



GUMLEAF
ESSENTIALS

Aromatherapy
ESSENTIAL OIL
— GUIDE —

Discovering Essential Oils

Origins of Aromatherapy

For thousands of years ancient cultures including the Greeks, Egyptians and Chinese have known of the beneficial properties of certain aromatic plants. Precious plants were burned in rituals, or used in preparations for healing and beauty.

The experiments of French chemist René Gattefossé in the 1920's led to the development of **Aromatherapy** as the modern art and science of using natural aromatic essences. These **essential oils** are extracted from select plants to balance, harmonise and promote the health of body, mind and spirit.

What is the difference between fragrant and essential oils?

True **Essential oils** are completely botanically derived. Essential oils are harvested by farmers and growers across the globe.

The oil is extracted from only the aromatic portions of a plant (leaves, wood, peel, flowers, seeds or roots) using methods such as cold pressing or steam distillation. Essential oils are traditionally used for their therapeutic benefits and emotional properties.

Fragrant oils are synthetically made using a combination of manufactured and natural components. This allows for the creation of far more complex and stable scents. It is possible to formulate aromas that cannot be derived naturally, such as 'Seabreeze', 'Pear' and complex perfumes. However, fragrant oils have none of the benefits of essential oils.



Extracting the oils

The most common form of extracting essential oils is via steam distillation. This ancient process involves placing plant matter in a large vat where steam or hot water is passed through. The oils in the plants' cells evaporate and are then condensed and separated from the water.

Citrus essential oils are usually obtained by cold-press extraction. The application of pressure without external heat maintains natural qualities of the oil.

For the most delicate of flowers (Rose, Jasmine and Melissa) a gentle solvent extraction process is used instead.



Why do some essential oils cost so much?

The cost to plant, grow, harvest, sort, and distil the plant material along with the yield, all impact the price of essential oils. Some plants have a very low yield. For example, it takes approximately 4000kg of rose petals to produce 1 Litre of pure rose essential oil.

For this reason, *Gumleaf Essentials* offer Rose as a dilution of 3% in Jojoba (a liquid plant wax with a long shelf life). Due to their extremely high price, other diluted oils are Australian Sandalwood, Blue Tansy, Chamomile, Helichrysum, Jasmine, Melissa and Neroli.



How essential oils enter the body

Essential oils are natural aromatic chemicals that readily evaporate. These molecules can enter the body through 3 main pathways:

Nose - When an essential oil is inhaled, molecules are absorbed into the nasal cavity and the olfactory bulb (the part of the brain involved in the sense of smell).

Lungs - Inhaling essential oils also send molecules into the lungs, which then pass into the bloodstream.

Skin - When essential oils are applied to the skin, their healing components are absorbed into the bloodstream through the pores and hair follicles.





Using essential oils around the home

Diffusion through the air using an ultrasonic diffuser or oil burner is one of the most effective ways to scent the home or workplace.

Essential oils can be sprinkled over plain incense or **dried botanicals** like pine cones, seed pods and whole spices.

A couple drops of Lavender oil on your **pillow** can calm the mind before sleep.

You can create your own **mist spray** using a recipe of oil/vodka/water in a ratio of 1:30:50. *Gumleaf Essentials* also offer a range of ready made Aromatherapy Room Sprays.

Using essential oils in the bath

Remember that essential oils are extremely potent and should always be diluted before use.

Warm water relaxes and soothes muscles, and opens your pores. For an **aromatherapy bath**, dilute 3-6 drops of essential oil in a tablespoon of dispersing agent such as sweet almond oil or full fat milk. Sprinkle the mixture over the bath water and agitate.

Here are some other indulgent ways to incorporate aromatherapy with your bathing ritual that you may not be aware of: **herbal bath infusions** with dried or fresh botanicals, fizzing **bath bombs**, moisturising **bath melts**, soothing **epsom salts**, and shallow **foot or hand baths**.

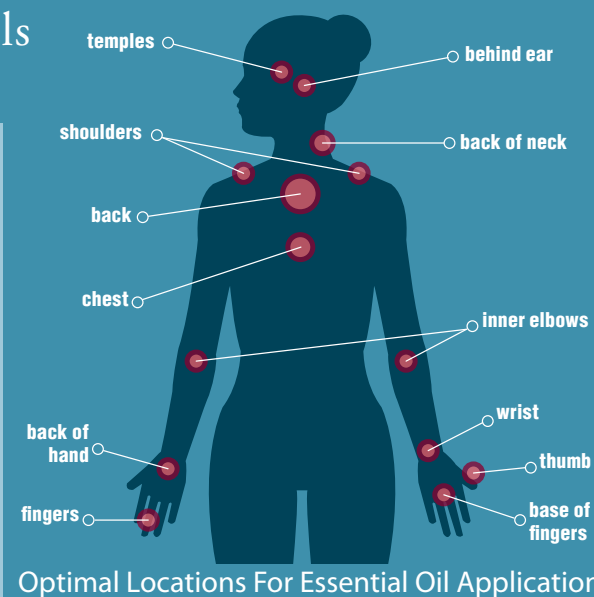
Gumleaf Essentials offers a range of **Bath Soaks** combining epsom and sea salt. Our three unique salt combinations are scented with our signature essential oil blends and enhanced with other beneficial botanical and mineral ingredients such as kaolin clay, green tea and hibiscus.



Using essential oils for the body

Remember that essential oils are extremely potent and should always be **diluted before use on the skin**.

Topical application through massage oils, creams and lotions allow the oils to be absorbed into the skin. Common carrier oils are sweet almond, jojoba and coconut. Remember a little goes a long way (0.5% - 2.0% concentration is recommended for skin application)



Optimal Locations For Essential Oil Application

Pulse points are areas of the body where the blood vessels are closer to the skin so oils are absorbed faster. *Gumleaf Essentials* **Pulse Point Rollers** are a ready-to-use travel size topical essential oil blend safely diluted with fractionated coconut and jojoba carrier oils.



Eucalyptus and tea tree oils are ideal for **steam inhalation**. Add 3-5 drops to a large bowl of boiled water, cover head with a towel and breathe through the nose. Keep eyes closed. Not recommended for those suffering from asthma.

You can wear your favorite essential oils throughout the day by adding drops of oil to **aromatherapy jewellery** like necklaces or bracelets which use porous stone or wood to absorb the oils.

Using essential oils safely

Some essential oils have properties that require caution to be exercised. Always read the label before using any essential oil, especially if you have a medical condition.

- Always keep essential oils **out of reach** of children.
- Keep essential oils in **tinted glass** bottles away from direct sunlight and sources of heat.
- Generally do not apply essential oils **undiluted** on the skin. One exception is the occasional use of neat Lavender *Angustifolia*.
- Citrus essential oils such as Bergamot are **phototoxic** - application to the skin may increase sensitivity to sunlight and cause unsightly pigmentation.
- **Epilepsy** sufferers should avoid Lavender Spike, Fennel, Rosemary and Sage as these oils could trigger a seizure.
- Some oils can cause skin irritation to people with **sensitive skin**. If in doubt, or you suffer from allergies, always perform a patch test first.
- During **pregnancy**, there are many oils that you should avoid entirely. Any essential oils chosen should be used in half the usual stated amount. *Gumleaf Essentials Motherhood* blend was developed as a safe option for expectant mums.
- Massage for **babies, toddlers and children**:
Newborn to 3 months - No essential oils should be used on the skin. Use olive oil only for massage.
3 to 6 months - Use only Lavender (French) and Chamomile (Roman). 1-2 drops in 30ml (2 tbs) of sweet almond, olive or coconut carrier.
6 to 12 months - Use only Lavender (French) and Chamomile (Roman), Mandarin, Neroli or Rose. 4 drops in 30ml (2 tbs) of sweet almond, olive or coconut carrier.
1 to 6 years - Most essential oils are suitable at 1% dilution (8 drops in 30ml). Avoid using Aniseed, Basil, Cardamom, Cinnamon, Clary Sage, Clove, Fennel, Lemongrass, May Chang.
- Avoid **prolonged use** of the same essential oil (daily for more than 3 months) as there is a slight risk of developing a sensitivity to that oil.
- People suffering from **high blood pressure** should avoid rosemary, sage and thyme - these are hypertensive oils.



Using essential oils internally

While all of our essential oils are 100% pure, and many of our essential oils meet food grade standards, for safety reasons **internal use is not advised** unless under the consultation of a health professional or aromatherapist. In Australia, you need to have an *Advanced Diploma in Aromatic Medicine* to prescribe ingestion of essential oils. To not hold such a qualification, and to still advise on ingestion of essential oils, can put the prescriber at risk of litigation.

