

Amina's
NATURAL SKIN CARE®

ESSENTIAL OILS GUIDE

THE COMPLETE LIST OF BENEFITS, USES & RECIPES



. Aroma . Therapy . Health . Skin . Mood . Hair . Home .



Essential oils

Are extracted directly from the bark, flower, fruit, leaves, seeds or roots of plants.

They are mostly extracted through a process of distillation, which separates the oil and water-based compounds of a plant by steaming.

Each drop is concentrated and can have very powerful health benefits that have a strong aroma. By concentrating these plant oils, you are literally separating the most powerful healing compounds of a plant into a single oil.

How to use:

Dilution Rate refer to each individual oil but generally:

Children over 2 and adults: 5 drops essential oil to 1 tbsp carrier oil/lotion/bath.

Children over 2 and adults with sensitive skin:

2 drops essential oil to 1 tbsp carrier oil, cream, bath.

Essential Oils can be used in many ways for their aroma and for their therapeutic properties:

Mouth wash:

Add 3-2 drops essential oil to a tsp of alcohol (vodka) and add small cup warm water. Gargle but do not swallow.

Perfume:

Add a blend of oils 20 drops to 30ml alcohol and store in glass bottle.

Compresses: for a small area 2-3 drops oil to water soaked compress and 6-8 drops with water for larger areas

Inhalations: In a bowl of hot water add 4-6 drops of oil and place towel over head and lean over bowl and inhale the steam for a few minutes.

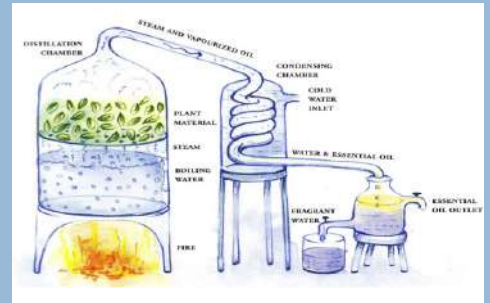
Massage : Add essential oil to oil or base oil

Bath: A few drops in bath water.

Aroma Diffuser: All essential oils can be used in aroma diffusers either on their own or blended together. Always follow device use instructions

* Essential oils can be powerful remedies so check with your doctor if you have any health conditions.

**Also note that essential oils may irritate the skin. If you suffer with allergies or sensitivities it is advised to test the oils on the wrist prior to use.



DID YOU KNOW?

It takes a lot of herb to obtain an essential oil. In order to get one single **10ml** bottle of geranium essential oil, it takes **7 kg** of leaves! Which is a lot of leaves!

OUR ICONS:



Aroma diffuser or inhalation diffuser *



Massage



Bath



Drops of essential oil



Spray bottle



Face cotton



Wiping and home cleaning



Gargle with water



Blend with Amina's Creams, Shower Wash or Shower Oil



Spoon

*Always ensure device issuitable for use with essential oils.



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Rose Geranium is commonly used in aromatherapy for its varied health benefits that improve and balance physical, mental and emotional health. Used for promoting beautiful and radiant skin. It helps to treat acne, reduce inflammation, alleviate anxiety and balance hormones.



Balancing & Uplifting

Wrinkle Reducer The oil has astringent properties which help reduce wrinkles.

Remedy Recipe



Add two drops of oil to your Amina's face cream and apply it twice daily. Noticeable wrinkle reduction after a week or two.

Mind & Emotion Calming and restores balance. Helpful in treating restlessness and anxiety.

Remedy Recipe



Create a massage oil by mixing 5 drops of oil with 1 tablespoon of jojoba oil or any of Amina's Shower Oils and massage into your skin.

Add a few drops to your shower wash.

Natural Deodorant

Has antibacterial properties and aids in eliminating body odours.

Remedy Recipe



Add five drops of the oil to a spray bottle and mix it with five tablespoons of water. This is a natural, safe and beneficial perfume that can be used every day.

Skin Enhancer

Helps in the treatment of acne, dermatitis and skin diseases. Good treatment for inflamed skin.

Remedy Recipe



A teaspoon of Amina's Protective Ointment or any of your Amina's Face Creams with 5 drops of oil, then rub the mixture onto the trouble spot twice a day until you see results. You can also add two drops of geranium oil to your daily face or body wash.

