



PURAS
non-toxic · non-carcinogenic

Puras' Journey



"It was a personal life changing journey right from the beginning..."

Puras was founded from our need for natural and good quality essential oils for ourselves and our families. We take meticulous care to ensure the authenticity, integrity and quality of our plant-derived products.

"We take the road less travelled to source the best ingredients."

Puras' raw materials are imported from all parts of the world. The legacy of alternative medical practitioners in Europe for natural healing and beauty is enhanced.

"We want to open your eyes and senses to the restorative powers of nature's oils.."

We are among the global pioneers in adopting a non-toxic and non-carcinogenic approach in formulating products for you to begin your natural healing and beauty journey.

Why Use Essential Oils

Essential oils are naturally-occurring, volatile aromatic compounds found in various parts of plants. The oils that are carefully and properly extracted capture the plant's unique scent and flavour, or "essence", that can be used as singles or blends to enhance our emotional and physical wellbeing.

How To Use Essential Oils

Essential oils are volatile in nature and evaporate quickly. Each oil can be used in a variety of ways. The most common method being via diffusion or topical use - to promote natural healing.



Diffusion/Inhalation

Diffusion and inhalation are the most common and effective ways of using essential oils. Essential oils can be inhaled directly, indirectly, via diffusion or even steaming, to stimulate & improve our overall health & wellbeing.



Topical

Essential oils can be applied on pulse points, specific locations that require soothing, or on acupressure points. Most oils must be diluted with a carrier oil before being applied directly on the skin, as they are very highly-concentrated and can cause irritation.

Essential Oils Scent Chart

Floral	Earthy	Leafy	Citrus
Chamomile Roman Clary Sage Geranium Helichrysum Lavender France Rose Otto Rose Absolute Ylang Ylang	Cedarwood Atlas Copaiba Cypress Eucalyptus Frankincense Ginger Root Lemon Eucalyptus Myrrh Patchouli Rosewood Sandalwood Turmeric Vetiver	Black Pepper Clove Bud Coriander Lemongrass Marjoram Palmarosa Peppermint Rosemary Tea Tree Thyme	Bergamot Grapefruit Lemon Orange

Single Note - Essential Oils



Bergamot
Citrus bergamia
Italy

A unique citrus oil that can alleviate anxiety, due to its ability to soothe and lift moods. Diffuse at work or at home when feeling stressed or tense. It also helps balance oily teenage skin and addresses related dermatological complaints.

⚠ Caution: Bergamot is very photosensitive and should NOT to be applied to skin that will be exposed to sunlight within 48 hours.



Chamomile Roman
Anthemis nobilis
Italy

One of the best essential oils for relaxation and relieving anxiety, Chamomile Roman is a must-have especially for hyperactive young children. When applied topically or added to a warm bath, Chamomile Roman oil also helps relieve arthritic pain.



Black Pepper
Piper nigrum
India

Black Pepper is excellent for reducing discomfort after exercise or easing achy joints associated with aging or normal wear and tear. Black Pepper can also help ease digestive issues such as nausea, bloating and general digestive discomfort.



Clary Sage
Salvia sclarea
Austria

Clary Sage is a hormone-balancing oil, which makes it ideal for relieving symptoms related to women's health. It can be used for problems with the menstrual cycle and menopause, soothing its user in a more tranquil mood and promoting a more restful sleep.

⚠ Caution: Clary Sage can cause uterine contractions, use carefully during pregnancy especially for topical application on the abdomen.



Cedarwood
Cedrus atlantica
Morocco

Cedarwood is known for its therapeutic effect on the respiratory system. Rub a few drops of Cedarwood oil on your chest to help ease congestion and provide support for the respiratory system. It also helps stimulate hair follicles and increases circulation to the scalp which promotes hair growth. With its natural calming properties, it relieves stress and anxiety.



Clove Bud
Syzygium aromaticum
Indonesia

Clove Bud oil is effective against dental pain, sore gums, mouth ulcers and bad breath. Clove Bud is also able to rejuvenate the neurological function of the brain, improves memory retention and helps alleviate anxiety. When diffused, it is an excellent supplement for a healthy immune system. It is also a powerful insect repellent.