Some essential oils can irritate the gastrointestinal lining. Additionally, digestive enzymes can destroy some of the essential oil constituents, rendering the oil ineffective. Essential oils are **not water-soluble**, therefore it is not suitable to dilute them in water. Some essential oils carry contra-indications and may interfere with certain medications.

There are many other methods of obtaining the therapeutic benefits of essential oils as listed in the previous pages.

Essential oils and pets

Never leave essential oil bottles **in reach of pets**.

Do not use essential oils on **pregnant animals** without further guidance from a professional.

Avoid using the following oils around cats and dogs:

- Aniseed - China Star (*Illicium verum*)
- Cinnamon (*Cinnamomum zeylanicum*)
- Clove Bud (*Syzygium aromaticum*)
- Citrus oils - orange, mandarin, lemon, grapefruit
- Eucalyptus (*Eucalyptus polybractea*)
- Oregano (*Origanum vulgare*)
- Peppermint (*Mentha x piperita*)
- Pine (*Pinus sylvestris*)
- Tea Tree (*Melaleuca alternifolia*)
- Thyme (*Thymus serpyllum*)
- Wintergreen (*Gaultheria procumbens*)
- Ylang Ylang (*Cananga odorata*)





How can you be sure an essential oil is pure?

There is a lot of misinformation concerning essential oils and claims about purity.

Some other companies add **synthetic ingredients** to boost the strength or a certain characteristic of an essential oil.

Sometimes expensive essential oils are **adulterated** with natural components from inexpensive oils to bring the price down.

These impurities can be hard to detect. The only way to be sure of an oil's purity is through rigorous independent testing.

To verify our claims of purity and quality, scientific **test results of our oils** are available to view on our website.

Are our essential oils therapeutic grade?

"Therapeutic Grade" is a somewhat misleading term since there is no government agency or independent organisation that provide a standardised grading system for essential oils.

Whilst some other companies state that their oils are "Therapeutic Grade" - this is nothing more than a registered marketing term.

We take the quality of our essential oils very seriously. All of *Gumleaf Essentials* essential oils are **stringently tested** via gas chromatography, optical rotation, refractive index, specific gravity, and colour & odour profile.

This ensures that each oil has been tested and certified as "True to Botanical", **pure and free from adulteration.**



Why are our essential oils cheaper than some other brands?

Other overseas brands often operate as pyramid or multi-level marketing schemes, which results in over-inflated retail prices. We at Buckley & Phillips are an Australian-based manufacturer/wholesaler. We also conduct yearly price reviews that keep up with fluctuations in the market, so you can be assured that you are getting the best value for money every time you choose our essential oils.

We've been in business for nearly 50 years and we have strong long-term relationships with our suppliers. Essential Oils are a core ingredient in our product ranges, allowing us to buy in bulk.

Our ethos is based on making the finest quality products without costing the earth.



Exploring Further

If you are interested in learning more about essential oils and aromatherapy, these books are highly recommended and have been consulted extensively in the development of this booklet.

- "Essential Oils" - Neal's Yard Remedies Covent Garden. 2016 (available for purchase)
- "The Fragrant Pharmacy" - Valerie Ann Worwood. 1991 (available for purchase)
- "Essential Oil Safety" - Robert Tisserand. 2014
- "The Aromatherapy Bible" - Gill Farrer-Halls. 2009
- "The Fragrant Mind" - Valerie Ann Worwood. 1997
- "The Complete Guide to Aromatherapy - 2nd Edition" - Salvatore Battaglia. 2003
- "The Complete Book of Essential Oils & Aromatherapy" - Valerie Ann Worwood. 1991
- "The Encyclopedia of Essential Oils" - Julia Lawless. 2002
- "The Bloomsbury Encyclopedia of Aromatherapy" - Chrissie Wildwood. 1996.



Aromatherapy recipes to try

Create your very own pampering bath and bodycare products with these simple recipes using all-natural ingredients.

Bath Infusion

Try this mixture of herbs and flowers in your bath for an extra therapeutic experience.

METHOD:

1. In a teapot, brew 1 tbsp each of your chosen fresh or dried herbs (2 or 3 would be sufficient) for 10 minutes in 500ml of boiling water.
2. Strain and add infusion liquid to bath and bathe as usual.

INGREDIENTS:

Dried or fresh botanicals -

- Arnica
- Calendula
- Chamomile
- Comfrey
- Jasmine
- Lavender
- Lemon Balm
- Peppermint
- Rosemary
- Rose petals
- Thyme



Cold Compress

COLD COMPRESSES are for sport injuries, eye strain and headaches.

INGREDIENTS:

- Peppermint
- Neroli
- Eucalyptus
- Lavender

METHOD:

1. Add 3-4 drops of your chosen essential oil (see above list) to a shallow bowl of cold water.
2. Disperse well. Soak a face washer, wring out well and apply to relevant part of the body.
3. Repeat 3 times after the compress reaches body temperature.

Hot Compress

HOT COMPRESSES are for sore muscles and joints and arthritis.

INGREDIENTS:

- Ginger
- Cypress
- Juniper
- Pine
- Lavender

METHOD:

1. Add 3-4 drops of your chosen essential oil (see above list) to a shallow bowl of hot water.
2. Disperse well. Soak a face washer, wring out well and apply to relevant part of the body.
3. Repeat 3 times after the compress reaches body temperature.

Diffuser blends

METHOD:

1. Combine each of your chosen oils (see list) in a **tinted glass** bottle.
2. Add 2-4 drops of your oil blend to your diffuser according to the manufacturer's instructions.
2. Keep your unused essential oil blends sealed and away from direct sunlight and sources of heat.

INGREDIENTS:

GRATITUDE BLEND

- 6 drops Bergamot Essential Oil
- 3 drops Cypress Essential Oil
- 3 drops Frankincense Essential Oil
- 1 drop Ginger Essential Oil

SLEEP BLEND #1

- 5 drops Bergamot Essential Oil
- 6 drops Chamomile-Roman Essential Oil
- 4 drops Clary Sage Essential Oil

SLEEP BLEND #2

- 7 drops Mandarin Essential Oil
- 5 drops Patchouli Essential Oil
- 3 drops Vetiver Essential Oil

EASING LONLINESS BLEND

- 5 drops Rose 3% Essential Oil
- 2 drops Frankincense Essential Oil
- 3 drops Mandarin Essential Oil

SOOTHING PANIC BLEND

- 5 drops Neroli 3% Essential Oil
- 4 drops Petitgrain Essential Oil

BEATING THE BLUES BLEND

- 4 drops Blood Orange Essential Oil
- 3 drops Sandalwood 10% Essential Oil
- 1 drop Ylang Ylang Essential Oil

Body Scrub

Great for boosting circulation and removing dead skin cells. Gently massage scrub into clean skin then rinse off with warm water.

INGREDIENTS:

- 1 tbsp rolled oats
- 1 tsp dried lavender flowers
- 2 tbsp sweet almond oil
- 4 drops Lavender Essential oil
- 4 drops Chamomile Roman Essential oil

METHOD:

1. Grind oats and flowers in a mortar & pestle until powdered.
2. Mix all oils together.
3. Mix oats, flowers and oils together until they form a paste. Store in a sterilised jar for up to 3 months.

Natural Weed Killer

INGREDIENTS:

- 1 L vinegar
- 1 tsp detergent
- 10 drops Clove bud Essential oil
- 10 drops Sweet Orange Essential oil

METHOD:

1. Mix all ingredients in a clean bucket or 1.5L measuring jug.
2. Decant liquid into a clean, empty spray bottle.
3. Ensure gloves are worn and shake bottle before use. Spray on unwanted weeds. Within a day the weeds should be dead.



• Pure Essential Oils •

70 single note 100% natural oils



Buckley & Phillips are one of Australia's most reputable suppliers of essential oils, with our *Gumleaf Essentials* range having been in production since the 1970's.

These essential oils are the finest quality available and have undergone stringent testing via gas chromatography, optical rotation, refractive index, specific gravity, colour profile and odour profile. Certified as true to botanical and 100% pure & natural.

Supplied in no-mess 10ml dripper bottles with tamper evident seals. Ideal for use in oil burners, diffusers, vaporisers, baths or diluted with carrier oils for massage.

Also available in 100ml, 500ml and 1kg bulk volumes on request.

Accredited by PETA & CCF as cruelty free.



CELEBRATING
OVER
ESTD 45 YEARS
1972



Essential Oil Categories:

TOP NOTES - to refresh, uplift and stimulate. High evaporation rate.