Insect Repellent Bug Bite Healer

It's used as a natural bug repellent, being much safer than sprays filled with chemicals.

Remedy Recipe



Mix geranium oil with water and spray it onto your body. Use it as a massage oil on itchy or irritated spots for relief.

Bergamot

has some very impressive health benefits and is known to enhance your mood. Bergamot oil is one of the best essential oils for depression as it helps to alleviate stress and anxiety.

Avoid use in concentrations of above 0.5 % and exposure to sunlight within 12 hours of use.



Relaxing & Uplifting

Helps Relieve Depression

It is known for its ability to promote cheerfulness, uplift the spirit and balance moods.

Remedy Recipe



Add two drops of bergamot oil to your Amina's face cream or Shower Oil and apply daily. Add 10 drops to bath water for a relaxing health giving and uplifting soak.

Prevents & Fights Infections

It is used to inhibit the growth of bacteria and fungi with strong antimicrobial effects.

Remedy Recipe



Add a 2-4 drops of bergamot to Amina's Ointment or Body Cream. Add 4 drops to aroma diffuser to clear the air and add a beautiful aroma.

Relieves Stress & Anxiety

As a relaxant, it reduces nervous tension, and works as a stress reliever and natural remedy for anxiety.

Remedy Recipe



Diffuse 5 drops at home or work. Inhale the oil directly from the bottle. Apply 2-3 drops topically to your temples and back of neck.

Alleviates Pain

A great way to reduce the symptoms of sprains, muscle aches and headaches.

Remedy Recipe



Rub five drops of bergamot oil on to sore muscles or where you feel tension. To cover a larger surface area, combine bergamot with Amina's Calendula or Chamomile Shower Oil and massage in.

Boosts Skin Health

Soothing, antiseptic, antibacterial and anti-inflammatory properties. Promotes healing and balances skin.

Remedy Recipe



Add 10 drops of bergamot oil to warm bath water. May also be combined with Amina's Dead Sea Pure for a healing soothing soak.

Citronella is most commonly used as a natural fragrant oil in insect repellents. Also used in beauty, household and perfume products. When inhaled, citronella can encourage relaxation and invigoration.



Invigorating & Repels Insects

Natural Insect Repellent

Has been registered as a gentle, plant-based insect repellent.

Remedy Recipe



For best results apply about every 30-60 minutes for its' bug-repelling effects to last. You can combine several drops with shower oil and spread it on your body like a lotion, or add 10 drops to a spray bottle with water.

Uplifting Stress Reducing

With its citrusy scent it can be both uplifting and relaxing.

Remedy Recipe



Diffuse 4 drops it in your home or office.

Natural Perfume & Room Spray

With its clean, fresh scent similar to lemon you can naturally deodorize your home, dishwasher, refrigerator and laundry machine.

Remedy Recipe



To make a natural room freshener, put 4 drops of oil along with water into a spray bottle. By running a cycle to freshen your household appliances with a few drops of citronella.

Kitchen Cleaner

With strong antifungal and antibacterial properties, citronella oil can be used to help clean your kitchen, bathroom or household surfaces without the need for harsh chemicals.

Remedy Recipe



Add 5 drops to spray bottle with water and some ethanol for an instant room freshener and surface wipe.

Anti-fungal Anti-bacterial

Being both an antibacterial and antifungal essential oil, citronella can help with many common skin complaints, including athlete's foot and acne.

Remedy Recipe



To use topically, always dilute it 2 drops with a tablespoon of carrier oil such as Calendula Shower Oil.

Eucalyptus oil benefits are due to its ability to stimulate immunity, provide antioxidant protection and improve respiratory circulation. With its broad-spectrum antimicrobial action it helps respiratory infections and sore throats and is a great decongestant.



Cleansing & Antiseptic

Cough Treatment

It works as an expectorant. Effective against a range of respiratory conditions including asthma, bronchitis, sinusitis, the common cold and the flu.

Remedy Recipe



Blend by adding a few drops to Amina's Protective Ointment or cream and rub onto chest, throat and nose. May be combined with Tea Tree essential oil.