Copaiba

Copaifera officinalis
Brazil

When it comes to pain relief, Copaiba oil has no equal. It alleviates headaches, migraines, muscular cramp, back pain and arthritis. Copaiba is also a great choice for sore throats, wounds, burns and bites. Copaiba also gives skin a youthful and radiant glow.

⚠ Caution: Copaiba is very photosensitive and should NOT to be applied to skin that will be exposed to sunlight within 48 hours.



Eucalyptus

Eucalyptus globulus
China

One of the world's best-known essential oils for the respiratory system, Eucalyptus supports the breathing passageway by clearing the respiratory tract. It also stimulates healthy blood circulation, bringing a feeling of warmth to the body. It can also be effective in clearing the mind and stimulating mental focus.



Coriander

Coriandrum sativum
Romania

Coriander is an exotic oil that can whet the appetite and allay occasional digestive upsets. It also elevates your mood, calms frayed nerves, improves mental focus and mental clarity. Apply prediluted Coriander oil to the back of the neck or bottom of the feet to promote mental alertness.



Frankincense

Boswellia carterii
Somalia

Frankincense is prized for its skin-rejuvenating properties. It smooths the appearance of wrinkles, as well as dry and damaged skin. When diffused, Frankincense supports the immune system, enhances meditation and encourages self-esteem whilst promoting wellness of the mind and spirit.



Cypress

Cupressus sempervirens
Spain

This medicinal tree exudes an invigorating, almost masculine fragrance. Aside from its aromatic properties, Cypress helps the body flush out toxins, thus reducing water retention. It can also cleanse the liver and lower cholesterol levels. Due to its ability to increase blood flow, Cypress is commonly used as an aphrodisiac.



Geranium

Pelargonium graveolens
Comoros

The benefits of Geranium oil are manifold, which makes it an excellent holistic treatment for physical, mental and emotional health. It treats acne, reduces inflammation, alleviates anxiety and balances unruly hormones. This gentle oil can also lift your mood, lessen fatigue and promote emotional well-being.



Ginger

Zingiber officinale
India

Ginger is a viscous oil with a long history of medicinal use, primarily for soothing nausea and relieving stomachaches. It also aids digestion and menstrual discomfort. With its anti-inflammatory and pain-relieving properties, Ginger is known to relieve joint and muscle pain.

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Lavender

Lavandula angustifolia
France

Lavender is widely known for its therapeutic relaxation properties, which work wonders with tension of any kind. Diffuse or spray a small amount onto your pillow for a restful night's sleep. When added to a carrier oil, Lavender becomes a fantastic after-sun moisturiser. It can also soothe irritated skin and skin imperfections.

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Grapefruit

Citrus paradisi
U.S.A

Grapefruit essential oil has distinct properties that may offer a variety of health benefits including reducing blood pressure and stress levels. It suppresses appetite, supports weight loss and alleviates constipation. It also aids lymphatic and kidney cleansing, along with reducing cellulite and water retention. Grapefruit is also known for its high concentration of Vitamin C, which acts as an anti-oxidant.

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Lemon

Citrus limon
Spain

Apart from its well-known culinary uses, Lemon also has multiple health benefits. It aids the digestive system and promotes a healthy respiratory system. Its zesty, citrusy fragrance also has a cleansing effect on stale air and greasy surfaces. With its invigorating influence on the mind, Lemon oil promotes a positive outlook, focus and mental clarity.

⚠ Caution: Lemon is very photosensitive and should NOT be applied to skin that will be exposed to sunlight within 48 hours.

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Helichrysum

Helichrysum italicum
Italy

Helichrysum is a common, traditionally-used medicine, which has anti-inflammatory, antifungal, and antibacterial properties. It can help promote effective wound-healing, reduce inflammation and fight infection, due to its antimicrobial properties. Helichrysum is also a mild and safe oil to use (in an adequate amount) on children above 18 months of age.