MID NOTES - to balance, stabilise & harmonise. Moderate evaporation rate.

BASE NOTES - To relax, strengthen and calm. Slow evaporation rate.

Exercise caution with oils that have these symbols:

- U** Application to the skin may increase sensitivity to sunlight.
- S** Possible irritant to sensitive skin.
- P** Avoid use during pregnancy & breastfeeding.
- E** Epilepsy sufferers should avoid these oils.

Aniseed

CHINA STAR (*Illicium verum*)

P S

NOTE: top SOURCE: seeds

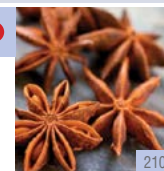
EXTRACTION: steam distilled

ORIGIN: China

BLENDS WITH: fennel, peppermint, ginger

PROPERTIES: Refreshing and uplifting.

A comforting oil, good for relieving fear, stress and exhaustion.



2100

Basil

SWEET LINALOOL (*Ocimum basilicum*)

P S

NOTE: top SOURCE: flower tops, leaves

EXTRACTION: steam distilled

ORIGIN: India

BLENDS WITH: lemon, geranium, thyme

PROPERTIES: Refreshing and uplifting.

Clears the head. Relieves mental fatigue and indecision.



2150

Bergamot

CALABRIAN (*Citrus aurantium* var. *bergamia*)

S U

NOTE: top SOURCE: peel

EXTRACTION: cold pressed

ORIGIN: Italy

BLENDS WITH: jasmine, may chang, juniper

PROPERTIES: Uplifts, calms and refreshes.

May be soothing for frustration and anxiety.



2151

Black Pepper

(*Piper nigrum*)

P S

NOTE: base SOURCE: berries

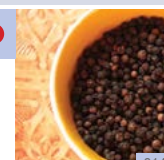
EXTRACTION: steam distilled

ORIGIN: India

BLENDS WITH: basil, eucalyptus, nutmeg

PROPERTIES: Stimulating and strengthening.

May help with intimacy and indifference.



2140

Blood Orange

(*Citrus sinensis* var. *moro*)

S

NOTE: top SOURCE: peel

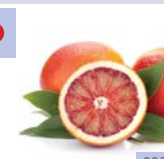
EXTRACTION: cold pressed

ORIGIN: Australia

BLENDS WITH: cedar, ginger, sandalwood

PROPERTIES: Peaceful and calming.

May help with anger, stress and alertness.



2264

Blue Tansy

(3% in Jojoba) (*Tanacetum annuum*)

S

NOTE: mid SOURCE: leaves, flowers

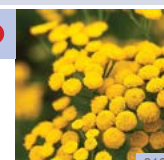
EXTRACTION: steam distilled

ORIGIN: Morocco

BLENDS WITH: helichrysum, chamomile, peppermint

PROPERTIES: Calming and refreshing.

Traditionally used for the relief of allergies and muscular aches.



2160

Cedarwood

ATLAS (*Cedrus atlantica*)

P

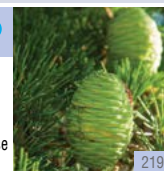
NOTE: base SOURCE: wood

EXTRACTION: steam distilled

ORIGIN: Morocco

BLENDS WITH: cypress, vetiver, frankincense

PROPERTIES: Relaxing, strengthening, fortifying and calming. May help reduce fear and stress.



2196

Cedarwood

VIRGINIAN (*Juniperus virginiana*)

P

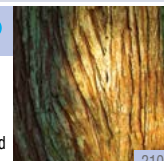
NOTE: base SOURCE: wood

EXTRACTION: steam distilled

ORIGIN: USA

BLENDS WITH: bergamot, lavender, rosewood

PROPERTIES: Warming, uplifting and protecting. May soothe tension and anxiety. Commonly used to repel insects.



2103

Chamomile (3% in Jojoba)

GERMAN BLUE (*Matricaria recutita*)

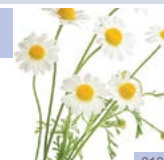
NOTE: mid SOURCE: flower heads

EXTRACTION: steam distilled

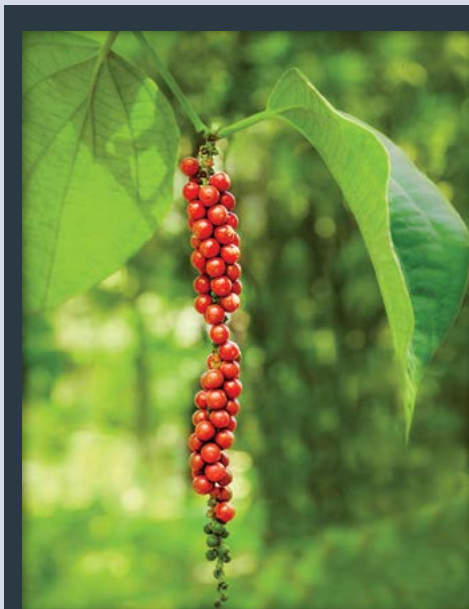
ORIGIN: Egypt

BLENDS WITH: rose, lavender, frankincense

PROPERTIES: Balancing, soothing and relaxing. Calms nerves, eases frustration and tension.



2122



Ripe pepper berries on a plantation tree
- India



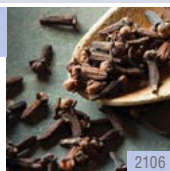
Clove tree with red flower buds prior to harvesting and drying – Indonesia

Clove Bud

(*Syzygium aromaticum*)

P S

NOTE: mid SOURCE: buds
EXTRACTION: steam distilled
ORIGIN: Indonesia
BLENDS WITH: orange, cinnamon, sandalwood
PROPERTIES: Warming, positive and stimulating. Commonly used to prevent mould growth.



2106

Cypress

PROVENCE (*Cupressus sempervirens*)

P

NOTE: base SOURCE: needles, twigs
EXTRACTION: steam distilled
ORIGIN: France
BLENDS WITH: orange, rosemary, pine
PROPERTIES: Strengthens and restores calm. Helps improve concentration and confidence.

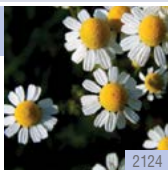


2153

Chamomile (3% in Jojoba)

ROMAN (*Anthemis nobilis*)

NOTE: mid SOURCE: flower heads
EXTRACTION: steam distilled
ORIGIN: UK
BLENDS WITH: rose, clary sage, jasmine
PROPERTIES: Gentle, comforting and calming. May help deal with stress, mood swings, nervous tension and sleeplessness.



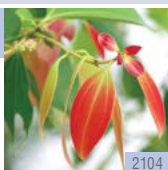
2124

Cinnamon

LEAF (*Cinnamomum zeylanicum*)

P S

NOTE: mid SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Sri Lanka
BLENDS WITH: clove, orange, frankincense
PROPERTIES: Energising and warming. Helps overcome fear and sadness.



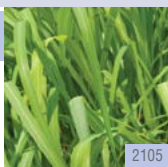
2104

Citronella

JAVA (*Cymbopogon winterianus*)

S

NOTE: mid SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Indonesia
BLENDS WITH: tea tree, cedarwood, rosemary
PROPERTIES: Uplifting and stimulating. Commonly used to repel insects.



2105

Clary Sage

(*Salvia sclarea*)

P S

NOTE: mid SOURCE: flower tops, leaves
EXTRACTION: steam distilled
ORIGIN: Bulgaria
BLENDS WITH: lavender, geranium, jasmine
PROPERTIES: Balancing, euphoric and relaxing. Helps overcome fear, stress and worry.

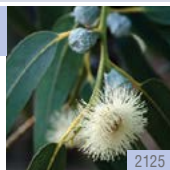


2164

Eucalyptus

BLUE MALLEE (*Eucalyptus polybractea*)

NOTE: top SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: pine, spearmint, cedarwood
PROPERTIES: Refreshing, cleansing and stimulating. Clears the head. Commonly used to repel insects.

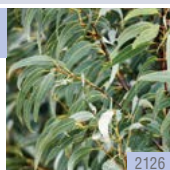


2125

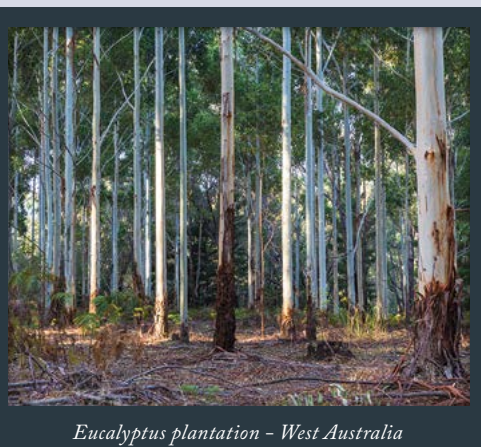
Eucalyptus

LEMON GUM (*Eucalyptus citriodora*)

NOTE: top SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: marjoram, lemongrass, lavender
PROPERTIES: Refreshing and stimulating. Helps dispel fatigue, focusing and clearing the mind. Commonly used to repel insects.



