

WELCOME TO POYA

Aromatherapy is the use of natural essential oils derived from aromatic plants to enhance physical, mental, and emotional well-being. Inhaling aromatic substances, massaging them onto the skin, and using them by other techniques is not new; since ancient times, civilizations have valued fragrant plants, flowers, woods, and resins for their healing properties and their relaxing and uplifting effects on the senses. Poya now brings you the same Essence of Nature with our new range of today's most popular Essential Oils and Carrier Oils.

ESSENTIAL OILS

Essential Oils are the highly concentrated aromatic essences of plants that are found in their flowers, fruits, leaves, stems, barks and roots. Often extracted through steam distillation, many oils retain the essence of the plant, which is comprised of the main constituents of the oils. For example, linalyl acetate adds to the fragrance of Lavender Oil, eucalyptol has the expectorant properties found in Eucalyptus Oil, and limonene offers the antiseptic properties found in citrus oils. Extensively used in aromatherapy, these oils are also used in cosmetics, soaps, toiletries, candles, and green cleaning products.

ESSENTIAL OILS

The percentage of main constituents in Essential Oils may vary from lot to lot due to seasonal and regional changes.

BERGAMOT CALABRIAN

INCI Name: *Citrus aurantium bergamia* (Bergamot) Oil
Main Constituents: Limonene: 30-45%; Linalool: 3-15%
Extraction Method: Cold-pressed
Plant Part: Peel
Country of Origin: Italy
Benefits: Uplifting

CEDARWOOD HIMALAYAN

INCI Name: *Cedrus deodora* (Cedarwood) Wood Oil
Main Constituents: a-Himachalene: 17%; b-Himachalene: 42%; Cedrol: 38%
Extraction Method: Steam Distilled
Plant Part: Wood
Country of Origin: India
Benefits: Stimulating

CLOVE BUD

INCI Name: *Syzygium aromaticum* (Clove) Bud Oil
Main Constituent: Eugenol: 79%
Extraction Method: Steam Distilled
Plant Part: Buds
Country of Origin: Indonesia
Benefits: Deodorizing

EUCALYPTUS GLOBULUS

INCI Name: *Eucalyptus globulus* Leaf Oil
Main Constituent: 1,8-Cineole: 80%
Extraction Method: Steam Distilled
Plant Part: Wood and Leaves
Country of Origin: China
Benefits: Harmonizing

CITRONELLA JAVA

INCI Name: *Andropogon nardus* (Citronella) Leaf Oil
Main Constituent: Geraniol: 55%
Extraction Method: Steam Distilled
Plant Part: Leaves
Country of Origin: Indonesia
Benefits: Deodorizing

GINGER ROOT

INCI Name: *Zingiber officinale* (Ginger) Root Oil
Main Constituent: Zingiberene: 35.67%
Extraction Method: Steam Distilled
Plant Part: Roots
Country of Origin: Indonesia
Benefits: Energizing

GRAPEFRUIT PINK

INCI Name: *Citrus paradisi* (Grapefruit) Peel Oil
Main Constituent: Limonene: 90%
Extraction Method: Cold-pressed
Plant Part: Peels
Country of Origin: Mexico
Benefits: Revitalizing

JUNIPER BERRY

INCI Name: *Juniperus communis* (Juniper) Berry Oil
Main Constituents: a-Pinene: 56.88%
Myrcene: 3.78%
Extraction Method: Steam Distilled
Plant Part: Berries
Country of Origin: India
Benefits: Stimulating

LAVENDER FRENCH

INCI Name: *Lavandula angustifolia* (Lavender) Flower Oil
Main Constituents: Linalool: 31.7%; Linalyl acetate: 31.4%
Extraction Method: Steam Distilled
Plant Part: Blossoms
Country of Origin: France
Benefits: Relaxing

LEMON

INCI Name: *Citrus limon* (Lemon) Peel Oil
Main Constituent: Limonene: 82.6%
Extraction Method: Cold-pressed
Plant Part: Peels
Country of Origin: Argentina
Benefits: Toning

LEMONGRASS

INCI Name: *Cymbopogon schoenanthus* (Lemongrass) Leaf Oil
Main Constituent: Citral : 71.5%
Extraction Method: Steam Distilled
Plant Part: Leaves
Country of Origin: India
Benefits: Refreshing

LIME

INCI Name: *Citrus latifolia tanaka* (Lime) Peel Oil
Main Constituents: Limonene: 68.88%
Extraction Method: Cold-pressed
Plant Part: Peels
Country of Origin: Brazil
Benefits: Cheering

ORANGE SWEET

INCI Name: *Citrus sinensis dulcis* (Orange) Peel Oil
Main Constituents: d-Limonene: 90%
Extraction Method: Cold-pressed
Plant Part: Peels
Country of Origin: Brazil
Benefits: Uplifting

PATCHOULI

INCI Name: *Pogostemon cablin* (Patchouli) Leaf Oil
Main Constituents: Patchoulol: 32%
Extraction Method: Steam Distilled
Plant Part: Leaves
Country of Origin: Indonesia
Benefits: Enhancing

