



**PURAS**  
non-toxic · non-carcinogenic



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# Our Journey

## The PURAS Truth

At PURAS, we believe that a focus on health and well-being should begin with a commitment not just to doing things well, but to doing things right. It's why we've gone one step further in bringing you medical-grade essential oils and all-natural botanical skincare products that are driven by our unique non-toxic, non-carcinogenic philosophy.

## Vision

To be a key leader in raising awareness and educating consumers about the harmful effects of carcinogenic and toxic chemicals on our health and environment.

## Mission

To improve quality of life by producing high efficacy products that are not only non-toxic and non-carcinogenic, but also have natural healing properties and minimal impact on the environment.

To educate and equip consumers with relevant knowledge that will empower them in their decision-making process when purchasing products for themselves and their families.



## Beyond Purity

On our journey towards natural wellness, we've attempted to redefine commonly (mis)used words like "pure" and "organic", in our own terms. We have committed ourselves to using only ethical and sustainable wildcrafted ingredients from the best regions across the globe. What this means is that the plants we extract from grow in the wild, in their natural environment, without any interference from humans. We go through great lengths to procure these ingredients because we honestly believe in bringing you the best for your wellness.

## Non-Toxic, Non-Carcinogenic, No Compromise

At the heart of everything we do, is our adherence to a simple principle; all our products MUST be non-toxic and non-carcinogenic, from end-to-end, no exceptions. This is why you won't find any toxic synthetic chemicals, artificial colouring or fragrances in our formulations. Instead, the integrity of our products is maintained through the application of gentle, natural preservatives and scented with pure essential oils. You'll even discover that some types of essential oils are missing from our collections - oils that others may carry, but which we adamantly do not - because there is a risk, no matter how slight, that they may be toxic or contain cancer-causing compounds.

## Approved by Real Authorities

PURAS essential oils have been acknowledged by certified alternative medical doctors in France, who have used them to treat various ailments, by definition making our products "medical-grade". Prior to that, all of our ingredients undergo stringent tests in an apothecary house in France to ensure they are of the highest quality, safety and efficacy - because it's not just about our reputation, it's about your wellness.

## Kindness - An Essential Ingredient

PURAS believes that true well-being begins with empathy and compassion - for each other, for our environment, and for every living thing. This is why all our raw materials and ingredients are free from genetic modifications, and are cruelty-free and vegan-friendly. Each formulation is meticulously created to provide lasting positive benefits for your body, mind and spirit - exactly as you deserve.

# Sustainability

At PURAS, we are constantly working towards becoming leaner, greener and cleaner when it comes to the environment. Here are some ways in which we're striving to be more conscious and responsible.

## The Glass is Greener

We don't use plastic bottles for our essential oil products. This is because the active ingredients in our products may leech onto the plastic, causing chemical reactions that may produce hazardous material that runs the risk of being absorbed into your skin, and into your bodies. Besides, doesn't glass give everything a touch of class?

## The Right Package

We understand that unnecessary packaging leads to unnecessary waste, so as far as possible, we strive to use packaging that leaves less of an impact on the environment. This includes using eco-friendly paper and glass packaging, biodegradable sugarcane plastic, reusable canvas bags – all initial steps in our journey towards becoming truly sustainable.

## No Toxic Relationships

Our core philosophy of being non-toxic and non-carcinogenic is part of our commitment to ensure no toxic chemicals make their way into waterways, rivers and oceans, or into our soil. This extends beyond just our ingredients, and includes every aspect of our business.

## An Essential Part of Your Wellness Journey

Carefully extracted from some of the world's most unique and efficacious plants, PURAS Essential Oils are completely wild-crafted, that is, drawn from natural habitats that thrive without human interference. This allows us to truly capture the powerful, untouched essence of each plant – these are then used directly, or as components in our exceptionally balanced blends, to support the specific well-being needs of each individual.

# How To Use Essential Oils

Essential oils are naturally-occurring, aromatic compounds found in various parts of a plant. They are volatile in nature and can evaporate quickly. Each oil can be used in a variety of ways. The most common method being via diffusion or topical use - to promote natural healing.

## 🌀 Diffusion/Inhalation

Diffusion and inhalation are the most common and effective ways of using essential oils. Essential oils can be inhaled directly, or indirectly via diffusing or steaming to stimulate and improve our overall health and wellbeing.

To use in a diffuser, add 5-3 drops of essential oil per 100ml of water.

## 💧 Topical Application

Essential oils can be applied on pulse points, specific locations that require soothing, or on acupressure points. Most essential oils must be diluted with a carrier oil before being applied directly on the skin as they are very highly-concentrated and may cause irritation.



# Right notes, perfect harmony.

PURAS Essential Oils come in four distinct notes – *Floral, Earthy, Leafy and Citrus*. Which are you most in tune with? Start with our scent chart below.