2126

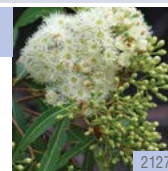


Eucalyptus plantation – West Australia

Eucalyptus

PEPPERMINT GUM (*Eucalyptus dives*)

NOTE: top SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: lemon, juniper, aniseed
PROPERTIES: Clearing and energising. Helps with mental fatigue, clarity and confrontation.



2127

Fennel

SWEET (*Foeniculum vulgare*)

E P S

NOTE: mid SOURCE: seeds
EXTRACTION: steam distilled
ORIGIN: Moldova
BLENDS WITH: rose, sandalwood, basil
PROPERTIES: Warming and grounding. Helps with boredom and motivation.

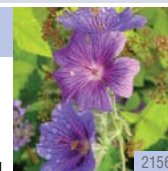


2154

Geranium

EGYPTIAN (*Pelargonium graveolens*)

NOTE: mid SOURCE: leaves, flowers
EXTRACTION: steam distilled
ORIGIN: Egypt
BLENDS WITH: rose, ylang ylang, rosewood
PROPERTIES: Uplifting and balances mood swings. May help deal with stress, insecurity and anxiety.



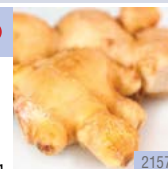
2156

Ginger

(*Zingiber officinale*)

S

NOTE: base SOURCE: root
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: clove, patchouli, cinnamon
PROPERTIES: Warming and strengthening. Helps with mental fatigue and focus. Inspires initiative and determination.



2157

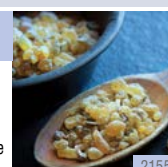


Boswellia carterii (frankincense olibanum) tree – off the coast of Somalia

Frankincense

(*Boswellia serrata*)

NOTE: base SOURCE: gum resin
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: myrrh, black pepper, jasmine
PROPERTIES: Relaxing and strengthening. Ideal for meditation and calming. May help soothe fear and anxiety.



2155

Frankincense

OLIBANUM - SOMALIAN (*Boswellia carterii*)

NOTE: base SOURCE: gum resin
EXTRACTION: steam distilled
ORIGIN: Somalia
BLENDS WITH: lavender, bergamot, sandalwood
PROPERTIES: Warming and revitalising. Ideal for meditation and calming. May help soothe stress and anxiety.



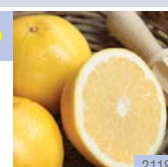
2262

Grapefruit

AUSTRALIAN (*Citrus paradisi*)

U

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: fennel, lime, orange
PROPERTIES: Uplifting, refreshing and reviving. Helps deal with sadness, apathy and frustration.



2118

Grapefruit

PINK (*Citrus paradisi*)

U

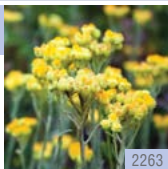
NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Argentina
BLENDS WITH: bergamot, neroli, ylang ylang
PROPERTIES: Uplifting, refreshing and reviving. May help with fatigue, stress and nervous exhaustion.



2102

Helichrysum (3% in Jojoba) IMMORTELLE (*Helichrysum italicum*)

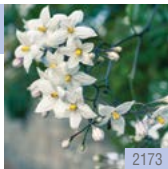
NOTE: base SOURCE: flowers
EXTRACTION: steam distilled
ORIGIN: Bosnia
BLENDS WITH: lavender, chamomile, peru balsam
PROPERTIES: Uplifting and spiritual. Traditionally used for the relief of sinus congestion, coughs and skin problems.



2263

Jasmine (3% in Jojoba) (*Jasminum grandiflorum*)

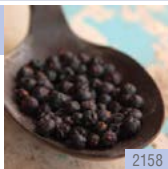
NOTE: base SOURCE: flowers
EXTRACTION: solvent extraction
ORIGIN: Egypt
BLENDS WITH: rose, ylang ylang, clary sage
PROPERTIES: Euphoric and soothing. Enhances confidence and optimism.



2173

Juniper Berry (P S)

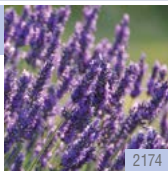
NOTE: mid SOURCE: berries
EXTRACTION: steam distilled
ORIGIN: Bulgaria
BLENDS WITH: lime, rosemary, lavender
PROPERTIES: Clearing, stimulating and fortifying. May help with fatigue and anxiety. Avoid use by those with kidney disease.



2158

Lavandin (P S) GROSSO (*Lavandula x intermedia*)

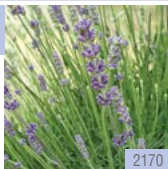
NOTE: mid SOURCE: flower tops
EXTRACTION: steam distilled
ORIGIN: France
BLENDS WITH: cedarwood, pine, cypress
PROPERTIES: Uplifting, balancing and stimulating. May help with indecision and anxiety. Avoid use by those with heart disease.



2174

Lavender FRENCH (*Lavandula angustifolia*)

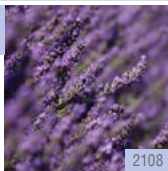
NOTE: mid SOURCE: flower tops
EXTRACTION: steam distilled
ORIGIN: Bulgaria
BLENDS WITH: lemon, rose geranium, rosemary
PROPERTIES: Soothing, balancing and calming. May help with meditation and aiding in stress relief and sleeplessness.



2170

Lavender (E P) SPIKE (*Lavandula spica*)

NOTE: top SOURCE: flower tops
EXTRACTION: steam distilled
ORIGIN: Spain
BLENDS WITH: pine, sage, black pepper
PROPERTIES: Uplifting and revitalising. Clears the head and improves alertness. Commonly used to repel insects.



2108

Lavender TASMANIAN (*Lavandula angustifolia*)

NOTE: mid SOURCE: flower tops
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: rosewood, palmarosa, geranium
PROPERTIES: Soothing, cleansing and calming. Relieves stress and irritability.



2171

Lemon (U S) AUSTRALIAN (*Citrus limonum*)

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: ginger, rose, neroli
PROPERTIES: Stimulating, uplifting and refreshing. Helps with concentration and lethargy.

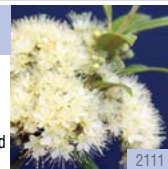


2109

Rows of *Lavandula angustifolia* plants - Bulgaria

Lemon Myrtle (S) AUSTRALIAN (*Backhousia citriodora*)

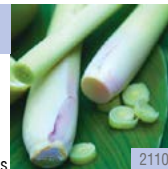
NOTE: top SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: fennel, eucalyptus, sandalwood
PROPERTIES: Uplifting and purifying. Helps with concentration and clearing the mind.



2111

Lemongrass (S) COCHIN (*Cymbopogon flexuosus*)

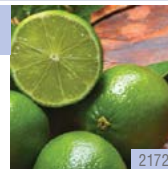
NOTE: top SOURCE: leaves
EXTRACTION: steam distillation
ORIGIN: India
BLENDS WITH: basil, bergamot, geranium
PROPERTIES: Energising and reviving. Helps with studying and meditation. Commonly used to repel insects.



2110

Lime (U) COLD PRESSED (*Citrus aurantifolia*)

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Brazil
BLENDS WITH: nutmeg, rose, cedarwood
PROPERTIES: Uplifting and refreshing. Helps with alertness, fatigue and assertiveness.



2172

Mandarin AUSTRALIAN (*Citrus reticulata*)

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: neroli, grapefruit, chamomile
PROPERTIES: Uplifting and soothing. Helps calm an overactive mind and restlessness.

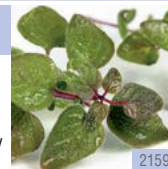


2160

Nutmeg fruits with exposed red covering (aril) and seed within - Indonesia

Marjoram (P) SWEET (*Origanum marjorana*)

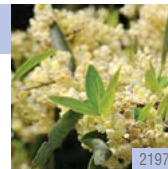
NOTE: mid SOURCE: flowering herb
EXTRACTION: steam distilled
ORIGIN: Egypt
BLENDS WITH: lavender, tea tree, rosemary
PROPERTIES: Comforting and warming. May help with anxiety, grief, stress and sleeplessness.



