



ECO.
Modern essentials

GUIDE FOR
NEW MAMAS



Guide for new mamas

Look after yourself during
this precious and beautiful
time of your life.

This trio includes pure
essential oils to promote a
safe, healthy and relaxing
environment for a new mum
and her baby. Diffuse a
small amount around the
home to create a relaxing
atmosphere, aid with
sleeping or to nourish
your skin.

LAVENDER ESSENTIAL OIL

A light, floral and woody scent, well known for its relaxing and healing qualities. Diffuse up to 6 drops to encourage sleep or help relieve anxiety. Add 2 drops to a dispersant such as sweet almond oil in a warm bath with baby. Mix 1 drop with 5ml of your favourite carrier oil and use as a natural moisturiser or massage oil.





MANDARIN ESSENTIAL OIL

With a refreshing, light and citrus scent, mandarin is calming, and known to reduce nervous tension. Calming for temper tantrums and the fresh fragrance adds a note of lightness to the air. Diffuse up to 6 drops throughout the day or before bedtime. Mix 1 drops with 5ml of your favourite carrier oil such as Sweet Almond or Jojoba and apply to your belly to help heal stretch marks and nourish the skin.

ECO.AROMA
mandarin
citrus reticulata

pure essential oil

10ml e 0.30fl.oz.
MADE IN AUSTRALIA

CHAMOMILE 3% ESSENTIAL OIL

A calming essential oil, with anti-inflammatory and anti-bacterial properties. Chamomile is an anti-inflammatory for the mind.

Gentle and sedating, perfect for children and adults alike. Because this essential oil is already diluted, you can directly add up to 3 drops to the bath to help calm and nourish the skin.



ECO. LITTLE LULLABY BLEND

Create a soothing and relaxing atmosphere in the bedroom when putting your little ones to sleep. The calming and sedating properties of Mandarin, Lavender, Marjoram and Chamomile will promote feelings of tranquility and encourage a deep and restful sleep. The perfect blend to diffuse during bedtime story! Diffuse for up to 30minutes for children under the age of 2 years old.



ECO. LITTLE PEACEFUL BLEND

An all-rounder, this soothing blend helps calm the mind, relax the body and promote feelings of peace. This blend is great to use at the end of the day, to help your little ones unwind or to help them prepare for sleep. When nothing else works and everything is chaos, you can reach for this blend to help instil calm and joy in the home. Diffuse for up to 30minutes for children under the age of 2 years old.





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