Lemon Eucalyptus

Eucalyptus citriodora
Brazil

Lemon Eucalyptus oil is characterized by its strong, fresh, sweet, and balsamic aroma, presenting a top fragrance note. It contains antiviral and antibacterial properties and helps with detoxification of the upper respiratory tract, supporting a healthy respiratory system. It can also be used as an air freshener and mosquito repellent.



Lemongrass

Cymbopogon citratus
Nepal

Lemongrass is well known for warding off insects. It is refreshing and deodorising when diffused, as well as uplifting to the spirit. When added to a carrier oil for topical application, it boosts circulation and soothes aching muscles and tendons.



Orange

Citrus sinensis
Brazil

This is a happy oil, commonly known for its wonderfully uplifting and calming scent. When diffused, it helps to relieve nervous tension, alleviate sadness and ignite positive emotions. When added to a carrier oil, it helps address acne, oily skin and stretch marks. It also promotes and induces a sense of peace and composure.



Marjoram

Origanum majorana
Morocco

This masculine, woody & leafy aroma will ease nervous tension and anxiety, promoting feelings of calm and relaxation. Marjoram is also traditionally used as a pain reliever. It helps to reduce pain associated with inflammation, over-taxed muscles and headaches. Due to its ability to calm respiratory and muscular spasms, Marjoram is also commonly used after strenuous exercise.



Palmarosa

Cymbopogon martini
Nepal

Palmarosa is one of nature's gifts to skin health. It regulates the skin's moisture levels and oil production and is suitable for all skin types. By repairing skin cells, Palmarosa nourishes the skin and restores harmony. It also aids the digestive system and encourages a better appetite.



Myrrh

Commiphora myrrha
Somalia

Myrrh essential oil is an incredible example of how plant-derived medicine connects us with history. Once worth its weight in gold, this precious oil is now used as a serum to promote smooth and youthful-looking skin. Myrrh is also an effective mouthwash, refreshing the breath and reducing inflammation of the mouth and gums. This oil is also highly valued for promoting emotional balance and well-being.



Patchouli

Pogostemon cablin
India

Patchouli's complex and sensual aroma has the ability to connect the body and mind, which can help ground you and combat stress and anxiety. When added to a carrier oil, it soothes the skin, promotes tissue regeneration, hence speeding up wound-healing, and prevents infection. It also stimulates blood circulation and increases organ oxygenation throughout the body, which helps our body flush out toxins and reduces water retention. Patchouli is also used as an aphrodisiac.



Peppermint

Mentha piperita
USA

Peppermint is the most energising of essential oils. When diffused, it lifts the spirit and enhances alertness. It also promotes digestive and respiratory health. With its high menthol content, Peppermint has a stimulatory effect that provides a much-needed boost when you are feeling under the weather. Peppermint also eases muscle tension and discomfort.

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Rose

Rosa damascena
Bulgaria

Extracted from the petals of one of the rarest flowers in the world, the Bulgarian Rosa Damascena has amazing skin healing properties. Sought after for its calming, toning and regenerating effect on the skin, it is ideal for dry, sensitive, or mature skin.

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Rose Absolute

Rosa damascena
Bulgaria

Rose oil is best for skin rejuvenation as it counteracts, signs of aging and reduces the appearance of wrinkles. Its calming properties help in soothing emotions and brings calm in the midst of grief. Rose is also commonly used as an aphrodisiac.



Rosemary

Rosmarinus officinalis
Spain

Revered as an oil to improve memory and mental clarity, Rosemary has been used by Greek scholars for centuries to boost memory retention. Spraying a small amount of Rosemary to the scalp or adding it to your hair shampoo will stimulate hair growth, and help maintain a healthy scalp and lustrous hair.

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Rosewood

Aniba rosaeodora
Brazil

Rosewood helps with tissue regeneration, improves skin elasticity and acts as an anti-aging agent. Rosewood is also good for relieving depression and anxiety. It promotes the feeling of calmness, peace, gentleness and love. Other benefits of Rosewood oil are stimulating the internal system and metabolic functions. It aids with the secretion of hormones and production of enzymes, digestion and other essential functions.



