



LOTUSWEI

**THE DANGERS OF SYNTHETIC PERFUME &
THE BEAUTY OF
BOTANICALS**

by LOTUSWEI



HAVE YOU EVER CONSIDERED THAT YOUR PERFUME MAY ACTUALLY BE HARMFUL TO YOUR HEALTH?

On a recent trip to Baltimore, I stayed at a really cute apartment that I found through AirBnB. After a long day of travel from the West Coast, my exhausted body looked forward to lying on a bed to rest. I followed the directions to the apartment, parked my rental car in the garage and found the key to get in. To my dismay, as I opened the door, I felt a whoosh of air, which assaulted my nose and lungs. &%\$*#! One of those plug-in air fresheners was lurking nearby with an overpowering cloud of chemicals.

There's nothing that disturbs me more than air fresheners. Out of the many ways discovered over ancient times on how to torture someone, this would be my downfall. Put me in a room with a plug-in, and watch me go insane and emotionally crumble. I frantically sought out the offending container of liquid and unplugged it from the outlet, hiding it in a corner of the garage. Whew!

I lugged my heavy suitcase up the winding staircase, slid open the door to the kitchen, and wheeled my suitcase down the hallway and into the bedroom. And there it was again. But this time in the bedroom. I was accosted again by a fiercely penetrating cloud of chemicals that threatened to close my throat. My eyes watered. My nose started to run. I frantically looked for a window. The window had a huge air conditioning unit in it. I found another window behind the metal rungs of the headboard on the bed and awkwardly jarred it open.



The humid summer air came in through the window. Anything was better than those chemicals. I got down on my hands and knees and furiously searched out all the outlets until I found the second offender. I unplugged the hot plastic container of chemicals and put it outside the front door. The cloying chemical fragrance clung to everything in the room - it had seeped into the walls, the curtains, I seriously considered lugging my suitcase back downstairs and high-tailing it to a hotel. But it was late. And dark. And I was exhausted. I waited to see if it would air out a bit. It got slightly better, so I stayed and went to sleep. I woke up the next morning with my eyes burning and my nose running non-stop. How could anyone live like this every day? Not to mention that the scent wasn't even remotely pleasant.

Sometimes when I walk my dogs at home, I smell the scent of dryer sheets that neighbors use in the air, and even though I know they're full of carcinogens, there's still a sort of familiar warmth about that smell. But this...this staunchly, stubborn aroma of pure chemicals jammed into an outlet and wafting into my skin and lungs and making my eyes tear up - I just couldn't understand how anyone could enjoy this.

Ironically, similar kinds of chemicals are used in many of the high-end luxury perfumes. Surprising, right? Surprising, because many of them are so expensive. If you walk into a department store, when you walk by the perfume counters, you might feel a bit overwhelmed. The reason for that is because the majority of mainstream perfumes are made from chemical fragrances that add to our toxic load (amount of chemicals in our body), making the body subtly - or not so subtly - resist those artificial scents.

In today's fragrance industry, there are at least 5,000 different chemicals used in the manufacture of products and only 16% of the cosmetics on the market have been tested for toxicity. To protect perfume companies from revealing their trademark formula, chemicals attributed to the fragrant recipe - sometimes as many as 600 chemicals - are not required to be listed individually under the ingredients list - they simply list it as 'fragrance'.

Phthalates are chemical plasticizers that preserve fragrance and enhance absorption and are commonly found in synthetic perfumes. Consequently, when the perfume is absorbed through the skin, phthalates enter the bloodstream and can be very toxic to your health.

High-end perfumes may be more refined or complex than your average plug-in-the-wall artificial scent, and some of them do still use some natural essential oils as a small percentage of their formulas. However, the majority of most large companies are using artificial fragrances in their formulations.

Artificial fragrances are found in many kinds of perfumes and personal care products like deodorant, shampoo, shower gel, soaps and even baby products. Chemical scents can also be found in products for the home like candles, air fresheners, dryer sheets, laundry detergents and cleaning products.

If you're not already familiar with the difference between natural and artificial fragrances, here's the scoop: Artificial fragrances are made synthetically in a lab, using a vast variety of chemicals and petrochemicals (you guessed it, chemicals made from petroleum), whereas natural fragrances are made from oils that come directly from plants, through expression (like squeezing lime peels, for example) or through distillation.



Centuries ago, perfumers only used plant oils for natural scents. If you scratch your fingernail on the peel of an orange, you know exactly what real plant essential oils smell like.

