

A alenaide

Summer-Autumn & Christmas Catalogue 2023/2024



Welcome!

Here are Alenaide's signature products for the upcoming Summer-Autumn season and the holidays. A perfect time to organise your next order, updated blends, single-oils and new how-to-guides are ready for you to explore.



first word

Alenaide's aromatherapy and apothecary has been evolving over many years to provide customers with the best products that science and nature has to offer.

Individual 10mL oils – build up a collection & craft your own home-made blends!

Dispensers – various sizes and dispensary methods for your custom creation.

Accessories – multiple options to help kick-start your low-tox journey

Bundles – selected great value gifts for friends and family to enjoy.

Guides – updated how-to-use guides designed for first time users with tips on bringing nature easily into your home.

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Jane Barry
Aromatherapist



NATURE AT HOME

THE ESSENTIALS OF OILS

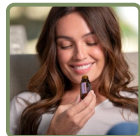
What are essential oils?

- Nature's defense mechanism for plants and cells
- Used by ancient Egyptians and throughout history
- Highly concentrated through distillation or cold-press



Essential oils: nature's alternative for your home

- Have a variety of different aromas for a relaxing, energising or uplifting atmosphere
- Can be used in the home to detoxify naturally
- Proven link between the power of smell and its relationship with emotions and the mind



Why Alenaide's essential oils?

Quality! With many years experience in the industry, Alenaide prides themselves by selecting only the best materials for quality essential oils.

Sustainability! Plants are grown and harvested from their natural environments. Experience the difference with our Wild Harvested essential oils.

Organic! No harmful pesticides ever used on the crops or our oils.

Affordable & supports local business! Locally grown crops, distilled/processed in Australia. Both Alenaide & suppliers are 100% Australian owned.



How can aromatherapy help my health and lifestyle?

Essential oils can help to improve your wellbeing when combined with a healthy lifestyle. With exercise, sleep and diet being fundamental, Alenaide's oils can be used to support metabolic processes and keep you focused on what really matters.

"as children of the Earth, we are part of a larger organism that is Mother Nature. She heals and protects us, thus medicine is understanding and utilising her wisdom."



One

Choose a spray, roll-on or balm

Two

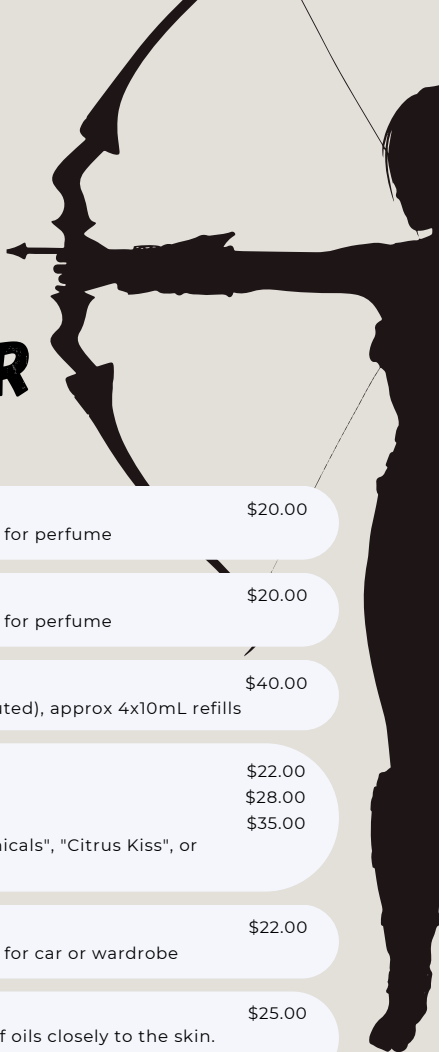
Choose a signature blend

Three

Complete the order form

One

CHOOSE YOUR DISPENSER



10mL roller ball (roll on) \$20.00
- your choice of blend diluted for perfume

10mL body mist (spray) \$20.00
- your choice of blend diluted for perfume

5mL refill dripper \$40.00
- your choice of blend (undiluted), approx 4x10mL refills

30mL room/bathroom spray \$22.00
50mL room/bathroom spray \$28.00
100mL room/bathroom spray \$35.00
- we recommend "Native Botanicals", "Citrus Kiss", or "Hint of Spice"

20mL car/room diffuser \$22.00
- your choice of blend diluted for car or wardrobe

50mL balm \$25.00
- quick and easy application of oils closely to the skin.
Perfect for breathing and meditation.