Sandalwood

Santalum album
India

Sandalwood is calming and helps with mental clarity and focus by instilling a sense of inner peace. It is a good choice for relieving stress and depression and boosting self-esteem. Incredibly beneficial in skin care with high antioxidants, it has anti-aging and anti-wrinkle properties. It is also known to be an aphrodisiac oil.

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Turmeric

Curcuma longa
Indonesia

Turmeric has a lengthy history of being used as a medicine and spice. Turmeric Oil is known for its anti-inflammatory properties and helps calm aching joints, whether from aging or over-exertion. It is excellent for abdominal issues ranging from gas to menstrual discomfort. The warming properties of Turmeric also help ease tension in the head and neck. Scientific and clinical research have shown promising results in preventing cancer and neurological diseases.

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Tea Tree

Malaleuca alternifolia
Australia

Since ancient times, Tea Tree oil has been known as a "cure-all" medicinal oil. While it has many uses, including treating tropical infections and diseases, this oil is commonly used for the treatment of wounds due to its disinfectant properties. When diffused, it promotes fresh, healthy air, and aids in immune support, providing relief for coughs, colds and congestion. It also combats skin acne due to its antimicrobial terpene content.

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Vetiver

Vetiveria zizanioides
Indonesia

Best loved for its deeply calming, grounding and balancing properties, Vetiver is your must-have sleeping partner. This oil of tranquility is a highly-desired oil, commonly used in synergy blends, and alleviates many anxiety-related issues.

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Thyme

Thymus vulgaris
Slovenia

Thyme helps to uplift moods and enhance mental clarity and stamina when diffused. It is also commonly used for its cleansing and purifying effects on the skin. It has potent antimicrobial properties and is very effective against sore throats and respiratory infections. Like Peppermint and Eucalyptus, Thyme oil is also used to improve oral health.



Ylang Ylang

Cananga odorata
Comoros

Ylang Ylang is one of the oldest known medicinal plants. Its exotic notes help fight anxiety and depression, relaxing body and mind. This oil also has aphrodisiac qualities, and boosts feelings of comfort and well-being. Other benefits include lowering blood pressure, regulating rapid breathing and fostering a good night's sleep.

Synergistic Essential Oil Blends

It is well-known that French physicians are amongst the pioneers in prescribing essential oils as a drug-free alternative for good health. Puras' Synergistic Blends are predominantly based on formulas developed by renowned French physicians, Dr Jean Valnet and Dr. Rene-Maurice Gattefosse. These Blends have been subsequently fine-tuned by various French physicians and biochemists, resulting in the creation of Puras' Synergistic Blends.

Respiratory Warriors



Clear Up

Eucalyptus, Cajeput, Marjoram, Pine, Eucalyptus Lemon, Lavender, Cypress, Black Spruce, Peppermint, Spearmint.


Helps in addressing upper respiratory tract problems, especially flu, cold, cough, sore throat and sinusitis. Aids in relieving allergy-induced symptoms and lessens discomfort caused by lung congestion. Diffuse or dilute with a carrier oil before application during flu season.



Super Clear Up

Peppermint, Eucalyptus, Cajeput, Marjoram, Pine, Lemon Eucalyptus, Lavender, Cypress, Spearmint, Black Spruce.

Super Clear Up is an enhanced version of Clear Up with additional Peppermint to help boost respiratory health and addresses respiratory problems. This blend can also aid in relieving allergy-induced symptoms, lessens discomfort caused by lung congestion, and prevents viruses.

 Caution: This blend is not suitable for children.



Emmune Kick (Immune Booster)

Clove Bud, Lemon, Cinnamon Leaf, Eucalyptus, Rosemary.

Emmune Kick helps boost the immune system. Diffuse or apply with a carrier oil prior to the onset of a flu, cold or sore throat to ward off bacteria and viruses. Also ideal for keeping hands and kitchen surfaces free from germs and bacteria.



Fortify

Cajeput, Lemon, Birch, Peppermint, Eucalyptus.