2159

May Chang (S) (*Litsea cubeba*)

NOTE: top SOURCE: fruit, leaves
EXTRACTION: steam distilled
ORIGIN: China
BLENDS WITH: orange, geranium, ylang ylang
PROPERTIES: Uplifting and stimulating. Promotes creativity and focus.



2197

Melissa (3% in Jojoba) (P S) LEMON BALM (*Melissa officinalis*)

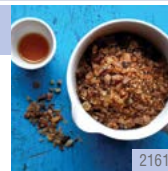
NOTE: top SOURCE: flowers
EXTRACTION: solvent extraction
ORIGIN: UK
BLENDS WITH: rose, lavender, geranium
PROPERTIES: Uplifting and calming. Encourages a positive outlook. May help deal with sorrow.



2121

Myrrh (P) (*Commiphora myrrha*)

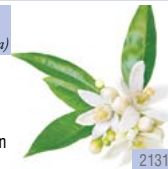
NOTE: base SOURCE: gum resin
EXTRACTION: steam distillation
ORIGIN: India
BLENDS WITH: patchouli, sandalwood, frankincense
PROPERTIES: Meditative and soothing. Inspires tranquility and eases uncertainty.



2161

Neroli (3% in Jojoba) ORANGE BLOSSOM (*Citrus aurantium var. amara*)

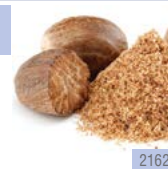
NOTE: mid SOURCE: flowers
EXTRACTION: steam distilled
ORIGIN: Egypt
BLENDS WITH: lavender, ylang ylang, lemon
PROPERTIES: Stabilises, calms and relaxes. May help reduce stress, sadness and anxiety.



2131

Nutmeg (S) PENANG (*Myristica fragrans*)

NOTE: top SOURCE: seeds
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: geranium, black pepper, clary sage
PROPERTIES: Uplifting and stimulating. Inspires creativity and enthusiasm.



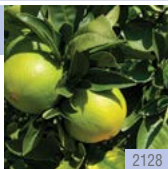
2162

Orange

BITTER (*Citrus aurantium*)

U

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Brazil
BLENDS WITH: myrrh, sandalwood, clove
PROPERTIES: Uplifting and energizing yet calming on the mind. May aid meditation and help ease stress and frustration.



2128

Orange

SWEET - AUSTRALIAN (*Citrus sinensis*)

S

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: clove, jasmine, cinnamon
PROPERTIES: Refreshing and soothing.
May help with apathy, stress and sleeplessness.



2117

Oregano

(*Origanum vulgare*)

P

NOTE: mid SOURCE: flowering herb
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: lavandin, pine, cedar
PROPERTIES: Herbaceous and cleansing.
Traditionally used for the relief of sinus congestion, headache and muscle aches.



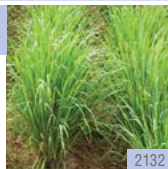
2265

Palmarosa

(*Cymbopogon martinii*)

S

NOTE: mid SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: lime, petitgrain, rosewood
PROPERTIES: Uplifting and calming.
May help with nervous exhaustion, intimacy and stress.



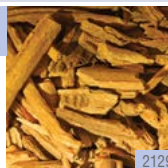
2132

Palo Santo

(*Bursera graveolens*)

P S

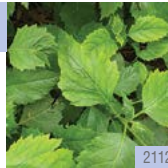
NOTE: mid SOURCE: wood
EXTRACTION: steam distilled
ORIGIN: Ecuador
BLENDS WITH: cedarwood, frankincense, rose
PROPERTIES: Balancing, grounding and calming. Helps with meditation and creativity. Traditionally used in ceremonial cleansing.



2129

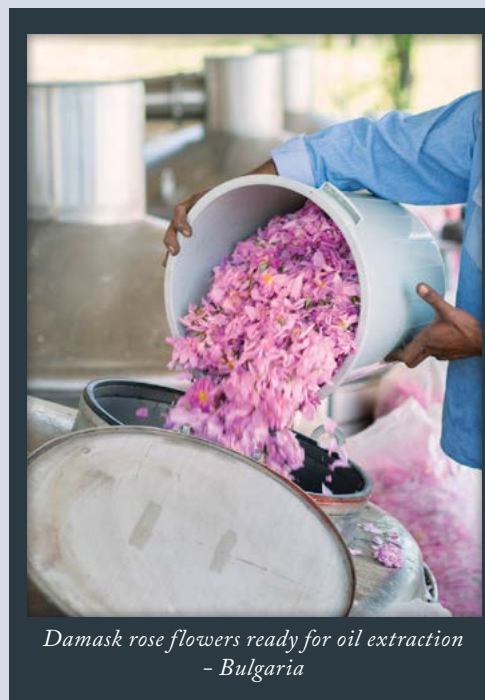
Patchouli

(*Pogostemon cablin*)



2112

NOTE: base SOURCE: leaves
EXTRACTION: steam distilled
ORIGIN: Indonesia
BLENDS WITH: myrrh, lavender, sandalwood
PROPERTIES: Grounding and stabilising.
May help with anxiety, intimacy and sleeplessness. Commonly used to repel moths.



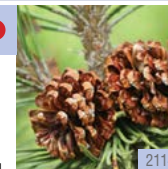
*Damask rose flowers ready for oil extraction
- Bulgaria*

Pine

SCOTCH (*Pinus sylvestris*)

S

NOTE: top SOURCE: needles
EXTRACTION: steam distilled
ORIGIN: Russia
BLENDS WITH: cypress, clove, peppermint
PROPERTIES: Strengthening and reviving.
Instils self-confidence, acceptance and wellbeing.



2114

Pomelo

COLD PRESSED (*Citrus grandis*)

P U

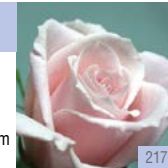
NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: South Africa
BLENDS WITH: neroli, juniper, frankincense
PROPERTIES: Uplifting and refreshing.
Helps with stress and nervous exhaustion.



2267

Rose (3% in Jojoba)

(*Rosa damascena*)

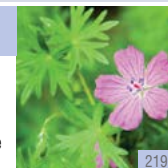


2175

NOTE: mid SOURCE: flowers
EXTRACTION: solvent extraction
ORIGIN: Bulgaria
BLENDS WITH: jasmine, lavender, geranium
PROPERTIES: Harmonises and boosts confidence. May help alleviate sorrow, anxiety and anger.

Rose Geranium

(*Pelargonium graveolens*)



2198

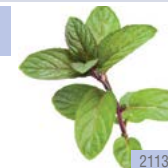
NOTE: mid SOURCE: leaves, flowers
EXTRACTION: steam distilled
ORIGIN: Egypt
BLENDS WITH: lime, lavender, frankincense
PROPERTIES: Balancing and uplifting.
May help deal with stress, insecurity and anxiety.

Peppermint

AUSTRALIAN (*Mentha x piperita*)

P S

NOTE: top SOURCE: leaves, flowers
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: lavender, lemon, spearmint
PROPERTIES: Refreshing and stimulating.
Helps concentration and clarity. Commonly used to repel insects and vermin.



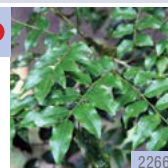
2113

Peru Balsam

(*Myroxylon balsamum*)

S

NOTE: base SOURCE: gum resin
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: patchouli, clove, cedar
PROPERTIES: Warming, stimulating yet soothing. Traditionally used for the relief of skin problems and nervous tension.

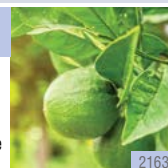


2266

Petitgrain

PARAGUAYAN (*Citrus aurantium*)

NOTE: top SOURCE: leaves, twigs
EXTRACTION: steam distilled
ORIGIN: Paraguay
BLENDS WITH: bergamot, orange, clary sage
PROPERTIES: Refreshing and harmonising.
May help with anger, meditation and sleeplessness.

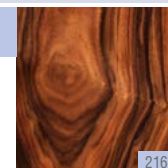


2163

Rosewood

INDIAN (*Aniba rosaeodora*)

NOTE: mid SOURCE: wood
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: orange, patchouli, rose
PROPERTIES: Uplifting and balancing.
Ideal for meditation, relaxation and serenity.



