.

Relaxing Massage Balm 🌱

Soothing, nourishing & silky smooth. Supports natural muscle relaxation & promotes deep calm. Contains: Orange Sweet*, Lavender Sweet*, Cedarwood Atlas*, Palmarosa*, Geranium*, Chamomile Roman* in Pure Unscented Body Cream*.

Rose Floral Water 🌱

Rosa damascena, flower, France.

A pure, cleansing hydrosol with soothing, toning qualities. Restores balance & moisture to dry & irritated skin. Safe for eye-cleansing. Water-soluble properties from distillation of Rose Damascena.

Sinus Clear 🌱

With a penetrating molecular aroma carrying antiseptic, calming & decongestant properties. Use on tissue or clothes, steam inhalation, diffusion or chest rub (10 drops to 1 tsp of carrier). Contains: Eucalyptus Australiana*, Lavender Spike*, Peppermint*, Pine Scotch*, Mint Wild*, Tea Tree*, Kanuka*.

Skin Repair Cream 🌱

Excellent for all skin types. Nourishing & soothing, aids natural healing for wounds, cuts, bruises & scars. Essential in first aid. Contains: Jojoba Oil*, Shea Butter*, Lavender Sweet* & True*, Myrrh (wild), Chamomile German* & Roman*, Calendula*, CO2, Aloe Vera* in Pure Unscented Body Cream*.

Spruce Black 🌱

Picea mariana, needles, Canada.

Gentle for young & old. Antiseptic, antimicrobial & expectorant properties benefiting respiratory conditions. Helps to clear congestion & aid healthy breathing.

Twinkle Star 🌱

Support for calmness, relaxation & healthy breathing. Add to bath, diffuse, drop on collar or mix with massage cream. Contains: Lavender Sweet* & True*, Orange Sweet*, Eucalyptus Blue Gum*, Mandarin*, Chamomile Roman*.

Wheatgerm Oil: virgin 🌱

Triticum vulgare, germ, Australia.

Extremely rich & nourishing. Protects the skin against cold weather & wind. A natural antioxidant for massage blends. Note: add just 5-10% Wheatgerm Oil when blending with other carriers. Store in the fridge.

Wintergreen 🌱

Gaultheria fragrantissima, plant, Nepal.

Helps release muscle tension & tightness, tonic for healthy circulation. It also has a distinct cleansing aroma that can be used in respiratory blends.



PET CARE

Natural products formulated for maximum quality and effectiveness, while keeping all ingredients safe, pure, organic and good for your horse or dog.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

💧 PUPPY & FOAL SAFE

Cleanse 🌿💧

A concentrated plant-based wash that is anti-fungal & anti-bacterial. Contains Lavender Sweet* & True*, Tea Tree*, Geranium* in plant based, natural wash.

Inhale 🌿💧

Natural support for inhalation during exercise, eases breathing & soothes irritations. Contains: Jojoba Oil*, Avocado Oil*, Eucalyptus Blue Gum*, Spruce Black*, Pine Scotch*, Lavender Spike*, Spearmint*, Fir Balsam* in Aloe Vera Gel*.

Protect 🌿

Helps reduce minor bacterial & fungal infections. Contains: Cocoa Butter*, Lemon*, Tea Tree*, Cinnamon Leaf*, Cypress*, Mint Wild*, Peppermint*, Patchouli* in Pure Unscented Body Cream.

Renew 🌿💧

Reduces minor scar tissue & relieves dryness & itching. Moisturises & nourishes the skin. Contains: Avocado Oil*, Jojoba Oil*, Evening Primrose Oil*, Rose Hip Oil*, Wheatgerm Oil*, Lavender Sweet* & Spike*, Eucalyptus Blue Gum*, Geranium*, Patchouli*, Myrrh (wild), Chamomile German CO2*.

Repair 🌿💧

Healing & soothing to minor wounds & skin irritations. Contains: Cocoa Butter*, Jojoba Oil*, Lavender Sweet*, Geranium*, Lavender True*, Chamomile German* & Roman*, Myrrh (wild), Chamomile Roman CO2*, Aloe Vera* in Pure Unscented Body Cream*.

Repel 🌿💧

Deters flies & other small biting, flying insects. Soothes & cleans itching bites. Contains: Calendula Tea*, Absolute Emulsifier*, Geogard 221, Eucalyptus Lemon*, Citronella*, Cedarwood Atlas*, Lavender Sweet*, Tea Tree*, Geranium*.