I want something... *Focusing*

Studies show that plants from the lamiaceae family such as; **rosemary**, **peppermint**, **spearmint** & **wild mints**; help promote attention, improve memory and/or energise to encourage focus during study or work. Alenaide's blends below are crafted to maximise your focus and attention.

EMPHASIS

A remarkable herbal blend that invigorates your attention by utilising grounding firs to keep motivation high. Fortify and stimulate the mind with a frisky fusion of homely herbs and sharp pine aromas, all underlined by lovely lemon.

Ingredients: *basil, rosemary, lemon, lemon myrtle, spearmint and siberian fir essential oils*

RESILIENCE

Fresh and sprightly mint sharpens the mind and uplifting green mandarin creates a captivating and curious combination of earthy, tangy and sharp tones encourage focus and strength. Soothe sensitivity and promote your cheerful moods!

Ingredients: *green mandarin, basil, rosemary and douglas fir essential oils.*

ATTENTION

Dive into your day with this awakening amalgamation of fresh, tropical and homely scents. We've put them together to provide you with an abundance of energy and spirit to both body and mind. .

Ingredients: *australian wild mint, lime and rosemary essential oils.*

I want something... *Sleepy*

Research supports the calming properties of **lavendula** plants including **lavender** & **lavandin** encourage healthy sleep patterns. **Juniper berry** has been shown to reduce the severity of night terrors, and **lemon myrtle** and woody scents such as **vetiver**, **cedarwood** & **sandalwood** support rest and relaxation.

REST

Trouble getting to or staying asleep? This blend is balanced to encourage calm relaxation and discourage bad dreams as you lull into a glorious peaceful sleep. Spicy and floral yet woody and clean make sure to wear it entering each dream.

Ingredients: *lavandin, lavender, juniper berry, lemon myrtle, vetiver and chamomile essential oils.*

SWEET DREAMS

This mingle of floral notes and mild spices reduces irritations of mind and skin, offering a unique zest in clarity to both, leaving you to enjoy sugar sweet dreams.

Ingredients: *lavandin, clary sage, ylang ylang, patchouli and frankincense essential oils.*

EVERY LITTLE THING IS GOING TO BE ALRIGHT

Beautifully fragrant yet grounded and earthy. Soft soothing and sweet trills are championed by the woody, floral and complex herb tones that dance in a melody of scent. A powerful potion that ticks all the boxes.

Ingredients: *lavender, cedarwood, ho wood, ylang ylang, marjoram, chamomile, vetiver, sandalwood, cardamon and lemon myrtle essential oils.*

I want something... *Balanced*

All of Alenaide's blends are created for a harmonious scent, yet sometimes what you need is a grounding scent. Grasses and woods such as **vetiver, cedarwood & scotch pine**, and deep florals like **palmrosa & patchouli** combine to create earthy scents that help us remain planted. Led by the wise oil **frankincense**, they help us stay present and encourage meditative moods.

COMPASSION

This calming blend aims to reinvigorate your outer and inner self. The woody and smoky tones are rejuvenated by a bolt of spearmint. Easing muscle pains, this is perfect for meditation, yoga or other mindfulness activities.

Ingredients: cypress, frankincense, cedarwood, clary sage and spearmint essential oils.

WOOD SPRITE

Description: Crisp, piney, hints of lemon and earthy nuance this balance grounds you in clarity. Clearing your airways and aches, this decongestant promotes deeper breathing while also balancing the oils on your skin.

Ingredients: cedarwood, cypress, frankincense, palmrosa and cajeput essential oils.

MEDITATE

An oil to match the mind – complex yet simple, this combination is calming and helps one compose. Highlighting the sweetness of the earth, citrus and fruity notes define the victorious vigour in our everyday. This blend also aids anxious thoughts as it eases you into a relaxation.

Ingredients: frankincense, patchouli, clary sage and sweet orange essential oils.

I want something... *Energising*

Hack your morning routine with natural energising tones including citrus varieties such as **lemon, lime, red mandarin and bergamot**, or awaken the senses with **mint and spice blends**. Whichever blend you prefer, you will find your new elevating scent here.

SUNRISE

A lemon-lime, rise and shine classic. An invigorating refinement to citrus, deep and detailed lime scents join sweet-tart complexions. Perfect for quick roll-on mornings, it fights negative energies and muscle tension elevating your mood.

Ingredients: lime, bergamot, red mandarin and lemon essential oils.

SHINING STAR

Opposites attract in this citrus defining mixture that adds earthy spice and a sharp cooling edge to your beloved kick-start classic flavour. Aiding digestion and soothing pain, this mighty brew reduces your bloat and congestion. Have this on hand to keep shining on.