Perfumers used and still use sophisticated processes of distillation, or use hot and cold temperatures and condensation to distill the precious oils out from the plant material. Other processes like enfleurage captures the exquisite aroma of delicate flowers, by infusing them into oil or placing them on large trays of fat, later distilling the delicate scent out of the fat.

No matter the distillation or extraction process, it requires growing and harvesting the plant parts, boiling them and using special equipment and natural processes.

Distillation of plant materials results in essential oils and hydrosols, which are very compatible with the human body.

So why did companies switch to using chemical fragrances?

Mostly because it's cheaper and less labor-intensive. You can imagine that using an artificial rose fragrance created from cheap chemicals would be much more cost-effective than growing and harvesting sixty roses to get one drop of pure rose essential oil.

Unfortunately, although using chemicals is more convenient and cost effective, our body recognizes that they are not natural - that they are not compatible with our bodies - and repels them.

Why? Because artificial fragrances often contain phthalates, which are harmful chemicals that do damage to the body on many levels.

STUDIES SHOW PHTHALATES:

- Cause damage to the liver, kidneys and lungs
- Weaken the immune, reproductive and endocrine system
- Resemble estrogen in the body, which may result in breast & reproductive cancers
- May cause birth defects or developmental defects
- Are linked to autism & ADHD
- Negatively effect the brain & nervous system
- Persistent and bio-accumulative {bad for our bodies, the air & the earth}



FIVE REASONS TO STEER CLEAR OF ARTIFICIAL FRAGRANCES

1. Artificial fragrances make it hard to focus - making it difficult for kids + adults to pay attention.

When children or adults are subjected to artificial fragrances, it can make them anxious and unable to sit still or focus. For me as an adult, having artificial fragrances around me in my environment makes it difficult for me to focus, but that's just a short-term effect. Using products with artificial fragrances (phthalates) during pregnancy can lead to permanent attention issues for the children of those pregnancies.

Scientists at Mount Sinai School of Medicine did a study specifically about the effects on children whose mothers had high levels of phthalates during their pregnancies. These children were more likely to have poorer scores in the areas of attention, aggression and conduct. Children whose mothers had the highest exposure to phthalates were 2.5 times more likely to have attention problems, including ADHD behaviors and other so-called disruptive behavior disorders.

Associate professor of preventative medicine at Mount Sinai and lead author of the study said, "More phthalates equaled more behavioral problems. For every increase of exposure, we saw an increase in frequency and severity of the symptoms." The phthalates in this study are the types of phthalates used in perfumes, shampoos, soaps, nail polishes, lotions, deodorants and other personal care products.

Phthalates are banned in cosmetics sold in Europe. In the United States, in 2008, Congress approved a ban on the use of phthalates in children's products, such as teething rings, rubber ducks, and soft toys ... but they are still plentiful in perfumes, shampoos, soaps, nail polishes, lotions, deodorants and other personal care products.

2. Phthalates can cause serious birth defects, especially in baby boys.

When pregnant women use products with phthalates, they accumulate in the body. When a woman is subjected to phthalates during pregnancy, this can cause birth

defects in babies. In some cases, baby boys' genitals don't drop down, and in other cases, they are born with the opening of the urethra on the underside of their penis, rather than on the tip. This means that the baby has to undergo stressful surgery in an attempt to correct it.

3. Artificial fragrances contain harmful chemicals that over time, can create imbalances in the body. They can even contribute to cancer.

Chemical fragrances don't mesh well with the physical body. It adds to the toxic load, or total amount of chemicals, heavy metals or foreign ingredients that the liver, lymph and kidneys have to detox from the body.

If the body's toxic load becomes higher than what the body can detox, then tumors will naturally form in the body. The body is wise, and rather than allowing all that toxic stuff to roam around our bodies and wreak havoc, it will store them into a nice, neat little package where they'll do no harm. That is, until the organs find themselves freed up to detox it later. But in the meantime, the tumor can create complications for the body.

4. Chronic runny nose is not sexy. And allergies & asthma are very frustrating.

Artificial fragrances can cause a chronic runny nose. That's the body's defense system, or way of trying to get rid of the chemicals. Furthermore, artificial fragrances have also been known to trigger allergies and asthma.

5. People around you get overwhelmed by your scent.

If you wear strong chemical perfumes or use personal care products whose scents are intensely cloying on and around you, people that come near you can become overwhelmed and not want to be around you, simply because their body goes into 'hazardous materials' mode. In modern life as we're bombarded with countless toxins, everyone's toxic load is higher, meaning they become more and more sensitive to artificial scents.