GIFTS

Special sets packaged up in beautifully crafted boxes, made in Nepal from traditional, eco-safe, renewable lokta plant paper. Give the gift of nature.

Baby & Child Massage Essentials 🌱💧

Two of our most requested childcare items. Set includes: Baby Oil: Rose & Chamomile* to nurture & heal skin, Baby Tummy Blend* to calm & soothe colic & stress.

Baby & Child Sleep Essentials 🌱💧

Essential for the early years, effective, gentle sleep time support. Set includes: Chamomile Roman 3%*, Baby Care: Nose & Chest* & Twinkle Star*.

Birthing Essentials 🌱

Three pristine blends to support hormone production, calm & promote natural delivery. Set includes: Birth Time Start*, Birth Time Calm* & Maternity Labour Support*.

Busy Lifestyle Essentials 🌱

Helps mind to focus, be productive & calm. Set includes: Stress Less*, Brain Power* & Dream Time*.

Chakra Oil Set 🌱

Enhance energy flow through the 7 chakras for natural balance. Set includes: Base*, Brow*, Crown*, Heart*, Navel*, Solar* & Throat* Chakra Oils. Refer to **Mind & Body**.

First Aid Essentials 🌱

Cover your bases for effective, natural family first aid care. Set includes: Lavender True*, Peppermint* & Tea Tree*.

Holiday Season Essentials 🌱💧

Three therapeutic oils to create life-enhancing aromas. Set includes: Ambient Harmony*, Christmas Season* & Stress Less*.

Home & Living Essentials 🌱💧

Three therapeutic aromas to enhance daily life. Set includes: Ambient Harmony*, Life Lift* & Sweet Rose*.

Immune Care Essentials 🌱

Three blends for strong defences & respiratory health. Set includes: Immune Plus*, Breathe Easy* & Sinus Clear*.

New Mum's Pamper Pack 🌱💧

Three luxury blends to support body & mood changes following pregnancy & birth. Set includes: Morning Balance*, Life Lift* & Sweet Rose*.

Natural Beauty Essentials 🌱💧

Nurture vibrant, healthy skin & hair with super-nutrient, protective plant synergies. Set includes: Absolute Hair Care* & Rejuvenating Face Serum*.



🌱 CERTIFIED ORGANIC

🌱 WILD GROWN

💧 MOTHER & CHILD SAFE

ACCESSORIES

Diffusers, storage, tea-lights, amber glass bottles and droppers; here are the simple, safe, eco-friendly extras for easy essential oil blending and everyday use.

Ceramic Aroma Diffuser

Beautiful to look at, and built to last. It's as quiet as a whisper, easy and efficient to use and comes with a handy remote control plus a host of added features (such as a timer and mist and colour selection modes). Best of all it allows you to explore Absolute Essential's excellent range of organic, medicinal quality plant oils - supporting your overall health and wellness and changing your environment for the better.

Candles Natural Wax

Tea lights that are made from natural wax burn cooler, longer & cleaner. Ours are non-toxic, non-carcinogenic, from an eco-responsible, renewable source. Burn time 8 hours.

Reed Diffuser Set

Set includes an attractive, earth-friendly, re-usable ceramic vessel, along with a pack of 100% natural reeds that are sustainably sourced and not treated, bleached or dyed.

Cream Pump

Designed to be used for the refill 500ml bottles for creams, lotions & gels.

Disposable Pipettes

Disposable plastic pipettes to help with accurate measuring and blending.

Glass Bottles, Amber

Amber glass bottles in sizes: 5ml, 10ml, 25ml, 50ml, 100ml & 200ml. Complete with tamper-safe caps and a dripulator.

Natural Reed Sticks Refill (20 pack)

3mm in diameter and 250mm length. 100% natural, NOT been treated, bleached or dyed.

Nepali Handcrafted Boxes

Beautifully crafted from traditional, eco-safe, renewable plant paper (lokta), made in Nepal. Available for 10ml sized bottles (Essential Oils & Pure Blends) storing 3 or 7 bottles, or for 2x 25ml bottles (Body Oils & Carriers).

Spray Mist Top

Spray attachment for amber glass bottles. For hydrosols, body sprays and perfumes.

Trigger Spray

Designed to be used for the refill 500ml bottle, can be used with refill Bugs Repel Spray and all floral waters.