PEPPERMINT

INCI Name: *Mentha piperita* (Peppermint) Leaf Oil
Main Constituents: Menthone: 26.4%; l-Menthol: 37.75%
Extraction Method: Steam Distilled
Plant Part: Leaves
Country of Origin: India
Benefits: Refreshing

ROSEMARY SPANISH

INCI Name: *Rosmarinus officinalis* (Rosemary) Leaf Oil
Main Constituents: a-Pinene: 28%; 1,8-Cineol: 17.4%; Camphor: 14%
Extraction Method: Steam Distilled
Plant Part: Leaves and stems
Country of Origin: Spain
Benefits: Balancing

SPEARMINT

INCI Name: *Mentha viridis* (Spearmint) Leaf Oil
Main Constituents: Carvone: 60%
Extraction Method: Steam Distilled
Plant Part: Leaves
Country of Origin: India
Benefits: Refreshing

TANGERINE

INCI Name: *Citrus reticulata* (Tangerine) Peel Oil
Main Constituents: Limonene: 95%
Extraction Method: Cold-pressed
Plant Part: Fruit peel
Country of Origin: Brazil
Benefits: Uplifting

TEA TREE AUSTRALIAN

INCI Name: *Melaleuca alternifolia* (Tea Tree) Leaf Oil
Main Constituents: Terpinen-4-ol: 41.8%; g-Terpinene: 20.4%
Extraction Method: Steam Distilled
Plant Part: Leaves
Country of Origin: Australia
Benefits: Cleansing

YLANG YLANG

INCI Name: *Cananga odorata* (Ylang Ylang) Flower Oil
Main Constituents: Linalool: 10%
Extraction Method: Steam Distilled
Plant Part: Flowers
Country of Origin: Madagascar
Benefits: Delighting

CARRIER OILS

Carrier Oils are cold-pressed vegetable oils derived from the fatty portion of a plant, usually from the seeds, kernels or nuts. Widely used in aromatherapy, Carrier Oils are used to dilute Essential Oils prior to the treatment and carry the Essential Oil across the skin barrier. The choice of Carrier Oil can make a difference in the therapeutic properties, color, aroma, and shelf life of the product. They can be important ingredients in formulating natural lotions, moisturizing creams, bath products, and other skin-care products.

CARRIER OILS

ALMOND SWEET

INCI Name: *Prunus amygdalus dulcis* (Sweet Almond) Oil
Extraction Method: Cold-pressed
Obtained From: Nuts
Country of Origin: Spain
Benefits: Calming

ARGAN MOROCCO

INCI Name: *Argania spinosa* (Argan) Kernel Oil
Extraction Method: Cold-pressed
Obtained From: Seeds
Country of Origin: Morocco
Benefits: Moisturizing

COCONUT FRACTIONATED

INCI Name: *Caprylic/ Capric Triglyceride*
Extraction Method: Refined
Obtained From: Fruit
Country of Origin: Malaysia
Benefits: Penetrating

GRAPESEED

INCI Name: *Vitis vinifera* (Grape) Seed Oil
Extraction Method: Cold-pressed
Obtained From: Seeds
Country of Origin: Chile
Benefits: Toning

JOJOBA GOLDEN

INCI Name: *Simmondsia chinensis* (Jojoba) Seed Oil
Extraction Method: Cold-pressed
Obtained From: Seeds
Country of Origin: Argentina
Benefits: Clarifying

ROSEHIP (EXTRA VIRGIN)

INCI Name: *Rosa rubiginosa*
(Rosehip) Fruit Oil
Extraction Method: Cold-pressed
Obtained From: Seeds
Country of Origin: Chile
Benefits: Rejuvenating

SEA BUCKTHORN

INCI Name: *Hippophae rhamnoides*
(Sea Buckthorn) Fruit Oil
Extraction Method: CO₂
Obtained From: Fruit
Country of Origin: China
Benefits: Soothing

CAMELLIA SEED

INCI Name: *Camellia oleifera*
(Camellia) Seed Oil
Extraction Method: Cold-pressed
Obtained From: Seed
Country of Origin: China
Benefits: Revitalizing

SYNERGY BLENDS

MEDITATION SYNERGY BLEND

Country of Origin: Canada
Benefits: Clarifying and Focusing

RELAX SYNERGY BLEND

Country of Origin: Canada
Benefits: Delicate and Soothing

SENSUAL SYNERGY BLEND

Country of Origin: Canada
Benefits: Warm and Stimulating

TRANQUIL SYNERGY BLEND

Country of Origin: Canada
Benefits: Subtle and Calming

VITALITY SYNERGY BLEND

Country of Origin: Canada
Benefits: Refreshing and Invigorating

HOW TO USE

AIR FRESHENER
To refresh a room, put 6 drops in a nebuliser or a ceramic diffuser.

MASSAGE
For a full-body massage, use 7 drops in 30 ml / 2 T. of carrier oil.

INHALATION
Put 3 drops in a nasal inhaler for easier breathing.

SOOTHE AND MOISTURIZE
For a skin cream, mix 12 drops into 60 ml / 2 fl. oz. of an unscented cream or lotion base.