If you want to read more about phthalates and/or how to clean up the chemicals from personal care products that you innocently use every day, read my favorite book on this topic: **No More Dirty Looks**, by Siobhan O'Connor and Alexandra Spunt.

caso di contatto con gli occhi risciacquare immediatamente con acqua. NL Vochtinnbrengende shampoo. Gebruiksaanwijzing: Breng aan op nat haar en masseer zachtjes in het haar en de hoofdhuid in. Alleen voor uitwendig gebruik. Contact met de ogen vermijden. In geval van contact met de ogen onmiddellijk uitspoelen met water. PL Szampon nawilżający. Sposób użycia: Nałożyć na mokre włosy, wmasowując we włosy i w skórę głowy. Wyłącznie do użytku zewnętrznego. Unikać kontaktu z oczami. W przypadku dostania się produktu do oczu należy natychmiast przemyć je wodą.

INGREDIENTS: Water (Aqua) (Eau), Sodium Cocoyl Isethionate, Disodium Laureth Sulfosuccinate, Cocamide MIPA, Cocamidopropyl Hydroxysultaine, Sodium Lauryl Sulfoacetate, Glycol Distearate, Glycerin, Retinyl Palmitate, Ascorbic Acid, Panthenol, Tocopherol, Biotin, Ascorbyl Palmitate, Tocopheryl Acetate, Pyridoxine HCl, Citrus Aurantium Bergamia (Bergamot) Fruit Extract, Terminalia Ferdinandiana Fruit Extract, Butyrospermum Parkii (Shea) Butter, Oenothera Biennis (Evening Primrose) Oil, Arctium Lappa Root Extract, Centella Asiatica Extract, Undaria Pinnatifida Extract, Rosa Canina Fruit Oil, Jojoba Esters, Hydrolyzed Milk Protein, Butylene Glycol, Propanediol, Cetrimonium Chloride, Amodimethicone, Silicone Quaternium-18, Quaternium-95, Sodium Methyl Cocoyl Taurate, Trideceth-6, Trideceth-12, Polysorbate 20, Polyquaternium-10, Pentaerythrityl Tetra-di-t-butyl Hydroxyhydrocinnamate, BHT, Phenoxyethanol, Chlorphenesin, Potassium Sorbate, Sodium Benzoate, Sodium Chloride, Citric Acid, Fragrance (Parfum), Benzyl Benzoate, Limonene, Benzyl Alcohol

Now, you might be wondering ...

How do I know which products have artificial fragrances?

Typically the easiest way to tell the difference between artificial and natural is by reading the ingredient panel. If it's artificial, it will literally list the word 'Fragrance', or even sometimes 'Natural Fragrance' in the ingredients. That's the easiest red flag for understanding that what is being used is chemicals and petrochemicals that are created in a lab.

On the other hand, companies that use essential oils do so for the healing potential of aromatherapy and the true art of perfumery. Usually these companies are so strict about the purity of their ingredients, that they'll list every single essential oil in their ingredient panel - which means they care more about your health, than they are worried about getting their formula copied. Or, if they don't list each and every essential oil (sometimes the list doesn't fit on the label), as long as they indicate that the product is using essential oils, that's what you're looking for.

Aside from just being a healthier, more natural way to enjoy scents, there are some interesting and intriguing benefits to using natural perfumes (or any personal care of lifestyle product) with essential oils.



FIVE REASONS TO INDULGE IN THE BEAUTY OF BOTANICAL PERFUMES



1. Using real essential oils on your body is very sexy.

Just like honey bees are attracted to flowers, we are attracted to warmth of sandalwood, the crispness of citrus, the earthiness of vetiver, sensuous jasmine and euphoric clary sage - as real oils that come from plants, they are gentle, powerful-yet-subtle and they draw us in. They magnetize and attract us. The body recognizes the natural botanicals as compatible and nourishing. When you wear a perfume made with essential oils, it's subtle and natural and makes people want to lean in closer, just like wanting to get closer to a flower to breathe in the yumminess.

2. The scents are very complex and change over time.

When you wear perfumes made of essential oils, they change over time. You may apply some to your skin and then one or two hours later it smells different. It's like uncovering the different layers of the complexity.

Not only do they change on your skin within several hours, but over time the essential oils in the bottle deepen and age over time, just like a fine wine.

This makes the scent experience very alive - it's complex and changing, just like everything else in life.



3. Essential oil perfumes smell differently on you than on your friends - the same perfume becomes uniquely your own.

And even more interestingly is that YOU and your skin's oils become a very important ingredient that goes into the formulation. Whereas artificial fragrances tend not to have the layers and complexity of essential oils, they also smell the same on each person.