	CITRUS	EARTHY	FLORAL	LEAFY
SINGLE NOTES	Bergamot	Cederwood	Chamomile Roman	Clove Bud
	Grapefruit	Cypress	Clary Sage	Japanese Mint
	Lemon	Eucalyptus	Geranium	Lemongrass
	Orange, Sweet	Frankincense	Helichrysum	Marjoram, Sweet
		Ginger Root	Lavender	Peppermint
	Patchouli	Rose Absolute	Rosemary	
	Sandalwood	Rose Geranium	Tea Tree	
	Turmeric	Ylang Ylang	Thyme	
	Vetiver			
BLENDS & ROLLONS	Clear Up	Clarity	Calm The Storm	Euphoria
	Defense	Quiet Moment	Ease The Storm	Intense Relief
	Gentle Horizon	Total Recall45	Embrace	Mgraine Gone
	Intense Clear Up	Tru Breed	No More Antsy	Mgraine Rid
		Tru Grit	Quiet Slumber	Relief
	Unlimited Horizon		Tum Rub	





# Mindful use for wonderful results.

Every PURAS Essential Oil can be used in a variety of ways; discover the many benefits of these exquisite oils.

	 Calm	 Sleep	 Relief	 Breathe	 Think	 Uplift	 Balance	 Gentle
SINGLE NOTES	Bergamot	Chamomile, Roman	Clove bud	Cedarwood	Clove bud	Grapefruit	Chamomile, Roman	Chamomile, Roman
	Cedarwood	Frankincense	Ginger	Clove bud	Eucalyptus	Japanese Mint	Clary Sage	Lavender
	Chamomile, Roman	Geranium	Helichrysum	Eucalyptus	Frankincense	Lemon	Frankincense	
	Clary Sage	Lavender	Japanese Mint	Japanese Mint	Japanese Mint	Lemongrass	Geranium	
	Clove bud	Marjoram, Sweet	Lavender	Lemon	Lemon	Orange, Sweet	Patchouli	
	Frankincense	Rose Absolute	Lemongrass	Lemongrass	Orange, Sweet	Peppermint	Rose Absolute	
	Geranium	Vetiver	Marjoram, Sweet	Marjoram, Sweet	Peppermint	Rosemary	Rose Geranium	
	Grapefruit		Patchouli	Peppermint	Rosemary	Rose Absolute	Sandalwood	
	Helichrysum		Peppermint	Tea Tree	Thyme	Tea Tree	Vetiver	
	Lavender		Tea Tree	Thyme		Thyme	Ylang Ylang	
	Marjoram, Sweet							
	Orange, Sweet							
	Patchouli							
	Rose Absolute							
	Rose Geranium							
	Sandalwood							
Vetiver								
Ylang Ylang								
BLENDS & ROLLONS	Calm The Storm	No More Antsy	Clear Up	Clarity	Clarity	Embrace	Calm The Storm	Clear Up
	Ease The Storm	Quiet Moment	Defense	Clear Up	Clear Up	Euphoria	Ease The Storm	Gentle Horizon
	Embrace	Quiet Slumber	Intense Clear Up	Defense	Intense Clear Up	Tru-Grit	No More Antsy	Unlimited Horizon
	Euphoria		Intense Relief	Intense Clear Up	Intense Relief		Tru-Breed	
	Gentle Horizon		Mgraine Gone	Intense Relief	Mgraine Gone		Tru-Grit	
	No More Antsy		Mgraine Rid		Mgraine Rid			
	Quiet Moment		Relief		Total Recall 45			
	Quiet Slumber		Tum Rub		Unlimited Horizon			
	Tru-Breed		Turmeric					

# Essential Oil Singles

The pure and unadulterated essence of plants, extracted with precision and purity in mind. Each Single Note Essential Oil comes with its own potent benefits, allowing it to be used on its own when diluted with carrier oils, or combined with other essential oils to temper and enhance its most significant properties.



# Essential Oil Singles

## FLORAL



### Clary Sage

*Salvia sclarea* | Austria

**Extraction Method**  
Steam Distilled from Leaf & Flower

**Aroma**  
Sweet, Herbal, Earthy

#### Balance in a bottle.

PMS cramps and menopause symptoms can be a trial. Return to tranquility and balance with Clary Sage essential oil. This soothing oil helps to promote a sense of restfulness and calm.



#### Caution

May cause uterine contractions; avoid applying on abdomen during pregnancy.



### Geranium

*Pelargonium graveolens* | Comoros

**Extraction Method**  
Steam Distilled from Leaf

**Aroma**  
Floral, Sweet

#### An African oasis of wellness.

Feeling fatigued or down? Stressed or anxious? This gentle essential oil beloved in African folklore is relaxing and uplifting, perfect for diffusing whenever you feel stressed or anxious and need to find your calm centre. Apart from bringing about a sense of well-being, Geranium is also great for the skin, helping to balance oil sebum and calming breakouts.



