

尺寸：120mm*175mm

折页

80g 书纸

No.	Species	Latin Name	Plant Part	Scent	Safety Note	Function	Application	Recipe
12	Bergamot	Citrus bergamia	Peel	Floral and fruitier	Non-toxic and non-irritating. Do not expose skin to sunlight for 12 hours after application. Repeated use can result in contact sensitization (rotate between different oils). Do not use on children younger than 5 years of age. Do not take internally.	Refreshing relief	Rejoice in a lively sense of relief as it soothes away the aches and troubles of life, leaving a heaven of healing tinged in tart, citrus note.	<ul style="list-style-type: none"> * DIFFUSION: Add a few drops in the diffuser with proportioned water, together with any other essential oils if needed. * FRESHENING BREATHING: Dilute one drop bergamot in 2 tablespoons of warm water. Gargle to maintain oral health.
13	Cinnamon	Cinnamomum zeylanicum	Leaf	Warm spicy musky	Cinnamon oil is a mucous membrane-irritant and strong skin sensitizer. Use only in very low dilution (less than 1%). Do not apply directly to delicate skin or near eyes or mucous membranes, even in dilution. Do not take internally.	Warm sense of comfort	A stronger, healthier sense of clarity and beauty, bringing relief to the body and inspiration to the mind, with a healing effect on tired, fatigued or overworked muscles and joints.	<ul style="list-style-type: none"> * DIFFUSION: Add 1 drop Cinnamon and 6 drops Mandarin to the diffuser for relaxation and lifting spirits, helpful for breathing. * WARM EXTREMITIES: Mix with 3 drops Lemon
14	Lemon	Citrus limonum	Aerial parts	Fresh fruitier	Do not apply directly to the eyes or mucous membranes. Potentially phototoxic, so please avoid UV exposure for at least 8 hours after topical application. Do not take internally.	Energizing and uplifting	With a bright, tangy, and pure scent, it can clear and refresh a fatigued mind quickly and elevate the mood in your house or workplace.	<ul style="list-style-type: none"> * FRESHENING: Mix a few drops with Lavender, Neroli and Tea Tree in the diffuser to freshen up and purify the air. * HOUSEHOLD CLEANING SPRAY: Add a few drops with water in a spray bottle and use as a cleanser in the house and workplace.

Extraction: Steam Distillation

Net Weight: 14 bottles*0.17 fl.oz (5 ml)

NORTH AMERICA

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MANUFACTURER

Manufacturer: Shenzhen NearbyExpress Technology Development Co., Ltd.

Address: Floor 7, Building E, Galaxy World Phase II, Shenzhen, China

Rev_1.2_EN



Model: AJ-PCN062

100% Pure Essential Oil

User Guide

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1	Lavender	Lavandula angustifolia Mill	Whole plant	Elegant and mild	Non-toxic, non-irritating and non-sensitizing. Do not take internally.	Soothing the mind and body	Quite versatile and well-known, blends well with almost any other essence. Often used to restore body systems balance for its strong antibacterial and antidepressant properties.	<ul style="list-style-type: none"> DEEP REST: Add 4 drops Lavender to massage oil or a diffuser. REFRESHING MASSAGE: Add 4 drops Sweet Orange, 2 drops Grapefruit, 2 drops Lavender and 2 drops Roman Chamomile to 15ml of coconut oil and massage into skin. SKIN REPAIR: Add 4 drops Lavender and 4 drops Rosemary in 15ml of Aloe Vera gel.
2	Sweet Orange	Citrus sinensis	Peel	Fruiter	Non-toxic. Spot test first on sensitive skin. Photosensitive, do not expose your skin to sunlight after use.	Energizing and uplifting	A staple aromatherapy oil for creating a bright, uplifting and invigorating ambiance. Rich in Vitamin C with more collagen produced to tighten up skin.	<ul style="list-style-type: none"> CLEANING AGENT: Mix 1 cup of distilled water, ½ cup of white vinegar, ½ teaspoon liquid soap, and 20 drops Sweet Orange in a spray bottle for use. BEEWAX CANDLE: Add a few drops onto candle for pleasant and joyful ambience. AROMATHERAPY: Add 5 - 6 drops to your diffuser, put a drop on your palm and directly inhale the scent, or put a drop on a cloth or pillow for an aromatic nighttime treat.
3	Tea Tree	Melaleuca alternifolia	Leaf	Pure and fresh, with slightly spicy	Non-toxic. Spot test first on sensitive skin.	Detoxifying and anti-fungal	With a warm, fresh, and spicy aroma, detoxifying and anti-fungal properties, it can greatly help improve skin & scalp conditions, and boost your mood.	<ul style="list-style-type: none"> INHIBITING MOLD: Mix 2 teaspoons to 2 cups of water and spray on mold or bath / shower area. SCALP HEALTH: Add a few drops (as a scalp cleanser) to shampoo. FRESHENING MOUTH: Add 2 drops to 2 oz. of water and gargle. FEET CARE: Add 3 - 5 drops to warm water and soak your sore, tired feet.
4	Neroli	Citrus aurantium bigarade	Flower	Floral and sweet	Non-photosensitive. Blend with other essence for massage.	Soothing away the worries of the day	A fresh comfort of clear beauty & serene slumber that calms the mind, promotes a restful sleep and diminishes the signs of aging.	<ul style="list-style-type: none"> DEEP REST: Add 2 drops Neroli and 2 drops Lavender to a diffuser. SOOTHING WORRIES: Add 2 drops Neroli and 1 drop Lavender to 5ml of sweet almond oil for massage (half an hour before sleep).
5	Grapefruit	Citrus paradisi	Peel	Fresh citrus	Non-toxic and non-irritant. Grapefruit may be photo-toxic; therefore, avoid UV exposure for at least 8 hours after topical application. Do not take internally.	Sharing the positive light of happiness	As a refreshing purifier, with various uplifting effects on the body and mind; can restore smoothness and suppleness, beautify the skin, and help with massage.	<ul style="list-style-type: none"> DIFFUSION: Uplift the mind and emotions and freshen the air. SMOOTHING SKIN: Add 6 drops Grapefruit, 2 drops Rosemary and 4 drops Lemon to 15 ml of grape seed oil.