Ingredients: bergamot, lemon, scotch pine and wild mint essential oils.

EXPAND

Breathe deeper and clearer this season with an energising blend to relieve seasonal threat symptoms. Great as a balm, this one keeps you feeling as fresh as the new spring as you continue to blossom well into the summer.

Ingredients: peppermint, eucalyptus, cajeput, wild mint and lemon myrtle essential oils.

I want something... *Unique*

Sometimes we make blends with specific intent, like **black pepper** to assist with breaking addictive behaviours; or utilising the anti-bacterial, anti-fungal, anti-septic and anti-microbial activities of **clove, cinnamon, & melaleuca** varieties including **tea tree, cajeput & eucalyptus**. We fell in love with a few we want to share with you.

DEFEND

They say the best defence is a good offence but we like to employ both to perfect our body's battle plan. Go on the attack against bacteria, fungus, mosquito and tick bites; defend your front lines in this all encompassing shield. The battlefield never smelt so sweet and fresh.

Ingredients: cajeput, clove, lemon eucalyptus, sweet orange, tea tree and eucalyptus essential oils.

BLUE SUEDE SHOES

To look and feel so fancy and fine requires the calmness and confidence of new suede shoes; we've got you covered. Woodiness and warm cinnamon spice meld magically with the cool crisp scent of coniferous firs in this unique fusion. Breathe easier, feel lighter and stay grounded in your blue suede shoes.

Ingredients: frankincense, Siberian fir, arborvitae and cinnamon essential oils.

THE LITTLE OIL THAT COULD

Keep the engine running with a blend that keeps you on track. The bite of black pepper finds union with the relaxing lavender scents permeating your relaxation time. Try this one for when you can't kick restlessness or unease that causes loss of focus!

Ingredients: black pepper, lavender, lavandin, scotch pine and vetiver essential oils.

BATHROOM & ROOM BLENDS

Help keep your throne and kingdom fresh!

NATIVE BOTANICALS

Detoxifyingly fresh and herbaceous lemon scents help set a mighty standard. Traditionally used protective native australian plants cleanse the air simply and deliciously.

Ingredients: tea tree, cajeput, lemon eucalyptus and lemon myrtle essential oils.

CITRUS KISS

If feeling high-energy and restless, enjoy this lemon-lime lolly scent to satisfy the mood and reduce hyperactivity. Grace your skin with the kiss of citrus and feel the fizzy effervescence transform your mood and make you shine.

Ingredients: lemon, lime, red mandarin and scotch pine essential oils.

HINT OF SPICE

Focusing on diminishing many forms of pain, we've made this blend to make sure you're feeling warm on the inside as well as outside this season. Cosy spices and rugged nature scents helps to alleviate mental and physical duress.

Ingredients: scotch pine, cinnamon, ginger and cedarwood essential oils.

HOW CAN I USE MY OILS?

AND OUR TOP 8 OILS SUITABLE FOR EVERY HOME.

Citrus limon

- ☑ neutralises odours
- ☑ dilute in spray bottle for clean home or kitchen
- ☑ dilute in washing machine for fresh clothes uplifting to the spirit and senses



Mentha pipperita

- ☑ topical: fresh cooling effect for muscle recovery enlivens the senses &
- ☑ improves respiratory system
- ☑ dilute in spray bottle for repellent of pests

Lavandin grosso

- ☑ provides a relaxing aroma
- ☑ hydrates skin, soothes irritation & calms bites
- ☑ use in linen or on the soles of feet to assist with restful sleep



Boswellia carteri

- ☑ "king of oils"
- ☑ apply to the bottom of feet for relaxation
- ☑ good for skin moisture & radiance
- ☑ diffuse for peace, relaxation & satisfaction

Defend

- ☑ stimulating aroma to promote a revitalising environment
- ☑ apply topically during times of seasonal threats
- ☑ dilute in a spray bottle for protection of surfaces at home or the office

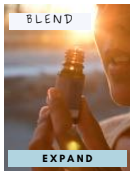


Rest

- ☑ blended with rest, sleep & relaxation in mind
- ☑ diffuse for support during sleep or stress for calming effect
- ☑ can improve sleep quality or meditation

Expand

- ☑ fresh, clear & calm when breathing
- ☑ diffuse at night to promote a crisp atmosphere
- ☑ apply topically to chest, back or bottom of feet



Anaesthetist

- ☑ provides comforting sensation of cooling & warmth to the skin
- ☑ apply topically before & after exercise
- ☑ use in massage for tired muscles & deep-tissue recovery



www.alenaide.com.au



Single Oils and Accessories



ORGANIC & WILD HARVESTED SINGLE ESSENTIAL OILS

ALL SINGLE OILS 10ML

100% pure, undiluted organic essential oils, ethically sourced.