### Lavender

*Lavandula angustifolia* | France

**Extraction Method**  
Steam Distilled from Flower

**Aroma**  
Floral, Sweet, Fresh

#### THE essential oil of essential oils.

Lavender is an essential part of practically any relaxation and wellness regime, and is particularly helpful for promoting restful sleep. Diffuse it, spray it, massage it into your tender spots and muscles, and feel the tension dissolve away. One of very few essential oils that can be used undiluted, Lavender works wonders for soothing and easing irritations.



### Ylang Ylang

*Cananga odorata* | Comoros

**Extraction Method**  
Steam Distilled from Flower

**Aroma**  
Sweet, Herbal

#### The Ylanguage of love.

One of the oldest known medicinal plants, Ylang Ylang's exotic, complex notes promote a sense of positivity, relaxation and overall well-being. Diffuse or apply pre-diluted to enjoy its sweet, herbal aroma - Relax and let the worries of the day dissipate.



### Rose Geranium

*Pelargonium x asperum* | Australia

**Extraction Method**  
Steam Distilled from Leaf

**Aroma**  
Floral, Sweet

#### Tranquility Encapsulated.

Experience the healing benefits of Rose Geranium essential oil. Its sweet floral aroma promotes relaxation and balance, while reducing inflammation and balancing oily skin. Use it to relieve menstrual discomfort, headaches, and other aches and pains.



### Cedarwood

*Cedrus atlantica* | Morocco

**Extraction Method**  
Steam Distilled from Bark

**Aroma**  
Woody, Earthy

#### In the mood for wood.

This multi-faceted essential oil is beloved for its earthy, woody scent and many positive benefits. Traditionally used in aromatherapy to help relieve symptoms of mild allergies, colds and flu, you can also diffuse it on a hectic day to find your calm centre.

## EARTHY

# Essential Oil Singles

## EARTHY



### Cypress

*Cupressus sempervirens* | Spain

#### Extraction Method

Steam Distilled from Needles

#### Aroma

Herbal, Woody, Slightly Citrus

#### Makes perfect cleanse.

Cypress essential oil exudes an invigorating woody and herbaceous scent, balanced by a hint of citrus. Cypress has traditionally been used in aromatherapy to cleanse or reduce water retention, promote circulation and support the immune system.



### Eucalyptus

*Eucalyptus globulus* | China

#### Extraction Method

Steam Distilled from Leaf

#### Aroma

Fresh, Clean, Slightly Woody

#### Like a warm embrace.

It's not just koalas who love Eucalyptus! This fresh, sharply scented essential oil is traditionally used in aromatherapy to support the relief of cough and cold symptoms. Its refreshing scent promotes a feeling of soothing warmth. Diffuse, relax and centre yourself.



### Frankincense

*Boswellia carterii* | Somalia

#### Extraction Method

Steam Distilled from Resin

#### Aroma

Woody, Earthy

#### A touch of the divine.

Frankincense has been prized for its uplifting effects on the mind, body and spirit since biblical times. Soothing dry and damaged skin while supporting the smoothening of wrinkles, its skin-rejuvenating properties are matched only by its grounding, calming influence. Frankincense also provides essential support for overall well-being.



### Ginger Root

*Zingiber officinale* | India

#### Extraction Method

Steam Distilled from Root

#### Aroma

Spicy, Earthy

#### The root of well-being.

Occasional digestive discomfort? Muscle aches and pains? As much a part of Asian culinary heritage as the region's medicinal traditions, Ginger is a warming, spicy essential oil that eases discomfort and soothes inflammation. Traditionally used to relieve bloating and soothe nausea, apply pre-diluted to enjoy a sense of well-being and comfort.



### Patchouli

*Pogostemon cablin* | India

#### Extraction Method

Steam Distilled from Leaf

#### Aroma

Herbaceous, Woody, Sweet, Spicy

#### Find your centre.

Herbaceous yet sensual, the complex scent of Patchouli is calming and soothing. Diffuse to help create a sense of well-being and grounding, leaving behind the anxieties of the day. This essential oil has also been known to support skin health and wound healing.



### Turmeric

*Curcuma longa* | Indonesia

#### Extraction Method

Steam Distilled from Root

#### Aroma

Warm, Spicy, Earthy, Woody

#### Yellow, yellow awesome fellow.

A spice, a condiment and now a superfood, Turmeric is blessed with properties that are believed to help promote immunity, soothe inflammation and support joint health. Used in a diffuser, its warm, spicy scent also creates a sense of relaxation and calm.

# Essential Oil Singles

## LEAFY



### Clove Bud

*Syzygium aromaticum* | Indonesia  
**Extraction Method**  
Steam Distilled from Flower  
**Aroma**  
Spicy

#### Put it where your mouth is.

Enjoy Clove Bud's unique spicy scent in a diffuser - clear your mind and relax. This versatile essential oil is traditionally used to support dental health - sore gums, mouth ulcers and bad breath, and may even help to repel mosquitos too!