Home Disinfectant

It's fresh strong aroma and it's powerful antiseptic properties make it ideal for home use disinfecting. A non-toxic cleaning solution for sinks, drains, toilets and waterways.

Remedy Recipe



Add 20 drops in spray bottle with water and some ethanol and use to spray around the home for cleaning. Diffuse a few drops to cleanse the air in the rooms around your home.

Seasonal Allergies

It's known for its anti-inflammatory properties and alleviates congestion.

Remedy Recipe



Add to water and diffuse through a humidifier. Add 2-3 drops with Amina's Protective Ointment and apply to chest.

Muscle Pain Reliever

As both an anti-inflammatory and analgesic it relieves muscle pain, joint pain and arthritis by soothing inflammations and pain.

Remedy Recipe



Add 5 drops into carrier oil such as Amina's Calendula or Chamomile Shower Oil and massage into painful area.

Skin Infections

Apply to skin infections, herpes, ulcers, insect bites and stings

Remedy Recipe



Add 3 drops to any of Amina's Shower Oil. Apply neat on spot or sting

Lavender is naturally soothing, it's calming for your body, mind and wellbeing. Reduces anxiety and emotional stress and a powerful antioxidant, antimicrobial, sedative, calming with anti-depressant properties. It is gentle enough to apply directly onto skin.



Relax & Calming

Improve Brain Function

Treats depression and boosts mood.

Remedy Recipe



Add 4 drops to a diffuser .
Inhale directly from bottle.
Apply topically to the temples, back of the neck and ears.

Skin Enhancer

Anti-inflammatory and antioxidant properties help ease skin conditions such as eczema, psoriasis and rosacea.

Remedy Recipe



Mix 3-5 drops oil with 1/2 teaspoon of Amina's Chamomile Shower Oil and apply the mixture to the area of concern.
You can use your fingers or a clean cotton pad.
Add several drops to Amina's Aloe Vera cream and apply to irritated areas.

Improve Sleep

To improve your quality of sleep and help relax.

Remedy Recipe



Add 4 drops to water and diffuse through a humidifier.
Add a few drops to pillow before sleep.
Diffuse oil in your bedroom before and during sleep.

Relax

Helps to relax the body. Good for relieving headaches.

Remedy Recipe



Add 15 drops of oil to bath tub for a relaxing soak.
Add 15 drops to 1 cup of Amina's Pure Dead Sea Salts for a relaxing soothing bath.

Pain Reliever

Helps to relieve headaches, migraines and pains associated with sciatica, shingles and muscle pain.

Remedy Recipe



Add 5 drops of oil to Amina's Shower oil and massage into painful area.
Add 5-10 drops to bath water for a pain relieving soak Add to 1 cup of Amina's Pure Dead Sea Salts for a relaxing soothing bath.

Rosemary has high antioxidant activity and known to improve brain function, focus and strengthen memory. Increases circulation, helps alleviate pain and ease stress. Helps stimulate scalp circulation and hair growth.



Stimulating & Toning

Stimulates Hair Growth

Discourages hair loss and boosts growth. Treats alopecia and dandruff

Remedy Recipe



Add 5-10 drops of oil to Amina's Calendula Shower Oil, apply to scalp and hair follicles and leave as long as possible before washing. Repeat weekly.
You can also add 5 drops directly to your shampoo.

Improves Memory

Inhaling the vapour of rosemary oil helps improve memory and helps with mental strain and alertness

Remedy Recipe



Add 5 drops to your aroma diffuser,
Add 3 drops to half a teaspoon of Amina's Calendula Shower Oil and rub into upper neck.

Reduces Pain

Increases circulation and decreases inflammation. Helps with painful periods.

Remedy Recipe



Mix 2 drops of rosemary oil, 2 drops of peppermint oil and 1 teaspoon of Amina's Calendula Shower Oil, rub on sore muscles and painful joints.
Add 2 drops to Massage oil and massage into abdomen.

Repels Bugs

Deters harmful insects that may bite you or infest your garden. Helps repel spiders.

Remedy Recipe



Add 5 drops to spray bottle with water and spray where needed.