Fortify is a synergistic blend of oils that helps clear the breathing passageways and boosts the immune system. It is a must-have during the flu season both as a method of prevention as well as treatment.

Emotional Companion



Embrace

Ylang Ylang, Bergamot, Geranium, Lemon, Coriander, Mandarin, Jasmine, Chamomile Roman, Palmarosa, Rose.

Embrace enhances limbic system function, creating a positive mindset and opens up the mind to a wealth of possibilities. It also makes one feel positive & loved.

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No More Antsy (No More Anxiety)

Ylang Ylang, Frankincense, Lavender, Clary Sage.

Sends calming signals to the limbic system of the brain which rules your emotions, promoting peace and inner harmony by reducing anxiety, over-thinking, worrying and irritability. Diffuse or spray a small amount around your room for a calm stress-free day.



Happi-nest

Rosewood, Ylang Ylang, Geranium, Petitgrain, Bergamot, Mandarin, Cedarwood Atlas.

Happi-nest stimulates the production of serotonin, bringing about a feel-good effect. It elevates mood, reduces depression and promotes feelings of calm and contentment. Diffuse Happi-nest or spray it in the room to raise your vibrations and help keep depression away.

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Antsy Eraser (Anxiety Eraser)

Marjoram, Petitgrain, Lavender, Cajeput, Vetiver.

Enhances the effect of calming neurotransmitters in the central nervous system which reduces stress and anxiety. Promoting calming and uplifting effects, it also acts as a muscle relaxant. Use it as a moisturiser by adding it to a carrier oil. Apply on pulse points and around your neck to promote optimism and self-confidence.

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Euphoria

Rosemary, Lime, Petitgrain, Lemon, Peppermint, Lemongrass, Thyme.

Euphoria stimulates hormones such as dopamine and serotonin, and creates feelings of ease and contentment. Diffuse Euphoria or spray it in the room for a relaxing environment. Add to a carrier oil and apply on pulse points and around your neck to elevate mood and help keep depression away.

The Storm Series



Calm The Storm

Geranium, Clary Sage, Rosewood, Sandalwood, Patchouli & Ylang Ylang

Calm The Storm is a stronger version of our hormonal blends with the addition of Sandalwood, Rosewood and Patchouli essential oils resulting in greater relief from the symptoms of hormonal imbalance. Apart from its alluring scent, Calm The Storm has potent aphrodisiac properties attributed to Sandalwood and enhanced by the addition of Rosewood and Patchouli. Stay balanced with Calm The Storm when hormonal changes disrupt our daily life.



Ease The Storm

Geranium, Clary Sage, Lavender, Patchouli & Ylang Ylang

Women can be greatly affected by hormonal fluctuations throughout their lifetime. Ease The Storm combines essential oils with phytoestrogens (plant-derived hormones) that helps balance and support normal levels of estrogen and progesterone. Reduce the uncomfortable symptoms of PMS and menopause and transition the natural way with this harmonious blend.

Men Are From Mars



Tru-Breed

Cedarwood Himalayan, Bergamot, Lemon, Patchouli, Rosewood, Coriander & Petitgrain

Own your story, one that truly reflects who you are. Tru-Breed is a powerful blend of essential oils that enhances male hormones and stimulates neurotransmitters in the central nervous system, effectively reducing stress and anxiety. Turn setbacks into gains and fuel your confidence with the constant support of Tru-Breed.



Tru-Grit

Rosewood, Geranium, Coriander, Palmarosa, Lime, Nutmeg & Lavender

Tru-Grit stimulates hormones such as dopamine and serotonin which increase confidence and courage therefore making every day an epic day. Spray around the room for positive emotions. Added to a carrier oil, it can be used as a cologne by applying it on pulse points and around your neck to promote optimism and self-assurance.

Brain Power



Clarity *(Stay Focused)*

Coriander, Spearmint, Thyme, Marjoram, Rosemary, Clary Sage.

This mentally-energising blend helps to maintain clarity and focus. It enhances mental stamina, aids memory retention and elevates your mood to a more positive frame of mind.