### Japanese Mint

*Mentha arvensis* | India  
**Extraction Method**  
Steam Distilled from Leaf  
**Aroma**  
Fresh, Crisp, Minty, Cool, Sweet

#### Pretty much the coolest thing.

Enjoy the minty and refreshing scent of this invigorating essential oil. With a higher menthol content than Peppermint, Japanese Mint promotes greater relief from headaches, joint discomfort and muscular pain, while also providing an energising, uplifting effect.



### Lemongrass

*Cymbopogon citratus* | Nepal  
**Extraction Method**  
Steam Distilled from Grass  
**Aroma**  
Sweet, Grassy, Citrus

#### Keep the mozzies away.

Lemongrass is a refreshing and deodorising essential oil, ideal for freshening the air with a tantalising scent that uplifts the spirit. Soothe your tired self and mix with a carrier oil of choice for a deep, relaxing massage to end the day right. Another reason to keep this oil on hand is its ability to help keep those pesky mozzies away!



### Marjoram

*Origanum majorana* | Morocco  
**Extraction Method**  
Steam Distilled from Dried Plant  
**Aroma**  
Spicy, Herbal

#### Soothing relief.

Over-taxed muscles, or suffering tension and anxiety? The woody, leafy aroma of Marjoram brings more than soothing relief, it has also traditionally been used to calm inflammation.



### Peppermint

*Mentha piperita* | USA  
**Extraction Method**  
Steam Distilled from Flower  
**Aroma**  
Minty, Cool, Invigorating, Sharp

#### Ready. Steady. Energise.

Reinvigorate the senses with this most energising of essential oils. Great for lifting the mood and bringing about a sense of positivity, Peppermint is also known to promote digestive and respiratory wellness while helping to ease muscle tension and headaches.



### Rosemary

*Rosmarinus officinalis* | Spain  
**Extraction Method**  
Steam Distilled from Flower  
**Aroma**  
Spicy, Herbal, Menthol

#### A scent to remember.

Revered by Ancient Greek scholars, this essential oil has been used for centuries as an aid in boosting memory and clarity. Another benefit that really goes to the head? Rosemary is said to promote scalp health and lustrous hair.

# Essential Oil Singles



## Tea Tree

*Melaleuca alternifolia* | Australia

### Extraction Method

Steam Distilled from Leaf

### Aroma

Menthol, Sweet, Herbal

### A tea that goes well with everything.

Known as a cure-all medicinal oil since ancient times, Tea Tree oil has been used in aromatherapy to provide relief from the symptoms of coughs, colds and congestion. It is used to support skin health and may assist in wound healing. It is also often diffused or used as a spray to purify the air.



## Thyme

*Thymus vulgaris* | Slovenia

### Extraction Method

Steam Distilled from Leaf

### Aroma

Spicy, Herbal, Earthy

### Thyme is on your side.

Often used to add flavour and depth to culinary dishes, Thyme's lovely aroma is also great for bringing about clarity and mental focus. It also has cleansing and purifying properties that leave your complexion fresh and radiant. This uplifting essential oil may also be helpful in supporting oral health and alleviating the symptoms of a sore throat.

## CITRUS



## Bergamot

*Citrus bergamia* | Italy

### Extraction Method

Cold Pressed from Bergamot rind (peel)

### Aroma

Citrus, Floral

### Be captivated by the Prince of Citrus.

Grapefruit's invigorating, energising aroma is delightful and uplifting - enjoy the refreshing scent by diffusing in your home. Alternatively, you can also dilute with a carrier oil and apply to the skin to support cleansing and weight management.



## Grapefruit

*Citrus paradisi* | USA

### Extraction Method

Cold Pressed from Peel

### Aroma

Fresh, Citrus, Sweet

### Worth its weight in gold.

Grapefruit's invigorating, energising aroma is delightful and uplifting - enjoy the refreshing scent by diffusing in your home. Alternatively, you can also dilute with a carrier oil and apply to the skin to support cleansing and weight management.



## Lemon

*Citrus Limon* | Spain

### Extraction Method

Steam Distilled from Peel

### Aroma

Fresh, Citrus

### When life gives you lemons...

... make the most of its many benefits! Traditionally used with the aim of supporting digestion, its zesty scent also has an instantly cleansing effect on stale air and greasy surfaces. Plus, nothing sparks positivity and clarity like a spritz of this invigorating citrus must-have.



## Orange

*Citrus sinensis* | Brazil

### Extraction Method

Cold Pressed from Peel

### Aroma

Citrus, Sweet

### Bring on the happy.

Happiness usually follows the unmistakably uplifting scent of Orange, leaving you bursting with positive vibes and inspiration! Its rich vitamin C and nutrient content may also offer a boost to the skin, helping to balance sebum production.



**Caution** : Citrus essential oils are generally photosensitive. Do not apply to skin that will be exposed to sunlight within 48 hours.