FREQUENTLY ASKED QUESTIONS

Q. What sets Absolute Essential apart from other essential oil suppliers?

A. Absolute Essential is the only certified organic company that sources sustainable, medicinal quality plant oils from artisan producers, worldwide.

Q. What do you mean when you say Absolute Essential is a sustainable business?

A. Good environmental strategies are a focus for all levels of our business, and we consider community and economic choices to include everybody's future health. The Natural Products New Zealand organisation has awarded us 3x with their Sustainability Award, plus an inaugural Supreme Business Award for exemplary sustainable practice.

Q. What is an essential oil?

A. An essential oil is the liquid that is extracted from the flowers, leaves, stems, roots, bark or seeds of a plant. Typically it's obtained by distillation and features the characteristic therapeutic odour of the plant (or other source) from which it has been extracted.

Q. What is a carrier oil?

A. A carrier oil is a press-extracted plant oil containing fatty acids, taken commonly from the nutrient rich kernels, seeds or nuts. Conditioning to the skin and easily absorbed, they are used for topical blends to 'carry' essential oils in safe dilution into the body.

Q. What is an essential oil pure blend?

A. Absolute Essential Pure Blends are undiluted blends of pure essential oils based on prescriptions at our Natural Health Clinics, supported with 30 years

of safe professional knowledge. Single essential oil uses apply (diffusion, sometimes bath and inhalation, and diluted for skin) but through synergy they offer higher healing potential and efficiency.

Q. What is aromatherapy, how does it work?

A. Authentic aromatherapy is the application of 100% pure essential oils and complementary plant extracts to enhance healthy body process. The essential oil molecules interact with receptors in the body - most importantly those connected to the endocrine and nervous systems which together regulate almost all physiological processes. The quality of the essential oils is key to promoting a positive therapeutic response.

Q. What is the difference between aromatherapy and therapeutic plant oils?

A. Therapeutic Plant Oils (TPO) is Absolute Essential's term to avoid confusion with commercial products and describe absolutely pure, certified organic plant oils with all stages of production and handling screened and controlled to ensure an optimum medicinal extract.

Q. How do I use my essential oils?

A. Check pg 6 for a detailed chart - but to summarise you can use diffusion (up to 10 drops in a diffuser), inhalation (2-6 drops on a tissue or 2-5 drops to 2 cups of boiling water), massage (1 drop essential oil/s to 1 ml of carrier oil) and bath - max 15 minutes (6-10 drops of essential oil/s, in milk/soy milk first to aid dispersion and safe absorption).

Q. How can I be sure that the essential oils I use are safe?

A. Buy from a reputable source and follow professional directions for safe application.

Q. Can I use essential oil neat on my skin?

A. As a general rule it's better to dilute 5-10 drops of essential oil to a ¼ teaspoon of carrier oil. A few, like Manuka or Lavender, are fine for most people in small amounts, but most require dilution. Always defer to cautious use, and follow directions. Our Mother & Child marked essential oils and pure blends are safe for most adults to use on pulse points and therapeutically.

Q. Are there any instances when essential oils would be dangerous to use?

A. Some essential oils have properties that are considered dangerous for certain conditions. Pregnancy, asthma, epilepsy, high blood pressure... if you have a condition to consider, always consult a healthcare professional (or our e-consult service at www.absolutesessential.com).

Q. Is it unsafe to take essential oils internally?

A. We cannot officially recommend that you take any essential oil internally, unless you have been to see a qualified

practitioner who has given you clear directions for safe usage and correct dilution/dosage. You should always check that any essential oil you wish to take internally is organically certified, and of the highest medicinal grade. (If an oil is ingested by accident, drink fatty milk and seek advice, do not drink water or induce vomiting.)

Q. Is special care needed when using essential oils during pregnancy, on babies and on children?

A. Yes it is. But all Absolute Essential products that are safe for use during pregnancy and with babies and children are easy to identify as they carry the Mother & Child symbol. We recommend that you keep scent around babies simple and gentle, provided no specific conditions exist. You could try Rose, Lavender Sweet and Chamomile Roman, as they are beautifully soft, soothing and nurturing. Dosage guide:

Pregnancy: use 1/2 the recommended dosage on our Mother & Child-safe products. **Babies:** use 1/8 to 1/4 the recommended dosage on our Mother & Child-safe products. **Children:** use 1/2 the recommended dosage on our Mother & Child-safe products.



Visit www.absoluteessential.com to shop online, and be sure to sign up for our e-news, which includes special product offers and expert tips to improve your health and lifestyle naturally.

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