With natural essential oil perfumes, they smell differently on each person, depending on which elements that person's unique composition has. Some people's skin oils have more of a spicy note; others have more of a water or earthy note. Depending on your body's constitution and the unique combination of elements in your physical makeup, your skin's oil blends with the essential oils and the result is something entirely new - a one-of-a-kind scent variation!

4. There is a vast art & science of aromatherapy and the health & wellness effects of using essential oils.

Each essential oil is not only an amazing natural scent, but it supports the body in a variety of ways - for example, relaxing your muscles, soothing your skin, preventing bad bacteria, boosting your immune system, improving circulation and the list goes on and on. Each oil has unique constituents that work together to benefit the body. Some essential oils, like Rose, have 300-400 different constituents and each one singly, as well as synergistically with the other constituents, works to nourish and support the body.

"Truly a Game Changer. The scent is fabulous...It's exotic and a bit smokey! Being in quarantine has been difficult and overwhelming but the Game Changer Anointing Oil has been quite beneficial during these hard times. I've only been using it for two days and I've already been observing improvements in myself. When thinking of difficult things, I feel less overwhelmed. I would recommend Game Changer to anyone who is drawn to it and its properties."

- Myla



There are many books written about aromatherapy, as well as courses around the world. There are people on this earth who have been studying essential oils for over 60 years! They are like walking encyclopedias of experience with oils, and they will tell you that one simple essential oil has countless healing benefits for the body and mind.

So for example, you may love the scent of Rose in your perfume. That's wonderful! Rose oil is not only love-inducing and aphrodisiac, it also soothes the skin, reducing redness and swelling. It's cools the body during summer or hot flashes, it protects you against viruses and relieves muscle pulls and spasms. Rose heals scars more quickly, eases menstrual cramps, helps you go poo, protects against infections and relaxes your nerves. Furthermore, it soothes your stomach, helps you digest your food better, regulates/balances hormones and many, many other benefits!

So now we're not only talking about a perfume that has the beautiful natural scent of a real rose, but that it also has countless additive health and wellness benefits! All essential oils have their own unique palette or tool box of wellness benefits, just like the rose.

5. They contain precious substances that are only made available through a huge chain of kindness.

Essential oils are only made possible from countless plants, flowers and trees, and the incredible kindness of countless people who put effort and skill into growing and harvesting the plants and distilling the oils. There is a huge chain of kindness, first from Mother Earth herself and the plants, to the farmers, the distillers and the formulators of these complex blends of essential oils that deepen and age over time.



What could be more inspiring than putting on a natural perfume and taking a moment to close your eyes and reflect on the huge chain of love that has gone into making that perfume that is inspiring and uplifting you and spreading joy and good vibes wherever you go.

AT LOTUSWEI, WE ARE EXTREMELY STRICT ABOUT INGREDIENTS.

We want everything that we make to enhance your health and wellness, as well as be life-transformative through the power of flower remedies. Aside from using flower remedies (which don't have any scent at all), we use essential oils that we source from all over the world from farmers that grow certified organic crops of flowers, plants and trees and distill oil from petals, leaves, seeds and roots.

It's time to clear your home of chemicals & nurture yourself with the magic of botanicals.

"The Radiant Energy anointing oil is my favorite Lotus Wei product besides the elixirs. The scent is amazing and when I apply it at work, my office mate always comments on the lovely scent. I work in an emergency department so I use it primarily at work (or right after work) to help protect and clear my own energies. It also gives me a boost during long shifts. Thank you!"

- Beth



OUR PERFUMES CONTAIN ONLY:

- Certified Organic essential oils
- Hand-collected flower essences
- Gem essences
- Certified Organic Jojoba oil base

Completely free of phthalates, synthetics & harmful chemicals



By popular demand from our customers, we made twelve anointing oil perfumes from our mist formulas, so that the scent stays longer. The base of the perfume is certified organic jojoba oil. It does not last as long as a chemical perfume, but thank goodness! Then that means you'll apply it more often and get even more benefits from the flower remedies that are working on an energetic level! Unlike the looong-lasting chemical perfumes which repel people, your perfume will intrigue people and make them want to lean in closer to you.



FIERCE COMPASSION

Could you use some extra love and comfort? One of the best blend for healing the heart, Fierce Compassion softens our hard edges and enhances compassion and overall envelopment of love and caring for ourselves + others. This is one of our most complex, unique + avant garde essential oil blends ~ we find the combination of rose, dirt, liquor and caramel extremely addictive.