# Precious Essential Oil Singles

While all essential oils are treasures, there are some we consider precious because of the rarity of the ingredients, the massive volume needed for mere drops, and the intricate distillation methods employed to extract them. The results, however, are more than worth their weight in gold.



# Precious Essential Oil Singles



## Chamomile Roman

*Anthemis nobilis* | Italy

### Extraction Method

Steam Distilled from Flower

### Aroma

Floral, Sweet

### Exquisite drops of tranquility.

Anxiety and stress can have a negative impact on your mental and emotional well-being. Discover deep relaxation with this enticingly floral essential oil. Used by Ancient Romans to quell battle fatigue and inspire courage before war, Roman Chamomile is also a balm to calm irritation in more peaceful times. Its gentle scent and skin-soothing qualities are suitable for adults and children alike.



## Helichrysum

*Helichrysum italicum* | Italy

### Extraction Method

Steam Distilled from Flower

### Aroma

Floral, Sweet, Herbaceous

### A rare find.

Exceedingly scarce and absolutely unique, PURAS Helichrysum oil is wildcrafted from the highest-quality flowers found only in the Italian Alps. Long used for traditional relief, it boasts a host of beneficial properties. Especially gentle on the skin, it has also been known to support wound-healing and scar-lightening. Its floral, sweet and herbaceous scent makes it a calming, lovely scent to diffuse as well.



## Rose Absolute

*Rosa damascena* | Bulgaria

### Extraction Method

Solvent Extracted from Flowers

### Aroma

Sweet, Floral

### A rose by any other name...

... is absolutely just as fragrant and luxurious. Beyond the instantly recognisable scent, this essential oil is prized for its skin-rejuvenating qualities, alleviating wrinkles and signs of aging. Its sweet fragrance also brings exceptional calm, especially important in turbulent times.



## Sandalwood

*Santalum album* | India

### Extraction Method

Steam Distilled from Wood

### Aroma

Woody, Dry, Sweet

### The fragrant way to inner peace.

A favourite for cleansing spaces in preparation for meditation or rest, Sandalwood is especially favoured for promoting clarity, focus and calm. In a more physical sense, this essential oil adds a boost of anti-oxidants to any skin care regime, perfect to keep those wrinkles at bay by promoting elasticity, firmness and rejuvenation to create a healthy, youthful glow.



## Vetiver

*Vetiveria zizanioides* | Indonesia

### Extraction Method

Steam Distilled from Root

### Aroma

Woody, Earthy

### The perfect sleeping companion.

A deep sense of calm emerges whenever the woody, earthy scent of Vetiver fills the senses. This oil of tranquillity is highly-desired for creating a sense of balance and grounding, promoting serene restfulness and blissful sleep.



A glass dropper with a black cap is shown on the left side of the frame, tilted downwards. It contains a clear yellow liquid. Two circular droplets of the same yellow liquid are on the light-colored surface below the dropper. The background is a soft, out-of-focus light beige color with faint, darker beige shadows of palm fronds or similar foliage.

# Synergistic Essential Oil Blends

Drawing predominantly from deeply-researched formulas developed by notable French physicians Dr. Jean Valnet and Dr. Rene-Maurice Gattefosse, PURAS Synergistic Blends have been carefully fine-tuned over the years to create exceptionally balanced alternatives for holistic well-being.

# Synergistic Essential Oil Blends

## RESPIRATORY WARRIORS



### Defense

Clove Bud, Lemon, Cinnamon Leaf, Eucalyptus, Rosemary

#### Back up your defences.

Feeling the first symptoms of the flu? Throat becoming uncomfortable and sore? Get ahead of respiratory symptoms with our Defense essential oil blend. Diffuse for soothing relief or apply pre-diluted with a carrier oil.

### Just breathe.

Fresh ways to love your lungs and unburden your airways.



### Clear Up

Eucalyptus, Cajeput, Marjoram, Pine, Lemon Eucalyptus, Lavender, Cypress, Black Spruce, Peppermint, Spearmint

#### Breathe in, breathe out, breathe easy.

Breathe easy with Clear Up. This refreshing, uplifting blend of essential oils has been formulated to help soothe the discomfort of colds, coughs, sore throats and sinusitis. It's the breath of fresh air you need, especially during flu and hay fever season!



### Intense Clear Up

Peppermint, Eucalyptus, Cajeput, Marjoram, Pine, Lemon Eucalyptus, Lavender, Cypress, Spearmint, Black Spruce

#### All clear – just breathe.

Intense Clear Up has all the quality ingredients of our original Clear Up essential oil blend, with the addition of Peppermint. Peppermint supercharges this soothing blend, designed to aid in the relief of respiratory symptoms. Breathe in, and relax.

## THE STORM SERIES

### Rediscover blue skies.

Regain balance and harmony from hormonal episodes.