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6	Frankincense	Boswellia carterii	Gum resin	Fresh and woody	Non-toxic, non-irritant and non-sensitizing. Do not take internally.	Spiritual and perfumery	A spiritual tool for ritual, prayer and meditation, valued for its healing powers and intoxicating fragrance - belong to the family of sacred scents.	<ul style="list-style-type: none"> RESPIRATORY SUPPORT: 8 drops Frankincense, 6 drops Eucalyptus, 3 drops Rosemary, and 2 drops Peppermint for diffusion, or in 30ml of jojoba oil for topical application or direct inhalation. REFRESHING: Place a drop in your palm, gently rub the palms together, bring them towards your face and inhale deeply.
7	Lemongrass	Cymbopogon citratus	Fresh and dried leaf	Lemony and sweet	Non-toxic, non-sensitizing. Possible irritant to sensitive skin. Do not take internally.	Inspiration of spiritual	With a lemony, sweet smell and watery viscosity, it can help in arousing emotion, treatment for the virus, boosting metabolism and inducing diuresis.	<ul style="list-style-type: none"> REPELLING INSECTS: Add to a diffuser to repel insects. INSOMNIA RELIEF: Make your own massage oil by adding a few drops to body cream, or to the bottom of your feet before sleep. STRESS RELIEF: Add 5 - 6 drops to your diffuser, put a drop on your palm and directly inhale the scent, or put a drop on a cloth or pillow for a nighttime treat.
8	Peppermint	Mentha piperita	Aerial parts	Cool and minty	Do not use on infants or babies or during pregnancy.	Refreshing of spirit	Beneficial for body and mind: enhancing breathing and relaxing your body; often used for nausea, headaches, toothaches, cramp, diarrhea, sore throats, and indigestion.	<ul style="list-style-type: none"> BOOSTING BREATHING: A drop for minty-fresh breath. Mix a few drops with water for unique mouthwash. DIFFUSION: For a cooling, refreshing and soothing fragrance, apply in your house or office whenever you need to uplift and refresh.
9	Ylang Ylang	Cananga odorata	Flower	Floral and sweet	Non-toxic, non-irritant and non-sensitizing, excessive use may cause headaches and nausea. Do not take internally.	Breathing sweet happiness	Floral and sweet, creating an environment of tranquil happiness that nourishes the being from the inside out for a healthier, more balanced beauty.	<ul style="list-style-type: none"> RELAXATION: Mix several drops with massage oil to reduce daily stress. BATH: Add several drops to bath water for a calming and sensual aromatic bath experience.
10	Eucalyptus	Eucalyptus robusta Smith	Leaf and young twig	Cool and fresh	Non-toxic, non-irritant, and non-sensitizing. Do not use for people with high blood pressure and epilepsy. Excessive use may cause headaches. Do not take internally.	Perfect for relaxation	With a cool and aromatic scent, it can enhance breathing, creating a relaxing and soothing aromatherapy experience to support feelings of relief from stress, mental exhaustion, sluggishness and fatigue.	<ul style="list-style-type: none"> EASY BREATHING: Add 4 drops Eucalyptus and 2 drops Peppermint to steaming water and inhale several times daily, or add to ½ oz. carrier and rub on chest as needed. HOUSEHOLD CLEANING SPRAY: Mix 12 drops Eucalyptus, 12 drops Tea Tree and 6 drops Peppermint with water in a 8 oz. spray bottle.
11	Rosemary	Rosemarinus officinalis	Leaf and flower	Fresh and Herba-	Non-toxic, non-irritant and non-sensitizing when diluted appropriately. Do not apply as undiluted on skin. Do not use for people with high blood pressure and avoid use during pregnancy. Do not take internally.	Perfect for improved mood	Energizing, helpful in increasing mental clarity, relieving from fatigue, boosting metabolism and tighten up skin.	<ul style="list-style-type: none"> HAIR OIL: Add 8 drops Rosemary, 4 drops Lemongrass, 4 drops Peppermint and 4 drops Lavender to 25ml of jojoba oil and 5ml of Argan oil. DIFFUSION: Add 8 drops Frankincense, 6 drops Eucalyptus, 3 drops Rosemary, and 2 drops Peppermint to a diffuser.