MORE RECIPES & SUGGESTIONS

BODY POWDER
Blend 30 drops into 250 ml / 1 c. of cornstarch mixed with 30 ml / 2 T. of talc or clay.

FOOT CARE
Add 15 drops to a basin of warm water for a foot bath.

HAIR CARE
Use 3 drops in 15 ml / 1 T. of shampoo or conditioner.

AROMATHERAPY SPRAYS
For a room, linen or body spray, put 18 drops in 60 ml / 2 fl. oz. of distilled water and shake well before spraying.

TRAVEL
Fend off strange air-borne germs with a spray made with 4 drops of Tea Tree, 4 drops of Tangerine, and 2 drops of Clove Bud and 2 oz. of distilled water. Tuck this in your carry-on bag and shake before spraying around your head. You can also use this to help sanitize surfaces when in exotic places.

Is motion sickness a problem? To an inhaler, add 3 drops of Peppermint and 3 drops of Orange Sweet Essential Oil.

In case others around you are sick, carry a first-aid blend made with 60 drops of Eucalyptus Globulus, 40 drops of Lavender, 40 drops of Lemon, 20 drops of Peppermint, and 40 drops of Tea Tree.

Use 4 drops in a wash basin or on a wet washcloth for a compress; 7 drops in a bath; 3 drops in 1 T. of Grape Seed Carrier Oil for a massage or 8 drops in a 2 oz. spray bottle of distilled water to keep in your bag for hands and surfaces.

For a natural tropical perfume, put 8 drops of Orange Sweet, 4 drops of Lime, 6 drops of Ylang Ylang, 2 drops of Patchouli, and 2 drops of Cinnamon Bark into a small bottle with 2 t. of Jojoba Carrier Oil. Dab 1 drop behind each ear, on the inside of your elbows, and behind each knee.



HOME SPA

Put 12 drops of your favourite Poya Synergy Blend into a 2 oz. spray bottle of distilled water; shake and spray down your yoga mat after each use. You can also mist yourself with this to help cool down and feel refreshed.

Add 3 drops of Cedarwood or Eucalyptus to 2 c. of water for steam in a sauna. For winter relaxation after your sauna, light logs on which you have put 3 drops of Cedarwood.

After your shower, moisturize your skin with a few drops of carrier oil smoothed onto wet skin, then blot off excess water with towel.

Make a natural perfume for yourself with 2 t. of vodka and 12 drops of your favorite Poya Synergy Blend, and dab on your pulse points.



KITCHEN

Clean fruit and vegetables with 2 drops of Lemon or Lime in a large bowl of water, and soak for a few moments. This soak is also a great way to help keep fruit fresh.

Add 12 drops each of Lemon and Tea Tree to 2 c. of distilled water in a spray bottle to safely disinfect countertops and the surfaces in your fridge. Tuck cotton balls with a few drops of Peppermint on them under furniture or appliances, or wherever ants, silverfish or other pests like to drop in. Remember to replace them every few weeks.



GREEN HOME

For a load of laundry, add 20 drops of Lemon to the wash water. Adding 4 drops of Eucalyptus and 4 drops of Tea Tree to 1 c. of distilled water for wiping down bathroom surfaces will discourage mold.

Put 3 drops of Cedarwood or Lavender on cotton balls to scent drawers and closets, or tuck one into your vacuum cleaner bag to dispel odors when vacuuming carpets. Before turning on your furnace, put a few drops of Lavender on the air filter.

To freshen bedding, toss into the dryer with a wet washcloth on which you have put 5 drops of Lavender and 5 drops of Eucalyptus and run on heat setting for at least 20 minutes.



CHILDREN

For a nursery spray, put 8 drops of Orange Sweet and 1 drop of Cinnamon Bark into a 2 oz. spray bottle with distilled water, and shake well before spraying in the diaper pail and around the room to dispel unpleasant odors.

When kids are slow starters in the morning, put 8 drops of an essential oil into a 2 oz. spray bottle with distilled water, shake well, and spray around their room as you wake them up.

Travelling with cranky kids? Put 3 drops of Lavender, 3 drops of Orange Sweet, and 1 drop of Ylang Ylang in the car diffuser.



PETS

Discourage ticks and fleas with 3 drops each of Cedarwood, Eucalyptus and Peppermint in 2 oz. of distilled water; shake and spray. Or for moodiness, use 4 drops each of Lavender and Orange in 2 oz. of distilled water; shake well before spraying and avoid your pet's eyes. (Never use Tea Tree Oil on animals!)



www.poyaorganics.com

DISCLAIMER

Poya Essential Oils are for external use only and should be used appropriately diluted. If pregnant or on medication, consult a health-care practitioner before use. The information in this pamphlet is strictly for educational purposes and is not intended as a recommendation to prescribe, treat, prevent or diagnose any disease or condition. Poya Marketing Ltd. shall not be liable for any errors in the content and shall not be responsible for any damage resulting from use or reliance upon this information. The user is responsible for compliance with all laws and regulations.



Aromatherapy