M-Enhancer 45 *(Memory Booster 45)*

Rosemary, Petitgrain, Juniper, Ginger, Clove, Coriander, Spearmint.

This unique blend supports oxygen and blood circulation to the brain cells and neurons, thus slowing down aging. It stimulates the mind and

strengthens memory and concentration. Especially ideal for those aged 45 and above.

Relieve Me



Super Pan Reliv

Peppermint, Birch, Lemon, Balsam Fir, Clove Bud, Copaiba, Helichrysum, Vetiver.

Super Pan Reliv consists of a potent combination of essential oils enhanced with more Peppermint to combat inflammation providing effective relief for sore muscles, joints and stressed nerves. Good for tension headaches and managing sports injuries that involve muscle and bone.



Pan Reliv (Pain Relief)

Peppermint, Lemon, Balsam Fir, Clove Bud, Copaiba Balsam, Birch, Vetiver, Helichrysum.


Pan Reliv consists of a potent combination of essential oils to combat inflammation providing effective relief for sore muscles, joints and stressed nerves. Good for tension headaches and managing sports injuries that involve muscle and bone.



Tum Rub (Tummy Rub)

Coriander, Lemon, Sweet Orange, Bergamot, Grapefruit, Lime, Ginger, Carrot Seed, Cardamon.

This unique blend helps improve the digestive function and alleviates indigestion, stomach cramps, bloating and heartburn. Apply on the abdomen before and after a heavy meal.

 Caution: Not recommended for use by pregnant women or people with epilepsy.



Mgrain Rid (Migraine Buster)

Coriander, Marjoram, Lavender, Peppermint, Spearmint, Helichrysum, Chamomile Roman.

Helps alleviate migraines associated with emotional trauma, mental stress, anxiety and lack of sleep. Calms nerves and reduces pain associated with inflammation, strained muscles and debilitating headaches.



Mgraine Gone

Marjoram, Coriander, Lavender, Peppermint, Ginger, Spearmint, Chamomile Roman.

Mgrain Gone contains specially formulated oils for migraines and headaches associated with gastro-intestinal disorders. It also aids in soothing nausea and stomach upsets due to migraines. Diffuse or dilute with a carrier oil, apply on temples, forehead and tummy.

Silent Night



Counting Sheep

Lavender, Ylang Ylang, Valerian, Mandarin, Sweet Orange, Petitgrain

Helps to calm mind and body, paving the way to a state of complete relaxation. Its therapeutic properties promote a sense of serenity, leading to a better quality of sleep. Wake up refreshed after a good night of deep sleep.



Quiet Moment *(Sleep tight)*

Lavender, Clary Sage, Chamomile Roman, Frankincense, Marjoram, Bergamot, Vetiver

Encourages the release of serotonin, which is converted into melatonin in the brain. Melatonin induces deep, restorative sleep and leaves you feeling calm. Wake up feeling refreshed and re-energized.



Quiet Slumber

Lavender, Marjoram, Chamomile German, Ylang Ylang, Petitgrain, Mandarin, Orange

Float away with this synergistic blend of relaxing and calming oils that not only soothe mind, body and spirit, but promote the gentle feeling of serenity and peace. Wake up from a good night's sleep feeling refreshed and energized, ready for the day ahead!



Quiet Rhythm *(Sweet Dreams)*

Marjoram, Ylang Ylang, Petitgrain, Mandarin, Grapefruit, Spikenard, Sweet Orange, Chamomile Roman.

This citrusy essence of Grapefruit, Mandarin and Sweet Orange harmonize with calming Chamomile to melt away the tensions of the day leaving you feeling blissfully relaxed. Sweet dreams are a likely side effect!

Round It Off



Gentle Horizon

(Calm Me Down - Autism)

Bergamot, Geranium, Clary Sage.

This blend stimulates your limbic system and helps to clear your mind and calm you down, both on a physical and emotional level. It aids in the balancing of your hormones, and has an excellent soothing effect on your nervous system.



Unlimited Horizon

Autism

*Rosemary, Thyme, Spearmint,
Peppermint, Lemon*

Promotes a sense of mental clarity resulting in an alert and focused mind. Enhances mental stamina, and is beneficial in stimulating a positive and uplifting boost when needed most.