2167

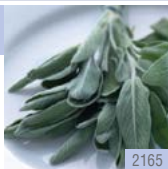


*Sweet Orange, Blood Orange, Pink & White Grapefruit, Lemon and Mandarin oils
are sourced directly from Mildura's orchards in regional Victoria.*

Sage

SPANISH (*Salvia lavandulaefolia*) **E P S**

NOTE: top SOURCE: flower tops
EXTRACTION: steam distilled
ORIGIN: Spain
BLENDS WITH: pine, cedarwood, eucalyptus
PROPERTIES: Rejuvenating and balancing.
Helps with exhaustion and self-awareness.

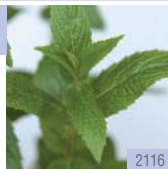


2165

Spearmint

(*Mentha spicata*)

NOTE: top SOURCE: leaves, flower tops
EXTRACTION: steam distilled
ORIGIN: India
BLENDS WITH: aniseed, basil, grapefruit
PROPERTIES: Stimulating and uplifting.
Improves compassion, focus and calmness.

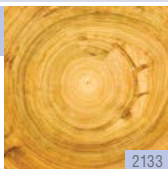


2116

Sandalwood (Pure)

AUSTRALIAN (*Santalum spicatum*)

NOTE: base SOURCE: wood
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: orange, jasmine, myrrh
PROPERTIES: Calming and harmonising.
Enhances openness, intimacy, and meditation.

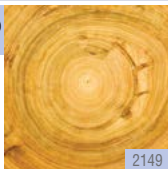


2133

Sandalwood (10% in Sandalwood Nut oil)

AUSTRALIAN (*Santalum spicatum*)

NOTE: base SOURCE: wood & nut
EXTRACTION: steam distilled & CO₂
ORIGIN: Australia
BLENDS WITH: orange, jasmine, myrrh
PROPERTIES: Calming and harmonising.
Enhances openness, intimacy, and meditation.

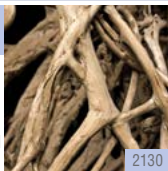


2149

Sandalwood

WEST INDIAN (*Amirys balsamifera*)

NOTE: Base SOURCE: Wood
EXTRACTION: steam distilled
ORIGIN: Haiti
BLENDS WITH: palmarosa, lavender, cedarwood
PROPERTIES: Relaxing, relieving and meditative. Helps with mental clarity, imagination and intimacy.

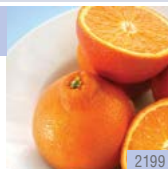


2130

Tangerine

COLD PRESSED (*Citrus reticulata blanco*)

NOTE: top SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Brazil
BLENDS WITH: neroli, ginger, grapefruit
PROPERTIES: Relaxing and uplifting.
May help with nervous tension and sleeplessness.

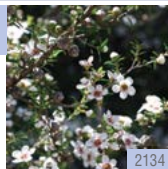


2199

Tea Tree

AUSTRALIAN (*Melaleuca alternifolia*) **S**

NOTE: top SOURCE: leaves, twigs
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: pine, eucalyptus, clove
PROPERTIES: Strengthening and cleansing.
Boosts confidence and positivity. Commonly used to repel insects.

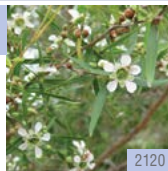


2134

Tea Tree

LEMON SCENTED (*Leptospermum petersonii*) **P S**

NOTE: top SOURCE: leaves, twigs
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: lavender, lemon myrtle, eucalyptus
PROPERTIES: Clears and focuses the mind. Uplifting and refreshing.
Dispels negativity.

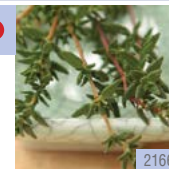


2120

Thyme

WILD (*Thymus serpyllum*) **P S**

NOTE: top SOURCE: leaves, flower tops
EXTRACTION: steam distilled
ORIGIN: Austria
BLENDS WITH: juniper, tea tree, lemon
PROPERTIES: Reviving and stimulating.
May help with lethargy, sadness and focus. Commonly used to repel insects.

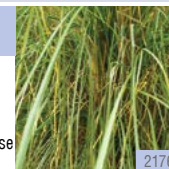


2166

Vetiver

(*Vetiveria zizanioides*)

NOTE: base SOURCE: root
EXTRACTION: steam distilled
ORIGIN: Haiti
BLENDS WITH: rose, patchouli, frankincense
PROPERTIES: Grounding and centring.
Enhances intimacy, wisdom and meditation. May help with sleeplessness and irritability.

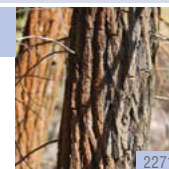


2176

White Cypress (Wood Oil)

AUSTRALIAN (*Callitris glaucophylla*)

NOTE: base SOURCE: wood
EXTRACTION: steam distilled
ORIGIN: Australia
BLENDS WITH: eucalyptus, cedarwood, blood orange
PROPERTIES: Grounding, calming and centering.
Ideal for meditation and relaxation.

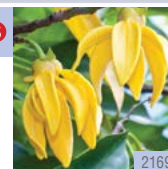


2271

Ylang Ylang

COMPLETE (*Cananga odorata*) **S**

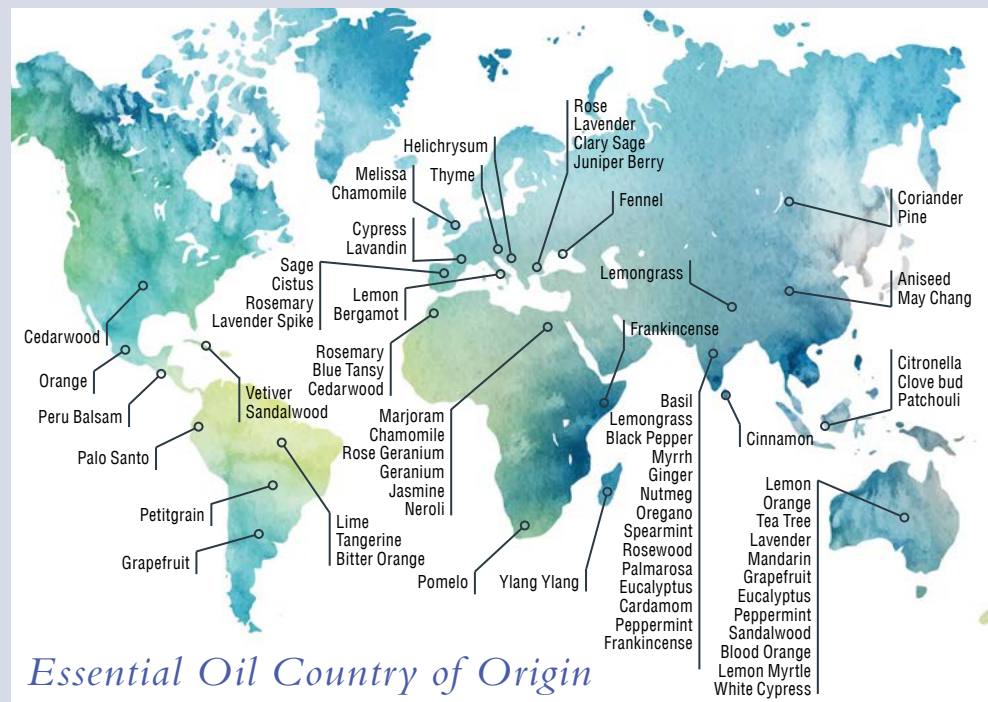
NOTE: base SOURCE: flowers
EXTRACTION: steam distilled
ORIGIN: Madagascar
BLENDS WITH: rose, lavender, rosewood
PROPERTIES: Calming and uplifting.
Improves intimacy, inner peace, joy and confidence.
May help with sleeplessness.



2169



Harvested ylang ylang flowers ready for distillation - Madagascar



Harvested Sandalwood logs and sandalwood nuts from sustainable plantation - central W.A.

• Pure Essential Blends •

30 unique blends of 100% natural oils



A synergy of scents

We offer a range of unique essential oil blends designed specifically for ease of use, containing 100% pure and certified essential oils.

Our 30 diverse and synergistic blends utilise carefully selected essences working in harmony to promote physical and emotional wellbeing.

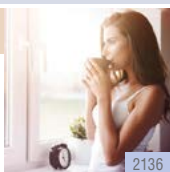
Supplied in no-mess 10ml dripper bottles. Ideal for use in oil burners, vaporisers, baths or diluted with carrier oils for massage.

Also available in 100ml, 500ml and 1kg bulk volumes on request.

Awaken

E P S

Lavender (Spike), Basil, Scotch Pine, Rosemary, Eucalyptus (Lemon), Clove
A refreshing blend for the times when motivation and energy is lacking. Calms the senses yet improves alertness.