Eases Stress & Anxiety

Eases stress conditions

Remedy Recipe



Add 2 drops to aroma diffuser and inhale.
Apply to pressure points such as wrists, glands and temples.

TeaTree is well-known for its powerful cleansing properties with antiseptic benefits. It's anti-viral, anti-bacterial and anti-fungal properties make it useful for a variety of skin conditions. Helps soothe and is a stimulating and invigorating oil.



Cleansing & Toning

Improve Dry Scalp & Inflammation

Improves symptoms of seborrheic dermatitis, which can cause scaly patches on the scalp and dandruff. Good for inflammatory skin conditions including eczema and psoriasis.

Remedy Recipe



Add up to 4 drops to Amina's Shower Oil as a pre-wash oil treatment for scalp dryness and dandruff.

Combine 10-15 drops with Amina's Dead Sea Salt Pure for an extra healing bath for inflamed skin conditions.

Fights Acne

Due to its antibacterial and anti-inflammatory properties, it is used as a remedy for acne. It heals inflammation and clears skin. Good for cold sores

Remedy Recipe



Apply directly to spots using finger or cotton bud. Add 10-15 drops to bath water on its own.

Combine 10-15 drops with Amina's Dead Sea Salt Pure for an extra healing bath for inflamed skin conditions.

Home Disinfectant

Has powerful antiseptic properties it is ideal for home use disinfecting. Its antipseptic qualities make it a non-toxic cleaning solution around the home.

Remedy Recipe



Add 20 drops in spray bottle with water and some ethanol and use to spray around the home for cleaning.

Diffuse to cleanse the air in the rooms around your home.

Relieve Congestion & Respiratory Tract Infections

Due to its anti-bacterial and anti-inflammatory properties it is very useful in treating coughs, colds and combatting flu.

Remedy Recipe



Add 5 drops to a water diffuser.

Add 3 drops mixed with a teaspoon of Amina's Protective Ointment and rub the mixture into your chest and back of your neck, ears and around nose and sinus areas.

Add 5-10 drops to bath water for a congestion reliving soak.

Helps Treat Head Lice

Researchers found that tea tree oil to be effective against head lice

Remedy Recipe



Combine 3 tablespoons of coconut oil with 1 teaspoon of tea tree oil. Apply mixture to scalp, massaging it in thoroughly. Comb through hair with a fine tooth comb, cover head with shower cap and let sit for two hours. Rinse out oils and rinse off again with apple cider vinegar.

Lemon is well known for its ability to cleanse toxins from the body and it's widely used to stimulate, and purify skin as a natural disinfectant . It has a zesty aroma that helps uplift the mood and add freshness to your home.



Cleansing & Refreshing

Skin Astringent

Natural astringent and is highly effective against greasy skin. Has a toning effect on skin reducing wrinkles.

Remedy Recipe



Use by applying 1-2 drops directly onto spot.
Add to Amina's Creams for an astringent moisturiser.

Acne

It is antimicrobial and is highly effective against acne and blemishes.

Remedy Recipe



Add drops directly to spots. Alternatively add to cotton wool and apply with face oil or cream.

Mind & Emotion

Helps lift the spirit and clear the mind. Very useful for tension headaches.

Remedy Recipe



Add 4 drops of oil to water and diffuse into your home or office.

Add a few drops to Amina's Shower oil and apply in shower or massage.

Face Wash

Can be used on your skin to improve your complexion and leave your skin soft and supple.

Remedy Recipe



Simply combine 3-2 drops of lemon oil with your facial wash or soap.

Immunity

With its antimicrobial properties it can be used to improve immunity

Remedy Recipe



Add 3 drops to Amina's Shower oil or cream and rub onto chest and neck.

Lemongrass is cleansing for the skin and energising to the mind and soul. With its powerful deodorising properties it is a versatile oil around the home. With its stimulating and uplifting aroma it can be used on skin, hair and body.



Refreshing & Antiseptic

Natural Deodoriser Use as a natural and safe air freshener.

Remedy Recipe



Add a few drops of oil along with water into a spray bottle.
Add 5 drops to water and diffuse through a humidifier.

Skin Health

With its antiseptic and astringent qualities it cleanses pores, serves as a natural toner, and strengthens your skin tissues.