### Calm The Storm

Geranium, Clary Sage, Rosewood, Sandalwood, Patchouli, Ylang Ylang

#### Find balance, explore captivation.

Calm The Storm has been specially formulated to encourage a sense of calm and balance. Featuring all the ingredients of Ease The Storm, this alluring blend is enhanced with Sandalwood, Rosewood and Patchouli essential oils and is great for both men and women.



### Ease The Storm

Geranium, Clary Sage, Lavender, Patchouli, Ylang Ylang

#### Silver lining for that time of the month... and beyond.

PMS and menopause are a natural part of a woman's life, and even its most uncomfortable symptoms can be alleviated in natural ways. Suitable for both men and women, Ease The Storm combines a range of quality essential oils specially formulated to help soothe tumultuous symptoms, while bringing about a sense of balance and well-being.

# Synergistic Essential Oil Blends

## RELIEVE ME

**No pain, all gain.**

*A soothing escape from soreness, aches and inflammation.*



### Mgraine Rid

*Coriander, Marjoram, Lavender, Peppermint, Spearmint, Helichrysum, Chamomile Roman*

#### Don't let things get to your head.

*Migraines resulting from mental stress, anxiety and lack of sleep can be painful and debilitating. Regain a sense of comfort and well-being with our uniquely relaxing blend of essential oils designed to calm and ease.*



### Mgraine Gone

*Marjoram, Coriander, Lavender, Peppermint, Ginger, Spearmint, Chamomile Roman*

#### Get your head back into the game.

*Migraines resulting from gut-related issues can be intensely debilitating, disrupting your well-being and impacting your quality of life. Our soothing, relaxing blend of essential oils has been formulated to support you after an attack, promoting a sense of well-being and calm.*



### Relief

*Peppermint, Lemon, Balsam Fir, Clove Bud, Copaiba Balsam, Birch, Vetiver, Helychrysum*

#### Pain, pain go away.

*Pain can have a negative impact, whether it's from sore muscles, aching joints or tension headaches. This uplifting and relaxing combination of essential oils has been blended with the aim of soothing inflammation.*



### Intense Relief

*Peppermint, Birch, Lemon, Balsam Fir, Clove Bud, Copaiba Balsam, Helichrysum, Vetiver*

#### Make pain a distant memory.

*This fortified version of our Relief essential oil blend comes enhanced with Peppermint and Birch. This unique blend of oils is designed to help ease and soothe inflammation. Get back on track after muscle aches, tension headaches and other pain.*



### Tum Rub

*Coriander, Lemon, Sweet Orange, Bergamot, Grapefruit, Lime, Ginger, Carrot Seed, Cardamom*

#### When things get hard to stomach.

*Bloating, indigestion and stomach cramps can get you down. When things get hard to stomach, our Tum Rub essential oil blend can support you. Applied topically to the abdomen, Tum Rub has a pleasing sweet and spicy scent to help ease and soothe.*



#### Caution

*Not recommended for pregnant women and individuals with epilepsy.*

# Synergistic Essential Oil Blends

## EMOTIONAL COMPANIONS



### Embrace

*Ylang Ylang, Bergamot, Geranium, Lemon, Coriander, Mandarin, Jasmine, Chamomile Roman, Palmarosa, Rose*

#### Like a reassuring hug.

*Hugs from people who matter can do a world of good, but for days when that human contact seems far away, allow this blend to bring you a feeling of positivity and love. This comforting blend is designed to promote a positive outlook while opening up the mind to brighter possibilities.*

### Center your feelings.

*Bottled happiness to keep stress at bay and melt those blues away.*



### Euphoria

*Rosemary, Lime, Petitgrain, Peppermint, Lemongrass, Thyme, Lemon,*

#### Elevate the mood.

*Get the lift you need to power through the day. True to its name, Euphoria is formulated to stimulate feelings of ease and contentment. Diffuse or apply pre-diluted with a carrier oil on pulse points for a burst of positivity - anytime, anywhere.*



### No More Antsy

*Ylang Ylang, Frankincense, Lavender, Clary Sage*

#### Melt your worries away.

*Searching for freedom from irritability, anxiety and worry? Like a refreshing wave that brings harmony to the fore, this exceptional blend resonates with calm and peace. Diffuse or roll on to soothe and stabilise emotions.*

## SILENT NIGHT



### Quiet Moment

*Lavender, Clary Sage, Chamomile Roman, Frankincense, Marjoram, Bergamot, Vetiver*

#### Discover the essence of total restfulness.

*Stress-free, restful sleep is essential to leave you feeling refreshed, revitalised and re-energised. Quiet Moment features a calming blend of essential oils, each carefully chosen to soothe you into restorative slumber. Ideal for use after a long day or winding down before bed.*

### Sleep tight.

*Bringing calm, restful nights to life in aromatic ways.*



### Quiet Slumber

*Lavender, Marjoram, Chamomile German, Ylang Ylang, Petitgrain, Mandarin, Orange*

#### Put all your thoughts to rest.

*An exceptionally soothing blend for the mind, body and spirit that promotes a gentle feeling of serenity and peace. Immerse in stress-free restfulness with calming oils that promote peace of mind and tranquility, then wake up energised for the day ahead.*

# Synergistic Essential Oil Blends

## BRAIN POWER

### Clarity

Coriander, Spearmint, Thyme, Marjoram, Rosemary, Clary Sage

#### Keep things crystal-clear.

Clear your thoughts and elevate your mood to face the challenges of the day ahead. This energising blend aims to spark focus, clarity and memory retention. Sweet, spicy and warm - breathe in and fortify yourself for whatever comes your way!