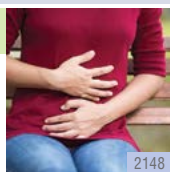


2136

Digestion

P

Chamomile (Roman), Cardamom, Fennel, Coriander, Lemongrass, Spearmint
Oils which have traditionally been used to help relieve symptoms of mild digestive upsets, bloating and nausea.



2148

Baby Calm

Lavender (French), Chamomile (Roman), Rose

May have a gentle soothing and calming influence on the mind and body of a baby.

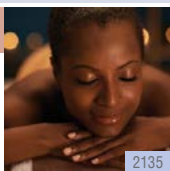


2187

Chill Out

S U

Rose, Frankincense, Bergamot, Basil, Sweet Orange, Ylang Ylang
May help overcome feelings of fear and anxiety, balance moods and improve concentration and confidence.



2135

Equilibrium

P S

Clary Sage, Lavender (French), Rose, Jasmine, Fennel, Coriander, Ylang Ylang
A balancing blend that may provide support for irritability, tension and lethargy during a woman's cycle.

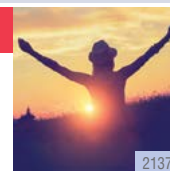


2144

Happiness

P S U

Bergamot, Grapefruit, Clary Sage, Geranium, Sweet Orange, Melissa
A radiant blend of oils renowned for being strengthening, uplifting and euphoric. Helps combat despair and grief.

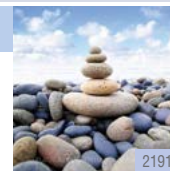


2137

Harmonise

P S

Sweet Orange, Cedarwood (Virginian), Clove, Patchouli, Nutmeg, Sandalwood (Aust)
An essential oil blend of soothing citrus and woody spice that can help to settle and stabilise moods.

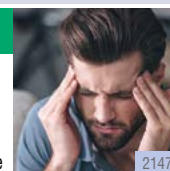


2191

Headache

P

Lavender (French), Peppermint, Marjoram, Chamomile (Roman), Melissa
A blend of oils which have traditionally been used to help relieve the symptoms of tension headaches.

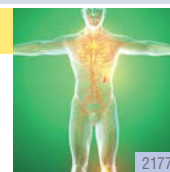


2147

Immunity

P S U

Sweet Orange, Clove, Cinnamon, Lemon, Eucalyptus (Blue mallee), Rosemary
A cleansing blend of energising and uplifting oils that may help support a healthy immune system.

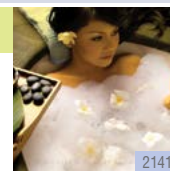


2177

Indulgence

S U

May Chang, Patchouli, Lemongrass, Lemon Myrtle, Lime, Rose Geranium
An enticing zesty blend that creates a positive mood, eases tension and helps you unwind.

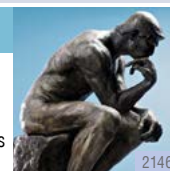


2141

Inspire

S U

Patchouli, Bergamot, Grapefruit, Frankincense, Clove, Sandalwood (Aust)
Stimulates the imagination, promotes productivity and helps focus when engaged in creative thought or activity.

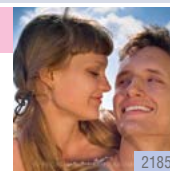


2146

Love

U

Grapefruit, Rose, Ylang Ylang, Patchouli, Sandalwood (Aust)
An alluring blend of sensual oils renowned for aphrodisiac properties which may promote intimacy.



2185

Meditation

P U

Geranium, Lime, Marjoram, Patchouli, Cedarwood (Virginian), Ylang Ylang
May induce a sense of calm contemplation and assist in reaching a deeper meditative state.

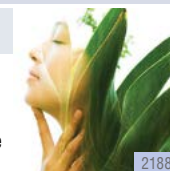


2193

Mindfulness

P S U

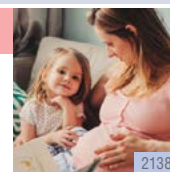
Pink Grapefruit, Sandalwood (West Indian Amyris), Jasmine, Frankincense, Cedarwood (Atlas), Ylang Ylang, Cistus
An exotic blend to calm and focus the mind, ground the spirit and allow the body to be present in the moment.



2188

Motherhood

Mandarin, Tangerine, Petitgrain, Neroli, Ylang Ylang, Sandalwood (Aust)
A nurturing and comforting blend of the gentlest and safest oils selected for new mothers.

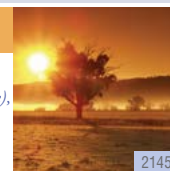


2138

Outback

S

Lemon Scented Tea Tree, Eucalyptus (Peppermint & Blue mallee), Lemon Myrtle, Sandalwood (Aust)
A refreshing bushland blend of Australian native oils. Ideal for clearing the mind and cleansing your environment.



2145

Peace

P U

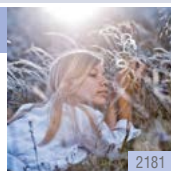
Marjoram, Cedarwood (Virginian), Lime, Patchouli, Rose, Jasmine, Geranium, Ylang Ylang
May aid in drawing out the deep calm within, restoring harmony and balance.



2194

Relaxing

P



2181

Lavender (French), Cedarwood, Geranium, Frankincense

May have a calming effect on the mind and body and help to balance moods and relieve anxiety.

Resilience

U



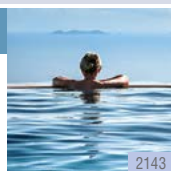
2189

Bitter Orange, Neroli, Petitgrain, Mandarin, Rose Geranium, Peru Balsam, Vetiver

May help overcome fear, deal with fatigue, and maintain inner strength during life's difficult challenges.

Restore

S



2143

Lemongrass, Patchouli, Coriander, Sweet Orange

Carefully formulated to lift the spirits and is beneficial to exhaustion and fatigue.

Revitalise

E P S U

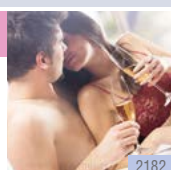


2180

Peppermint, Rosemary, Lemon

An uplifting blend which may help to stimulate the senses and increase mental clarity and alertness.

Romance



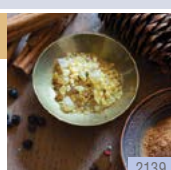
2182

Geranium, Lavender, Ylang Ylang, Sandalwood (Aust)

May calm and balance the mood, relieve inhibiting tensions and harmonise the senses.

Sacred

P S



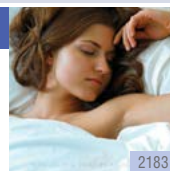
2139

Frankincense, Cedarwood (Atlas), Juniper Berry, Palo Santo, Myrrh, Ylang Ylang, Cassia Bark

Combines oils from precious ingredients used in centuries-old rituals for their spiritual properties.

Sleep Soundly

P



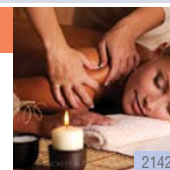
2183

Lavender (French), Sweet Orange, Marjoram, Ylang Ylang

May help relax and relieve mental tension aiding the onset of the sleep cycle.

Soothing

P



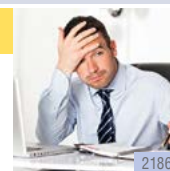
2142

Sweet Orange, Cedarwood (Atlas), Tangerine, Patchouli, Palmarosa, Sandalwood (Aust)

A gentle blend of warm citrus and wood oils that calm the mind and uplifts the spirits.

Stress Less

P S U



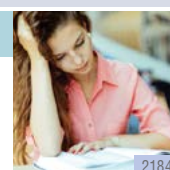
2186

Lemon, Sweet Orange, Marjoram, Ylang Ylang, Lavender (French), Cedarwood (Virginian)

May gently sedate and calm the nerves, helping to promote a sense of comfort and harmony.

Study

P S



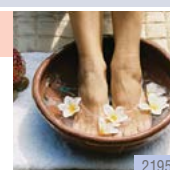
2184

Lemongrass, Basil, Frankincense, Rosewood, Peppermint

A stimulating blend to help improve mental clarity, focus and overcome weariness during study and exams.

Tranquility

P S U



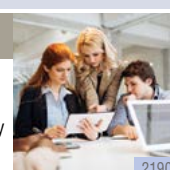
2195

Sweet Orange, Lavender (French), Patchouli, Lime, Geranium, Aniseed

May soothe tension, ease emotional stress and encourage a sense of wellbeing and tranquility.

