



Nothing comes close to the pure organic essence of Nature.

At Aromaflex we only use what nature has given us but
we advise all products should be used with respect, care and caution at all times.



Essential Oils and Synergies:

SAFE USE:

METHOD OF USE:

Essential oils are highly concentrated essences extracted from aromatic plants and trees. They are steam distilled, cold expressed or extracts from solvent extraction from the material of one plant species. Synergies are combinations of two or more pure essential oils blended for a specific therapeutic purpose or smell.

Essential oils and synergies should be diluted in either carrier oil, cream, lotion or water before use. Keep out of reach of children and never apply directly to baby's skin. Avoid contact with eyes and do a patch test for sensitive skins. Keep away from direct flame - an electric diffuser is the preferred recommendation.

Bath: While running bath, thoroughly mix 4-10 drops of essential oil (depending on depth) and relax. Do not use soap or other products for the first 5-10 minutes.

Foot or hand bath: Pour water into a bowl, add 2-4 drops of essential oil and soak for 5-10 minutes.

Shower: Cover plug hole, add 2-5 drops of essential oil to bottom of shower, then shower as usual.

Inhalation: Sniff directly from bottle, add a drop or 2 to a tissue and inhale when required or fill a bowl with near boiling water, and add 1-3 drops of essential oil. Cover your head with a towel, keeping your face approx 25cm away from the water and eyes closed, inhale for 3-5 minutes.

Vaporiser/burner/diffuser: Fill dish with water, add 6-10 drops of essential oil. Top up when water has run out or after 4-8 hours of diffusing.

Compress: Mix 3-6 drops of essential oil to 1 cup of water and mix well. Dampen a soft cloth with mixture and apply to affected area. Use cling wrap to seal moisture in then cover with cold towels for bruises, sprains and headaches or hot towels for arthritis, abscesses, injuries or pain.



Carrier Oils:

SAFE USE:

METHOD OF USE:

Carrier oils are vegetable oils used as a base to which essential oils are mixed to make a blend. Carrier oils are cold pressed and often known as virgin oils.

Typically one or more oils or base ingredients are used to make up the basis for a specific therapeutic purpose. Then the necessary essential oils are added as described or directed and then the product is used in its final form for treatment.

Always follow the given instructions and/or guidelines as directed. Each carrier oil will come with its cautions and safe use information.

Massage blend: Mix <5 drops to every 10mls of carrier oil. For sensitive skin use only <3 drops per 10ml and do a patch test.



Blends:

SAFE USE:

METHOD OF USE:

A blend is a combination of essential oils and carrier oils and can be made of many different oils. A blend is massaged onto the body for various conditions.

As blends contain essential oils, caution needs to be observed and reference is given to the safety reference icons.

Massage/apply gently onto body or skin that needs attention for your given blend as directed.



Hydrosols:

SAFE USE:

METHOD OF USE:

Hydrosols are condensate water derived from steam distillate. Adding essential oils enhance their concentration.

As with blends, hydrosols also contain essential oils, caution needs to be observed and reference is given to the safety reference icons.

Spray on face, body or in desired room to refresh, relieve or enliven.

SAFETY

PHOTOTOXICITY - FRUIT ESSENTIAL

A few essential oils can cause skin pigmentation if exposed to direct sunlight. Do not use on the skin if it is to be exposed to the sun. *Angelica, bergamot, lemon, lime, mandarin, neroli, grapefruit, tangerine and orange.*

SKIN TYPES

For sensitive skin, do a patch test: dilute 2 drops of essential oil in 5mls (1 teaspoon) of carrier oil and massage a small amount to the inner arm and leave for 20 minutes. If the area becomes red, inflamed or itchy, then do not use that particular oils, wash it off with cool soapy water and stop using it immediately - but you may be able to try another one. If an essential oil come in contact with your eye(s), use cold running water to flush the product out and get medical help immediately if irritation persists. Essential oils are highly flammable so keep them away from a naked flame. Never leave a burner unattended or burning all night. Electric diffusers are the best for safety.

PREGNANCY

During pregnancy use essential oils in low dilutions because of the sensitivity of the mother and growing child. Some oils also can stimulate the uterine muscles and should not be used. *Angelica, anise star, aniseed, basil, bay laurel, cedarwood, cinnamon, clary sage, clove, cumin, fennel, jasmine, hyssop, juniper, nutmeg, sage, tarragon and thyme.* Check our pregnancy brochure for more information on the oils to use etc.

BABIES AND CHILDREN

ALWAYS keep out of reach of children. Do not leave children unattended with oil burners, inhalations, baths or any products that contain essential oils or are of a high temperature. Babies and children are very sensitive to essential oils and they should be used in minute, controlled amounts. There are Aromaflex blends that have been specially formulated for children and babies. If your child consumes any essential oil, go directly to A&E with the bottle, or contact the poisons centre on: 0800 764 766.

MEDICATION

If you are on blood thinning medication avoid *arnica*. If you are on the pill, avoid *grapefruit*. If you are on high blood pressure medications: avoid *rosemary, sage and thyme*. If you are on low blood pressure medication: avoid *lavender and marjoram*.

HOMEOPATHY

Homeopathic treatment is not compatible with the following: *black pepper, camphor, tea tree, aniseed, fennel, basil, spearmint, eucalyptus and peppermint.*



SAFE USE GUIDELINES