### Set your mind at ease.

Blends that support mental clarity, focus and memory retention.

### Total Recall 45

Rosemary, Petitgrain, Juniper, Ginger, Clove Bud, Coriander, Spearmint

#### Make age nothing but a number.

They say life begins at 45, so keeping yourself mentally alert and stimulated is crucial. Total Recall 45 has been formulated to help promote memory retention and concentration. Ideal for those aged 45 and above, this unique blend has an uplifting, woody scent that delights the senses.



## MEN ARE FROM MARS

### Tru-Breed

Cedarwood Himalayan, Bergamot, Lemon, Patchouli, Rosewood, Coriander, Petitgrain

#### Unleash the man within.

Feel ready to seize the day with our Tru-Breed formulation for men. This calming blend is designed to help reduce stress and bring relaxation to the fore by boosting the production of feel-good hormones.



### It's a guy thing.

Even the man who has everything needs a touch of calm and a boost of confidence sometimes.

### Tru-Grit

Rosewood, Geranium, Coriander, Palmarosa, Lime, Nutmeg, Lavender

#### A burst of courage.

Used as a cologne or applied to pulse points, Tru-Grit inspires optimism and passion, making every day truly epic. This blend is formulated to encourage your feel-good hormones into action and bring confidence and your version of success to life!



## THE WORLD IS MY OYSTER

### Gentle Horizon

Bergamot, Geranium, Clary Sage

#### A new horizon of calm.

Floral, citrusy, sweet and herbaceous - this essential oil blend has been formulated to help clear the mind and bring about a sense of calm. Breathe deeply and relax as this beautiful blend calms and promotes the release of feel-good hormones.



### Find your own path to achievement.

Inspiring energy, focus and calmness into your everyday.

### Unlimited Horizon

Rosemary, Thyme, Spearmint, Peppermint, Lemon

#### Open your mind to unlimited possibilities.

This essential oil blend has been formulated to create a sense of positivity and focus. The fresh scents of Rosemary, Thyme, Peppermint and Lemon provide an uplifting boost whenever you need some mental clarity or concentration!



# Carrier Oils

Balanced, precise and safe dilution is the cornerstone of the essential oil experience.

The right carrier oils not only complement the dilution process; they can help enhance, prolong and expand the efficacies of PURAS Essential Oils.



# Carrier Oils



## Jojoba Oil

*Simmondsia chinensis* | USA

### One oil for all.

Cold-pressed from the beans of the Jojoba plant, our Jojoba carrier oil is suitable for all skin types. It closely resembles natural skin sebum, thus enabling it to be absorbed quickly into the skin, leaving a satiny smooth finish with no oily residue. Its high Vitamin E content makes it popular for moisturising both skin and hair.



## MCT Oil

*Caprylic/Capric Triglycerides* | Germany

### A coconut creation.

Our light, clear and scent-free Medium Chain Triglycerides (MCT) oil is produced through a heating process that allows it to retain the same powerful moisturising effects as coconut oil. Rich in Vitamin K and E, it easily penetrates into the skin for a silky-smooth feeling. It is also imbued with natural anti-microbial properties, which is great for fighting off bacteria!



## Moringa Oil

*Moringa oleifera* | India

### From the miracle tree.

Deeply nourishing for the skin and hair, our Moringa Oil is packed with antioxidants and cytokinins, plant hormones that promote cell growth and boost collagen in skin, keeping it looking supple and youthful. Rich in Omega 3, 6 and 9 fatty acids that are essential to help the skin retain moisture, this carrier oil is especially beneficial for eczema and sensitive skin.



# Application

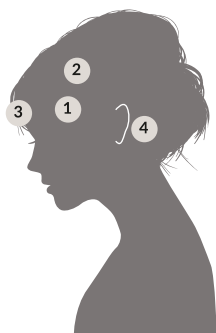
Every PURAS Essential Oil can be used in different ways, for remarkable positive effects. Follow the application tips below to meet your specific needs.

Follow the application tips below to get the most out of your specific needs.



