

WELCOME TO POYA

Poya and Aromatherapy

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 powers, with relaxing and uplifting effects on the mind. 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, volatile essences of plants, found in their flowers, fruits, leaves, stems, bark 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, the linalool and linalyl acetate gives the aroma for Lavender Oil, eucalyptol has the expectorant properties of Eucalyptus Oil and limonene offers the antiseptic properties in Citrus Oils. Extensively used in aromatherapy, these oils are also used in cosmetics, soaps and toiletries, candles and domestic cleaning products.

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 into the skin. The choice of Carrier Oil can make a difference in the therapeutic properties, color, aroma and shelf life of the product. They can be an important ingredient in formulating natural lotions, creams, bath products and other moisturizing skin-care products.



Quality

All our oils are certified pure. We place the utmost importance on quality control and rely on state-of-the-art testing, thus ensuring that you receive nothing but the best Nature has to offer.



A portion of the proceeds from the sale of these products will be donated to WELLSPRING
A network of cancer support centres

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POYA 
THE ESSENCE OF NATURE



Aromatherapy





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



Cinnamon Bark
INCI Name: *Cinnamomum cassia* (Cinnamon) Bark Oil
Main Constituents: Cinnamyl aldehyde: 74.2%
Extraction Method: Steam-distilled
Plant Part: Bark
Country of Origin: China
Benefits: Freshening



Citronella
INCI Name: *Cymbopogon nardus* (Citronella) Leaf Oil
Main Constituents: Geraniol: 55%
Extraction Method: Steam-distilled
Plant Part: Leaves
Country of Origin: Sri Lanka
Benefits: Deodorizing



Clary Sage
INCI Name: *Salvia sclarea* (Sage) Flower Oil
Main Constituents: Linalyl Acetate: 52.9%
Extraction Method: Steam-distilled
Plant Part: Leaves and Flowers
Country of Origin: China
Benefits: Invigorating



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



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



Ginger Root
INCI Name: *Zingiber officinale* (Ginger) Root Oil
Main Constituents: Zingiberene: 35.67%
Extraction Method: Steam-distilled
Plant Part: Roots
Country of Origin: China
Benefits: Energizing



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



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 Constituents: Limonene: 82.6%
Extraction Method: Cold-pressed
Plant Part: Peels
Country of Origin: Italy
Benefits: Toning



Lemongrass
INCI Name: *Cymbopogon schoenanthus* (Lemongrass) Leaf Oil
Main Constituents: 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: Patchouliol: 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: Revitalizing 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: China
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 and Soothing



Tea Tree Australia
INCI Name: *Melaleuca alternifolia* (Tea Tree) Leaf Oil
Main Constituents: Terpinen-4-ol: 41.8%; γ-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



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



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



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



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

Carrier Oils

HOW TO USE OILS



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



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



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



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



BODY POWDER
 For body powder, blend 30 drops into 250 ml / 1 c. of cornstarch mixed with 30 ml / 2 T. talc or clay.



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



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



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

DISCLAIMER

Poya Essential Oils are for external use only and should be used appropriately diluted in a Carrier Oil. 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.