Clear Air

(Germ Buster)

*Citronella, Rosemary, Lemongrass,
Tea Tree, Lavandin, Cajeput,
Lemon.*

A powerful antiseptic blend, with highly effective antibacterial, antifungal and sanitising properties. A must-have to purify the air in living spaces. It kills bacteria and reduces odours. Also useful in repelling bugs and annoying insects.



Carrier Oils



MCT Oil

Medium Chain Triglycerides are derived from coconut oil which is light, clear and scent-free. It has antimicrobial properties, which makes it a great carrier oil in fighting off bacteria. Rich in Vitamins K and E, MCT is easily absorbed into the skin, leaving skin feeling smooth and silky.

MCT Oil is produced via a heating process which allows the oil to retain the same moisturising effect as coconut oil.

Grapeseed Oil

Grapeseed Carrier Oil is a silky oil that is high in essential fatty acids and Vitamin E. It is naturally gentle on the skin and is a common ingredient in premium skincare products. Grapeseed Oil is also non-comedogenic, meaning it won't clog pores or cause breakouts. In fact, its astringent qualities make it an amazing carrier oil for acne prone and oily skin.

Grapeseed Carrier Oil is cold-pressed from the washed seeds of grapes. The cold-pressed process ensures the nutrients of the oil are preserved.

Jojoba Oil

Jojoba Carrier Oil is suitable for all skin types. With its highly-penetrative liquid wax, it closely resembles our skin sebum and absorbs quickly into the skin leaving a satiny smooth finish without any oily residue. Due to its high Vitamin E content, Jojoba Carrier Oil is popular for its ability to moisturise skin and hair. Jojoba carrier oil is cold-pressed from the beans of the Jojoba plant to produce a 100% pure natural oil with no additives. Jojoba Carrier Oil is also an antioxidant and can extend the life of other essential oils.

Moringa Oil

Moringa Oil is deeply nourishing for our skin and hair. It contains oleic acid and fatty acids, which assists our skin's ability in retaining moisture, and penetrates deeply into our skin cells. Moringa Oil is also rich in antioxidants and plant hormones called cytokinins, which encourage cell growth and boosts collagen for youthful-looking skin. Moringa Oil is derived from its seeds which is known for its nutrient-dense medicinal qualities. It has a thin consistency, so it absorbs into our skin very quickly.

Tamanu Oil

Tamanu oil is a must-have carrier oil for skin issues. This glistening greenish-brown oil is rich and thick and absorbs into our skin slowly leaving a luxurious sheen. Tamanu Oil is gentle and promotes restoration of healthy skin, leaving skin soft and rejuvenated. It also helps to reduce the appearance of scars and stretch marks caused by weight-gain or pregnancy. Tamanu has UV protectant properties, making it an excellent natural sun-screen, which is also soothing and healing on sunburns. Pressed from the seeds of the Calophyllum inophyllum tree, it is best used with other carrier oils because of its viscosity.

Hydrolipid



Lemon has multiple benefits aside from its well-known culinary uses. It aids the digestive system and promotes a healthy respiratory system. Its zesty, citrusy fragrance also has a cleansing effect on stale air and greasy surfaces. With its invigorating influence on the mind, Lemon oil promotes a positive outlook, focus and mental clarity.



Peppermint is the most energising of the essential oils. It also promotes digestive and respiratory health. With its high menthol content, Peppermint has a stimulatory effect that provides a much-needed boost when you are feeling under the weather.



Turmeric oil is known to calm aching joints, whether from aging or overexertion. It is excellent for stomach issues ranging from bloating to menstrual discomfort. The warming properties also help ease tension in the head and neck. Scientific and clinical research has shown promising results in preventing cancer and neurological diseases.



Immune Kick helps boost the immune system. Drop 2-5 drops into water just before the onset of a flu, cold or sore throat as a preventative measure. Also ideal for keeping hands or kitchen surfaces free from germs and bacteria when mixed with distilled water.