Remedy Recipe



Dilute with water and dab onto skin.
Add lemongrass oil to shampoos, conditioners, deodorants, soaps and lotions.

Hair Health

Can strengthen your hair follicles. For hair loss or an itchy and irritated scalp.

Remedy Recipe



Massage a 4 drops of oil into your scalp for two minutes then rinse. The oil's bacteria killing properties will leave your hair soothed, shiny and fresh.

Natural Bug Repellent

Repels bugs such as mosquitoes and ants. This natural repellent can be sprayed directly on the skin. Can also be used to kill fleas.

Remedy Recipe



Add 5 drops to water and create your own spray.
Can also be applied onto your pets.

Stress Reducer & Sleep Aid

The calming smell of lemongrass oil is known to relieve anxiety, irritability and insomnia.

Remedy Recipe



Add 2 drops to Aminon's Shower oil for a relaxing massage.
Combine with lavender oil for best results.

Peppermint

is an essential oil with powerful benefits as an effective natural painkiller and muscle relaxant. With cooling, invigorating and antispasmodic properties. With a refreshing cooling aroma that reduces headaches.

Do not use in concentration of above 1% and not for young children.



Cooling & Stimulating

Muscle & Joint Pain Relief

It is a very effective natural painkiller and muscle relaxant.

Remedy Recipe



Add 2-3 drops topically to the area of concern three times daily. Add 5 drops to a warm bath with Amina's Dead Sea Salt. Also add a few a drops to Amina's Protective Ointment and rub into affected area.

Sinus & Reparatory Infections

It is an expectorant, helping to open airways, clear mucus and reduce congestion. Can help unclog sinuses. For colds, flu, sinusitis, asthma, bronchitis and other respiratory conditions.

Remedy Recipe



Diffuse 5 drops in aroma diffuser or humidifier. Apply 2-3 drops topically to your temples, chest and back of neck.

Cough Relief

Is highly effective anti-inflammatory with invigorating properties

Remedy Recipe



Mix 3 drops of peppermint oil with a teaspoon of Amina's Protective Ointment. You can add 2 drops of eucalyptus oil and tea tree oil for an amazing cough relieving rub. Apply to chest and upper back for best results.

Breath Freshener

Its strong penetrating scent can be used to combat bad breath.

Remedy Recipe



Add 2 drops to toothpaste or toothbrush.

Mix a few drops with a pinch of salt in a glass of water to create a refreshing mouth rinse.

Soothe Sunburns

Helps to cool the skin and soothe irritation to prevent excessive itching.

Remedy Recipe



Add 2 drops of peppermint oil to a cold cup of water, use a cotton ball to dab the affected area.

UPLIFT Amina's unique aroma blend will help to soothe, enhance and relax. With essential oils of lavender, lemon and bergamot it will benefit the skin, uplift the spirit while adding a beautiful fresh aroma to your home.



Mood Enhancing

Natural Perfume

A fresh and invigorating aroma that can be enjoyed as a body perfume.

Remedy Recipe



Add 4 drops of oil to Amina's Protective Ointment and apply to your arms to impart a beautiful perfume.

Can also be used directly by rubbing a drop to the inside of wrist and behind the ears on pulse areas.

Uplifting and Stress Reducing

Uplift blend will add an aroma to your home or office that is instantly fresh and reduces stress.

Remedy Recipe



Add 4-7 drops to aroma diffuser with water

Natural Spray

With it's marvelous smell it can be used as a natural home scent spray.

Remedy Recipe



To make a natural room freshener, put 6 drops of oil along with water into a spray bottle. Spray around the home whenever desired.

Relaxing

The blended oils will help you relax and enhance your spirit. They will soothe aching muscles and cleanse your skin.

Remedy Recipe



Add 15-20 drops to bath water and enjoy a relaxing soak.

Add up to half bottle full bath with Amina's Dead Sea Pure for a relieving reviving soak.

Natural Stress Reliever

Soothes and relaxes mind and body. With an aroma that leaves you feeling cheerful and relaxed.

Remedy Recipe



Add 5-7 drops to 30 ml of Amina's Shower Oils for a relaxing relieving massage.