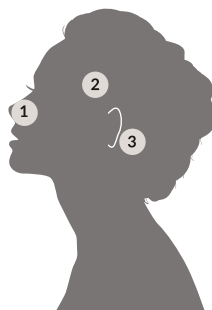
Scan to watch our Essential Oil Roll-On application guide

## FOR SLEEP



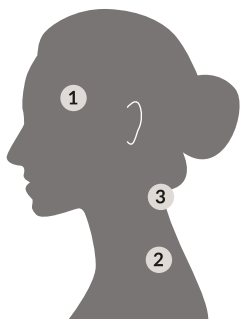
1. On temples
2. Crown of head
3. Centre of forehead between eyebrows
4. Behind earlobe

## FOR SINUS



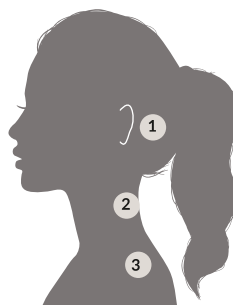
1. Outer edge of nostrils
2. On temples
3. Behind earlobe

## FOR STRESS



1. On temples
2. Along neck and top of shoulders
3. Base of skull

## FOR TENSION



1. Behind ear lobe
2. Base of skull
3. Top of shoulders where neck meets tender spot



# Safety & Dilution

Essential oils are highly-concentrated extracts of some of Nature's most treasured ingredients, and are exceptionally potent medicines. And just like any medicine, they can lead to extraordinary results, but only when used in wise and mindful ways. Find out how to stay safe while making the most of your preferred oils.

## Safety

Due to the highly-concentrated nature of PURAS Essential Oils, be sure to only use them as directed in order to minimise risk of irritation or allergies. All pure essential oils should be diluted unless otherwise recommended in the usage instructions, and we recommend discontinuing use should you begin feeling any adverse effects. Additionally, while a handful of properly diluted oils are safe for use around children above the age of 5, please do keep your pure essential oils out of reach to ensure their safety.

## Dilution

Proper dilution of your chosen essential oil helps improve its efficacy and benefits. The appropriate essential oil dilution rate will differ based on the product type and usage. Choose from our range of perfectly-balanced carrier oils and follow the guidelines below for effective dilution.

*For facial products: 0.2% - 1.0% dilution*

*For massage oils and leave on products: 1.0% - 2.0% dilution*

*For rinse-off bath and body products: 1.5% - 3.0% dilution*

DILUTION (%)	5ml (1 tsp carrier oil)	10ml (2 tsp carrier oil)	15ml (3 tsp carrier oil)	30ml (4 tsp carrier oil)
0.5%	<1	1	2	4
1%	<1	3	4	9
2%	<3	6	9	18
3%	<6	9	13	27
4%	<4	12	18	36
5%	<7	15	22	45

Your Clean Beauty  
and Personal Care  
Must-Haves...



# Skin Care and Personal Care

## Deep Hydration Face Oil



### Nourishing & Replenishing

- Moisture Retention • Skin Rejuvenation
- Anti-Ageing

Formulated with pure essential oils and luxurious carrier oils, Deep Hydration Face Oil gently penetrates the deeper layers of your skin, nourishing it from the inside out. This exceptional oil blend has anti-transepidermal water loss properties, locking in moisture and giving you youthful-looking skin.

### Usage Instructions

After cleansing and toning your skin, apply a few drops onto your fingers and gently massage into your face and neck.

## Lavender Body Cleanser



### Hydrating & Smoothing

- Gentle Cleansing • Organic French Lavender
- Chamomile & Green Tea

With a gentle and moisturising gel formulation, Lavender Body Cleanser thoroughly cleanses and refreshes your skin without removing its natural protective oils, leaving it luxuriously cleansed and smooth.

### Usage Instructions

Dispense into palms and massage onto soaked skin. Rinse thoroughly with water.

## Citrus Hand Wash



### Invigorating & Hydrating

- Lemon Myrtle • Eucalyptus • Calendula

Infused with Lemon Myrtle & Eucalyptus essential oils, Citrus Hand Wash softens while cleansing. A refreshing, moisturising formulation that is gentle enough for frequent use, leaving your hands cleansed and hydrated.

### Usage Instructions

Dispense into wet hands, lather and then rinse thoroughly with water.

## Citrus Hand Sanitiser



### Purifying & Refreshing

- Kills 99.99% of Germs • Natural Sugarcane Alcohol • Lemon Myrtle & Eucalyptus

Formulated with pure essential oils, Citrus Hand Sanitiser effectively disinfects your hands without drying them out. This purifying and hydrating gel formulation keeps your hands sanitised and refreshed at all times.


### Usage Instructions


Dispense a pea-sized amount and spread evenly onto both hands, then allow to evaporate. Avoid contact with eyes.





 [mypuras.com.au](http://mypuras.com.au)

 Puras Australia

 purasaustralia

## MyPuras Australia Pty Ltd

Chadstone Shopping Centre  
Lower Ground Level, 1341 Dandenong Rd, Chadstone VIC 3148