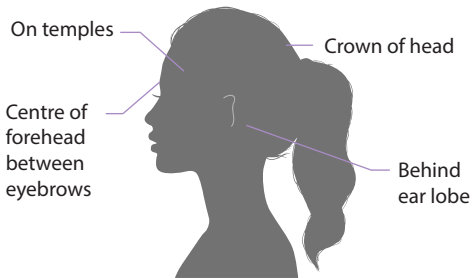
Water Soluble Essential Oils

Puras Hydrolipids are specifically formulated for ingestion. These essential oils dissolve quickly in water. Puras is among the first few essential oil brands globally to have formulated water-soluble essential oils that aid digestion, balance the body's pH levels and promote hydration.

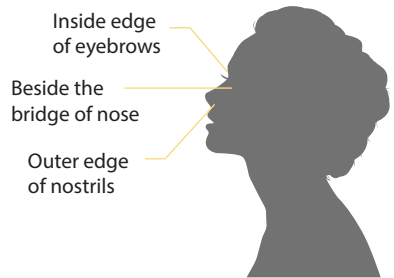
Safety Application

Essential oils are highly concentrated, potent medicines. For example : It takes 100kg of thyme to produce 200g of thyme oil and it takes 60 roses to create one drop of Rose Otto essential oil. 1 drop of peppermint oil is said to be equivalent to the amount of peppermint oil in 20 - 30 cups of peppermint tea. Essential oils are potent medicines and, if used, wisely they can produce amazing results; however, if used in a careless manner, they can lead to harm.

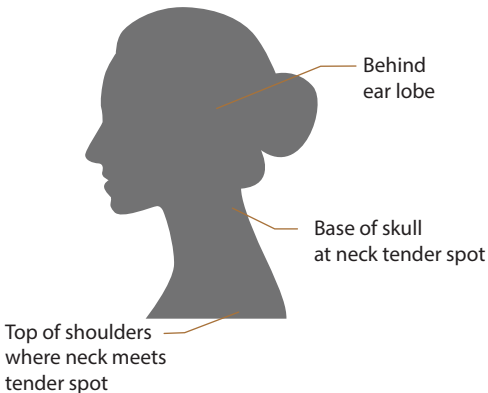
For sleep



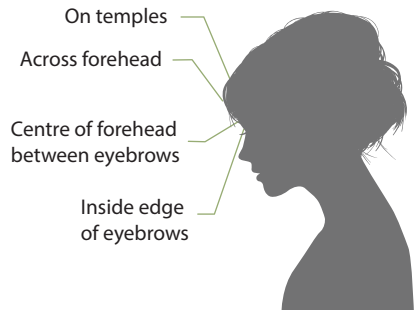
For sinus



For tension



For stress



Scan to watch the Essential Oil Roll-On application guide



Dilution Factors

Essential oils are highly concentrated. To dilute them, add your favourite carrier oil. This helps to minimize the risk of any irritations or allergies. Many of the carrier oils also act synergistically with the essential oils making them more effective. See the chart below for dilution guidelines.

Dilution (%)	5ml (1 tsp carrier oil)	10ml (2 tsp carrier oil)	15ml (3 tsp carrier oil)	30ml (6 tsp carrier oil)
0.5%	Less than 1 E.O. drop	1 E.O. drop	2 E.O. drop	4 E.O. drop
1%	1 E.O. drop	3 E.O. drop	4 E.O. drop	9 E.O. drop
2%	3 E.O. drop	6 E.O. drop	9 E.O. drop	18 E.O. drop
3%	4 E.O. drop	9 E.O. drop	13 E.O. drop	27 E.O. drop
4%	6 E.O. drop	12 E.O. drop	18 E.O. drop	36 E.O. drop
5%	7 E.O. drop	15 E.O. drop	22 E.O. drop	45 E.O. drop

*The dilution rule can also change based on what you are using the essential oils for, so refer to the following and adjust your calculations accordingly:


Facial cosmetics: 0.2-1.5%


Body massage: 1.5-3%


Bath & body products: 1-4%





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