Bergamot	\$ 12	Lemon Myrtle	\$ 14
Black Pepper	\$ 12	Lemongrass	\$ 12
Blue Mallee	\$ 12	Lime	\$ 8
Buddha Wood	\$ 20	Palmarosa	\$ 12
Cajeput	\$ 10	Patchouli	\$ 12
Cedarwood	\$ 12	Peppermint (Premium)	\$ 12
Cinnamon Leaf	\$ 12	Petitgrain	\$ 16
Citronella	\$ 12	Red Mandarin	\$ 16
Clary Sage	\$ 16	Rosemary	\$ 12
Clove Leaf	\$ 10	Sandalwood	\$ 48
Cypress	\$ 16	Scotch Pine	\$ 12
Douglas Fir	\$ 16	Spearmint	\$ 12
Frankincense	\$ 24	Sweet Orange	\$ 8
Geranium	\$ 16	Tea Tree	\$ 12
Ginger	\$ 16	Thyme	\$ 16
Lavandin	\$ 12	Vetiver	\$ 24
Lavender	\$ 12	Wild Mint	\$ 8
Lemon	\$ 8	Ylang Ylang	\$ 16
Lemon Eucalyptus	\$ 10		



ACCESSORIES & COMPLIMENTARY PRODUCTS

bath salts

Experience the power of magnesium on muscle recovery and aromatherapy on mood when using this product.

While running a bath, empty half of the aromatherapy magnesium salts into the bath and soak for a minimum of 20 minutes to achieve maximum absorption.

\$8.00 for 100g

hemp clay mask

This clay mask is made with hemp, organic cocoa, activated charcoal, antimicrobial honey and coconut oil, with frankincense for skin tone and lavender for skin calming.

Take a 5c coin worth of clay and massage it between your hands with a little water until you form a spreadable clay mask. Apply to face, wait 10 minutes before rinsing off with warm water.

\$23.00 for 20mL balm jar

other accessories

Occasionally we stock additional products and we are always looking to expand our range to natural and easy ways to bring the outside, inside. Subscribe at our website to receive ideas on how to use essential oils and updates when new products go live.

alenaide.com.au





Value & Gift Packs



make sure you check out the rest
of the catalogue for suggested
uses and full ingredients for the
individual products!

GIFT PACKS



\$60 **emotional aromatherapy**
named after the emotion they aim to evoke, these four blends make emotional aromatherapy easy and accessible for anyone dealing with every day emotional challenges and upsets.
sunrise, motivate, resilience & compassion blends

Save \$20!

essential trio

the perfect starting set, three of the most common and widely used oils for diffusion, assistance with seasonal threats and low-tox cleaning. Includes guide-book with 100 uses!
lavandin, lemon & peppermint essential oils

\$25



Save \$3! Free e-book!



\$75

self-care gift pack

for someone you care about, this set of signature products is the perfect choice when you don't know what to get. A spray, balm, oil and salts will be a great gift encouraging self-love.
Select your own balm & oil, or our recommendation

Free salts!

budding aromatherapist

if you want an affordable start to replacing chemicals in your home and inviting nature in, this is our pack for you. 10 of our most popular oils at a great price and your choice of 5x dispensers to get started.

\$130



Best value!

Full bundle contents on page 19

SPECIAL DEALS



any 4+ create your own products

20% off!

any 6+ single oils

buy six, get one free!



referrals

when your friend spends \$100, you get \$10 off!

re-use your dispenser

save between \$1 - \$6





As a small company we don't have the environmental footprint that other larger companies do. Our focus is providing fuss-free, organic and wild harvested oils at affordable prices. Our supplier has an ecological background and once worked as an environmental consultant so many of these things are second nature and Alenaide continues to innovate and minimise. Every little thing we do we reduce our environmental impact; from energy efficient lights to re-using packaging for postage, we keep our impact small.

re-use your dispenser

save between
\$1 - \$6



return your dispenser when you order and we will discount you accordingly:

10mL sprays and roll-ons	\$1	30mL spray	\$3
5mL refill	\$1	50mL spray	\$4
20mL car diffuser	\$2	100mL spray	\$6
20mL balm jar	\$3		

Every dollar counts which is why...

a portion of our sales annually is donated to the Australian Conservation Foundation to support their efforts in:

1. Solving the climate crisis

The number one cause of climate damage in Australia is burning coal. That's why we're campaigning for a fast and fair transition from polluting fuels to 100% clean energy from the wind and sun.