Work Well

P S U



2190

Grapefruit, Lavender (French), Cypress, Bergamot

May aid concentration and creativity in the work place and relieve mental and nervous tension.

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6 unique blends diluted for topical application

Therapy on the go

Gumleaf Essentials Pulse Point Rollers are a ready-to-use topical oil blend in a convenient travel size. Enjoy our most popular aromatherapy essential oil blends wherever you are.

Available in a selection of 6 essential oil blends containing 100% pure and certified essential oils, safely diluted in Fractionated Coconut and Jojoba carrier oils.

Beautifully boxed and supplied with a detailed information leaflet to help you to get the greatest benefit from our topical blends.



EASY BREATHE

Eucalyptus (Blue mallee), Lavender (French), Peppermint, Scotch Pine

May help to clear the head and nose and uplift the spirits.



P S 8100

HEADACHE

Lavender (French), Chamomile (Roman), Peppermint, Melissa, Marjoram

A blend of oils which have traditionally been used to help relieve the symptoms of tension headaches.



P 8103

EQUILIBRIUM

Clary Sage, Lavender (French), Rose, Jasmine, Fennel, Coriander, Ylang Ylang

A balancing blend that may provide support for irritability, tension and lethargy during a woman's cycle.



P S 8101

SLEEP SOUNDLY

Lavender (French), Sweet Orange, Marjoram, Ylang Ylang

May help relax and relieve mental tension aiding the onset of the sleep cycle.

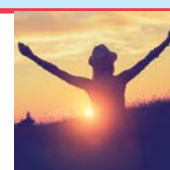


P 8104

HAPPINESS

Bergamot, Grapefruit, Clary Sage, Geranium, Sweet Orange, Melissa

A radiant blend of oils renowned for being strengthening, uplifting and euphoric. Helps combat despair and grief.



P S U 8102

STRESS LESS

Lemon, Sweet Orange, Marjoram, Ylang Ylang, Lavender (French), Cedarwood (Virginian)

May gently sedate and calm the nerves, helping to promote a sense of comfort and harmony.



P S U 8105

• Organic Essential Oils •

12 Certified Organic 100% natural oils



Why choose Certified Organic?

Certified Organic Essential Oils are sourced from farmers and producers who are certified to ACO standards.

The *Australian Certified Organic Standard* prohibits farmers from using synthetic pesticides, fungicides and herbicides. This minimises the impact on the surrounding environment by reducing run-off into nearby waterways.

Organic farming practices also focus on biodiversity protection and land regeneration. Crops are grown without Genetic Modification (GMO) and made without nanotechnology.

The *Australian Certified Organic Standard* upholds the principles of fair trade. Australian Certified Organic auditors ensure that its certified businesses use fair workplace practices. Some consumers are unaware that cheap goods come at a cost to people and the environment. Certified organic products provide a healthy and ethical alternative.

Choosing to support *Australian Certified Organic* means supporting organic farmers, producers and processors who are doing the right thing for our environment, as well as building a sustainable future for all Australians.

Also available in 100ml, 500ml and 1kg bulk volumes on request.

• Organic Essential Oils •

Eucalyptus

BLUE GUM (*Eucalyptus globulus*)

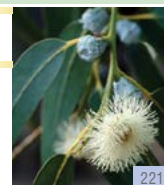
NOTE: top SOURCE: leaves

EXTRACTION: steam distilled

ORIGIN: India

BLENDS WITH: pine, spearmint, cedarwood

PROPERTIES: Refreshing, cleansing and stimulating. Clears the head. Commonly used to repel insects.



2213

Frankincense

(*Boswellia serrata*)

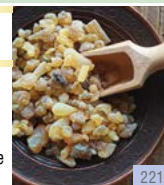
NOTE: base SOURCE: gum resin

EXTRACTION: steam distilled

ORIGIN: India

BLENDS WITH: myrrh, black pepper, jasmine

PROPERTIES: Relaxing and strengthening. Ideal for meditation and calming. May help soothe fear and anxiety.



2212

Geranium

EGYPTIAN (*Pelargonium graveolens*)

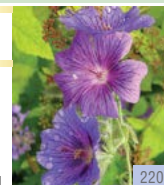
NOTE: mid SOURCE: leaves, flowers

EXTRACTION: steam distilled

ORIGIN: Egypt

BLENDS WITH: rose, ylang ylang, rosewood

PROPERTIES: Uplifting and balances mood swings. May help deal with stress, insecurity and anxiety.



2202

Lavender

BULGARIAN (*Lavandula angustifolia*)

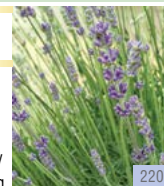
NOTE: mid SOURCE: flower tops

EXTRACTION: steam distilled

ORIGIN: Bulgaria

BLENDS WITH: lemon, rose geranium, rosemary

PROPERTIES: Soothing, balancing and calming. May help with meditation and aiding in stress relief and sleeplessness.



2203

Lemon

COLD PRESSED (*Citrus limonum*)

NOTE: top SOURCE: peel

EXTRACTION: cold pressed

ORIGIN: Italy

BLENDS WITH: ginger, rose, neroli

PROPERTIES: Stimulating, uplifting and refreshing. Helps with concentration and lethargy.



2204

Lemongrass

NEPALESE (*Cymbopogon flexuosus*)

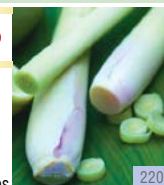
NOTE: top SOURCE: leaves

EXTRACTION: steam distilled

ORIGIN: Nepal

BLENDS WITH: basil, bergamot, geranium

PROPERTIES: Energising and reviving. Helps with studying and meditation. Commonly used to repel insects.



2205

Orange

SWEET VALENCIA (*Citrus sinensis*)

NOTE: top SOURCE: peel

EXTRACTION: cold pressed

ORIGIN: Mexico

BLENDS WITH: clove, jasmine, cinnamon

PROPERTIES: Refreshing and soothing. May help with apathy, stress and sleeplessness.



2206

Patchouli

(*Pogostemon cablin*)

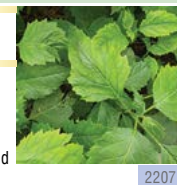
NOTE: base SOURCE: leaves

EXTRACTION: steam distilled

ORIGIN: Indonesia

BLENDS WITH: myrrh, lavender, sandalwood

PROPERTIES: Grounding and stabilising. May help with anxiety, intimacy and sleeplessness.



2207

Peppermint

(*Mentha x piperita*)

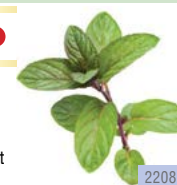
NOTE: top SOURCE: leaves, flowers

EXTRACTION: steam distilled

ORIGIN: India

BLENDS WITH: lavender, lemon, spearmint

PROPERTIES: Refreshing and stimulating. Helps concentration and clarity. Commonly used to repel insects and vermin.



2208

Rosemary

MOROCCAN (*Rosmarinus officinalis*)

NOTE: mid SOURCE: leaves, flowers

EXTRACTION: steam distilled

ORIGIN: Morocco

BLENDS WITH: basil, lavender, pine

PROPERTIES: Reviving and refreshing. Improves clarity, creativity and awareness.



2209

Tea Tree

AUSTRALIAN (*Melaleuca alternifolia*)

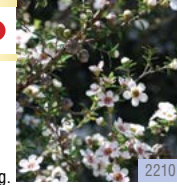
NOTE: top SOURCE: leaves, twigs

EXTRACTION: steam distilled

ORIGIN: Australia

BLENDS WITH: pine, eucalyptus, clove

PROPERTIES: Strengthening and cleansing. Boosts confidence and positivity. Commonly used to repel insects.



2210

Ylang Ylang

COMPLETE (*Cananga odorata*)

NOTE: base SOURCE: flowers

EXTRACTION: steam distilled

ORIGIN: Madagascar

BLENDS WITH: rose, lavender, rosewood

PROPERTIES: Calming and uplifting. Improves intimacy, inner peace, joy and confidence. May help with sleeplessness.



2211

Precautions





The information provided is for educational purposes only and should not be considered as medical advice.

Essential oils should not be taken orally unless under the guidance of a health care professional.

All essential oils should be used with care and must be diluted if applying directly to skin. Avoid contact with eyes.

Store essential oils out of direct sunlight and away from heat.

Exercise caution with oils that have these symbols:

-  Application to the skin may increase sensitivity to sunlight.
-  Possible irritant to sensitive skin.
-  Avoid use during pregnancy and breast feeding.
-  Epilepsy sufferers should avoid these oils.

Stockist:

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