WILD ABUNDANCE

With the magnetizing qualities of Peony, Jasmine, Gardenia + White Water Lily, Wild Abundance is all about experiencing the magic of everyday life. The lusciousness of this blend has the effect of inviting us into a world of abundance + magic --where your wildest dreams will begin to unfold before your eyes.



JOY JUICE

Have a habit of being too serious or feeling like you have a lot of responsibilities? Joy Juice Anointing Oil is the answer. It enhances joy, laughter, happiness, and letting your inner child out to play. It has a fun aroma, somewhere between a Strawberry Daiquiri and a Pink Lemonade Margarita and the flower essences work their magic in minutes, giving you a little giggle. Joy Juice makes you feel like sunshine + happiness, even when sky's are grey.



INFINITE LOVE

If you're too hard on yourself or you could use a little extra love and nurturing, Infinite Love is the love potion. The aroma is soft with rose, red mandarin, and honey, and the flower essences make you feel beautiful + love yourself without needing anything from the outside. It makes you more magnetic & charismatic and regular users swear it attracts not only love and romance, but also opportunities + business connections.

[Click here](#) to hear Siobhan O'Connor's magical story + magnetising experience with the Infinite Love Perfume!



RADIANT ENERGY

If you hear yourself saying that you're too tired to do something, or you travel a lot, or spend day after day on a computer, try incorporating Radiant Energy roll-on perfume into your every day experience. Fruity and spicy, the flower essences in this blend boost your chi and make your presence more powerful. They make sure you don't take on others' stress and revitalize you after computer use and travel.



INSPIRED ACTION

Feeling like you have a huge to-do list, and there are things on that list you don't feel like doing? Or maybe you have a creative project and you feel blocked. All of this can be remedied by the Inspired Action Anointing Oil. Exotic and spicy, the predominant scent is of pink pepper, Jamaican bay, and cardamom, and the flower essences inspire you into action, enhance creativity, and making getting things done effortless.



FULL BLOOM

Full Bloom is for when you want to take a big leap + sky-rocket to the next level of your growth. The wish-fulfilling botanical treasures in this blend wake up the power of fearlessness, openness, perseverance + realization of your true gifts. Aromatherapeutically, it's the blend that practically every person on the earth loves without hesitation, men and women alike, with its sensuous, yet accessible blend of citrus and spices.



QUIET MIND

Quiet Mind Anointing Oil is a blend of geranium and spices, whose flower essences help you relax, yet be more effective. Bird of Paradise flower essence quiets the mind, Dandelion essence dissolves tension, and Passionflower helps you sleep at night. Taken during the day, this roll-on perfume enhances focus + clarity, clears mental clutter, and helps you be more clear + efficient.



BOUNDLESS WISDOM

Are you ready to express your love more profoundly? Boundless Wisdom catalyzes an all-encompassing love that pacifies negative emotions. It helps us embrace life as it is + perceive the sacredness that is woven into the fabric of everyday life. Infused with essential oils of Cardamom, Rose, Jasmine + Frankincense, Boundless Wisdom is an earthy floral scent that smells like you're taking a walk in the woods.



INNER PEACE

Inner Peace Anointing Oil has a grounding lavender aroma, while the flower essences help you feel more calm + confident. Hibiscus essence helps you see life from a fresh perspective, and Lupine helps you feel more supported + peaceful during times of high stress. If there's anything you're nervous about, like public speaking or taking on a new project, Silk Floss flower gives you a boost of confidence + fearlessness.



TRUTHTELLER

Featuring a bouquet of the most powerful flowers for speaking your truth, Truthteller helps us be more confident to ask for exactly what we want, without fears, hesitations or insecurities about whether or not you 'deserve' it. Infused with Cardamom, Cedar and Douglas Fir, the aromatherapy of Truthteller is reminiscent of a sweetly spiced coniferous forest.



GAMECHANGER

If there are areas of your life that feel heavy or stagnant or you're constantly spinning your wheels and not getting enough done, Gamechanger is the antidote. Inspiring a sense of freedom and effortlessness, this blend shines light into our blind spots, illuminating areas of our life that are stagnant or in need of fresh energy. It helps us streamline life by cutting out unnecessary busy work so we can share our gifts with the world in a simple way. Highlighting the essential oils of Ylang Ylang and Vetiver, the aroma is exotic, sweet, smoky and rich.

Click
here to view
our full line of
perfumes.

WHICH ONE SOUNDS MOST LIKE WHAT YOU'D NEED FIRST?

If this has inspired you to indulge in the beauty of botanical perfumes, [click here](#) to discover the magic of LOTUSWEI botanical perfumes!

Use code PERFUME

for 15% off LOTUSWEI Transformative Anointing Oil Perfumes