2. Standing up for nature

We're part of a rich, interconnected tapestry of life. But ruthless corporations are destroying our forests, rivers, oceans and climate, and catapulting us into an extinction crisis. That's why we're standing up for our living world and demanding change.

3. Redesigning our economy

In a consumer-based society, our focus must be on sustainable technologies to support generations to come. That's why we're campaigning to redesign our economy so all people can live good lives in harmony with nature.



ORDER FORM

step 1

PERSONAL INFORMATION

first and last name

email address

postal address

suburb and postcode

step 2

ORDER INFORMATION

QTY	NAME OF PRODUCT (INCLUDE BLEND IF APPLICABLE)	UNIT COST	TOTAL COST
-----	---	-----------	------------

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TOTAL _____

please remember to add \$10 for any orders you would like to have posted.

CASH

DIRECT DEBIT

VISA

MC

AMEX

NAME ON CARD: _____

CARD #: _____

POSTAL CODE: _____ CSV: _____ EXP. DATE: _____

direct debit: BSB: 064 163 ACC: 1040 2004 NAME: ALENAIDE REF: YOUR NAME

ALL THE DETAILS

Postage:

All orders posted nationally (within Australia) will be \$10 up to an order weight of 5kg. We endeavour to be a sustainable company and will only re-use existing packaging and protective wrapping.

While we take great pride in our presentation of our gift packs, what we use to protect your parcel will be recycled material.

We ship your order within 2 business days of you placing the order. Standard postage times vary between 3-14 days currently with Australia Post.

While every effort will be made to ensure you receive your product in a timely manner, we cannot guarantee that Australia Post will be able to deliver within these timeframes.

Special deals & packs

Alenaide reserves the right to refuse multiple discounts being applied to the same order. We will automatically apply any relevant discounts to your order should you wish to not calculate it yourself, and provide you with a receipt upon request.

Referral discounts are capped at three times per customer (i.e. up to a total discount value of \$30).

Emotional aromatherapy pack \$60: 4x 10mL (spray or roll-on) diluted blends: "Sunrise", "Compassion", "Resilience" and "Motivate". Free electronic copy of "emotional aromatherapy" booklet.

Essential trio \$25: 1x10mL lemon, 1x10mL lavender, 1x10mL peppermint oils. Free electronic copy of "101 uses guide".

Self-care gift pack \$75: your choice of blends OR default; 1x10mL "Resilience" spray, 1x5mL "Sweet Dreams" refill, 1x bath salts, 1x "Expand" balm. Free electronic copy of "emotional aromatherapy" booklet.

Budding aromatherapist pack \$130: 1x10mL of each of the following; black pepper, cedarwood, clary sage, clove, frankincense, lavender, lemon, palmarosa, peppermint and sweet orange, as well as 5 of your choice of dispensers (empty). Limit 1x 100mL room spray per pack.

Privacy and your information

Any order forms received with credit card information will be torn and destroyed after accepted payment. This means we will not ever keep your payment information on hand and we ask that you provide it each time you order. We will only ever email you unless you have opted out of marketing materials. You can email us at alenaidearoma@outlook.com.au if you wish to change your communication preferences.

Essential oils safety

Alenaide's essential oils and natural therapy products are pure and organic, sourced directly from the plant. This means we do not use any synthetic or unnatural materials in the creation of our products. Each bottle of oil purchased has been through a process of testing (GCMS) and has been tested by an independent third party to ensure potency, therapeutical effectiveness and consistency. As a consequence of working with Mother Nature, the levels of compounds and consistency of products is difficult to guarantee depending on where the crops are grown, climate conditions, soil minerals and nutrients, extraction lengths and time, for example.

There are some companies who do advocate that their oils are consumable however there are no industry standards which can tell us their safety as each person's make up and tolerance differs. We strongly recommend engaging a naturopath or other medically equipped professional when considering using these oils internally or otherwise. More information on potentially risky single oils is available on our website at alenaide.com.au

Where the oils come from

Alenaide's essential oils are distilled or cold-pressed here in Australia using crops sourced from reputable farmers and producers. Our supplier honours the time and effort taken to produce quality crops and in some cases even pre-pays contracts to ensure consistency and the livelihoods of those involved. It is important to us that our producers have the certifications and history in the industry so we know we're working with only the best that align their processes, ethics and principles with ours. It is also important to us that those employed on these farms are not exposed to harmful chemicals that are used in conventional cropping of essential oil raw product.



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