

# Essential Oils for Winter



Immunity boosting oils are some of the must-have essential oils for the winter. With the heightened chances of getting sick during these months, daily use (sometimes multiple times a day) of these oils may strengthen the body's ability to stave off sickness.



Whether used in topical formulations for skin and hair care, or incorporated into immunity boosting blends for the winter months, these oils may help combat congestion, coughs, sore throats, etc.



The most common properties to consider in oils for Winter are soothing, warming and comforting properties that will brighten the skin and bring a comforting atmosphere to a room.



# Essential Oils for Winter



## **Agonis Fragrans Oil (Fragonia)**

*Agonis Fragrans*

## **Allspice Oil**

*Pimenta dioica*

## **Bergamot Oil**

*Citrus bergamia*



## **Black Spruce Oil (Spruce)**

*Picea mariana*

## **Cajeput Oil**

*Melaleuca cajuputi*

## **Cardamom Oil**

*Elettaria cardamomum*



## **Cassia Oil**

*Cinnamomum cassia*

## **Cedarwood, Atlantic Oil**

*Cedrus atlantica*

## **Cinnamon Bark Oil**

*Cinnamomum zeylanicum*

## **Cypress Oil**

*Cupressus sempervirens*

## **Clove Bud Oil**

*Eugenia caryophyllata*



## **Eucalyptus Blue Mallee Oil**

*Eucalyptus polybractea*

## **Eucalyptus Lemon Scented Ironbark Oil**

*Eucalyptus staigeriana*

## **Eucalyptus Mallee Oil**

*Eucalyptus kochii*

## **Frankincense Oil**

*Boswellia carterii*

## **Galbanum Oil**

*Ferula galbaniflua*

## **Geranium Oil**

*Pelargonium graveolens*

## **Ginger Oil**

*Zingiber officinale*

## **Grapefruit Oil**

*Citrus paradisi*

## **Kunzea Oil**

*Kunzea ambigua*

## **Lavender Oil**

*Lavandula angustifolia*

## **Lemon Oil**

*Citrus limonum*

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

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**Lemon Myrtle Oil**  
*Backhousia citriodora*

**Lime Oil**  
*Citrus aurantifolia*

**Nerolina Oil**  
*Melaleuca quinquenervia*  
CT 'Nerolina'

**Orange Sweet Oil**  
*Citrus sinensis*

**Oregano Oil**  
*Origanum vulgare*

**Peppermint Oil**  
*Mentha piperita*

**Palo Santo Oil**  
*Bursera graveolens*

**Ravensara Oil**  
*Ravensara aromatica*

**Rosalina Oil**  
(Lavender Tea Tree)  
*Melaleuca ericaefolia*

**Rosemary Oil**  
*Rosmarinus officinalis*

**Scotch Pine Oil**  
*Pinus sylvestris*

**Spearmint Oil**  
*Mentha spicata*

**Tea Tree Oil**  
*Melaleuca alternifolia*

**Thyme Oil**  
*Thymus vulgaris*

**White Cypress Oil**  
*Callitris columellaris*



**Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. [sales@napproducts.com](mailto:sales@napproducts.com)**

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## SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

## EXTERNAL RECOMMENDATIONS

### Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

### Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

### Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

### Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



## DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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