

The power of essential oils

— Reference Guide —



Divine Essence®

Inspiring Wellness



Relieve daily aches
and pains with
aromatherapy

— YOUR ILLS, OUR REMEDIES —

Mu

Muscular System

Ne

Nervous System

Re

Respiratory System

Cu

Cutaneous - Skin System

Di

Digestive System

Ci

Circulatory System

Ho

Hormonal - Others Systems

Discover tomorrow's medicine in a blue flask

You feel unwell, we have a remedy: our essential oils are proven aids in relieving nervous system ailments, flu and respiratory symptoms, digestive issues and joint or muscular discomfort — and these are just to mention a few health-related issues.

Passionate about science, aromatherapy and ancestral traditions, we offer a wide selection of high quality essential oils with real therapeutic value based on scientific research and analytical studies as well as being **accredited by Health Canada**.

All our essential oils are chemotyped by means of gas-phase chromatography and mass spectrometry (GC-MS). These are conducted by independent labs and define the chemical profile of each essential oil. Physico-chemical and organoleptic (trait-specific) — as well as heavy metal and pesticide — tests are also conducted to guarantee that such substances are not present in the oil.

In addition to **ECOCERT® certification**, these analyses ensure that **our essential oils are genuine, 100% pure and natural and undiluted**. Taken all in all, this establishes the safety, efficacy and quality of our essential oils and — as part of our transparency policy — these analyses are available on demand.



What is an NPN?

An essential oil bearing a **Natural Product Number (NPN)** is a product whose therapeutic efficacy and safety of use have been evaluated and approved by Health Canada prior to being authorised for sale.



Tell-tale signs of high quality

When it comes time to choose one essential oil over another, you must consider the following information:

- **The latin name:** helps avoid confusing plants originating from the same botanical family.
- **The chemotype:** defines the chemical profile of an essential oil.
- **The part of the plant used:** distinguishes which essential oil can be distilled from a specific plant part. Example: Cinnamon Bark vs Cinnamon Leaf.
- **The country of origin:** indicates *terroir* (soil, climate and altitude).
- **Therapeutic claims, instructions and precautions.**
- **For therapeutic use,** always favour an organic or wild-crafted essential oil and look for an **NPN number**.



Essential oil is like wine

Aromatic plants are exposed to varying climates, altitudes and soil which, in turn, are variable from one country to another and from one year to another. The diversity of these growing environments impacts each essential oil's chemotype.

Consequently, from one lot number to another of the same essential oil, its distinctive odour may vary. We believe that Mother Nature knows best so we do not standardize our oils to make them all smell the same.

Essential oils used in aromatherapy

— Reference Guide —

 Inhalation  Topical  Ingestion

Mu Muscular System

- 👉 **Arthritic and rheumatism pain**
Eucalyptus Lemon - Scented*
- 👉 **Backache, lumbago, strains, bruises, sprains and arthritic pain**
Birch - Sweet "Genuine" (pain reliever)
Camphor - White - Wood (pain reliever)
Wintergreen - Fragrant*
- 👉 **Muscular and arthritic pain**
Ajowan*
Bay St-Thomas
Lemongrass - East indian*
Marjoram - Sweet*
Parsley - Seed
Rosemary - Camphor Type*
Spruce - Hemlock*
Wintergreen - Fragrant*
- 👉 **Rheumatoid arthritis**
Juniper Berry*
Parsley - Seed
Spruce - Hemlock*
Turpentine*
- 👉 **Sprains, strains and rheumatoid arthritis**
Bay St-Thomas
Cinnamon - Leaf*
Citronella - Ceylon*
Citronella - Java*
Fir Balsam*
Marjoram - Sweet*
Parsley - Seed
Pepper - Black*
Pine - Sylvester (Scotch)
Savory - Mountain (Winter)*
Spruce - Black*
Spruce - Hemlock*

Ne Nervous System

- 👉 **General fatigue and exhaustion**
Rosemary - Cineole Type*
- 👉 **Headache**
Bergamote*
Jasmine 5% (Absolute)
Lavender Hybrid - Abrial*
Lavender Hybrid - Super*
Lavandula Supreme Blend* - Diffusion
Neroli 10% (Orange Blossom)*
Rose (Otto) 5%*
Sandalwood
Spearmint*
- 👉 **Mental fatigue**
Basil - Exotic*
- 👉 **Mild anxiety, insomnia and nervousness**
Citrus Supreme Blend* - Diffusion
- 👉 **Nervousness, irritability and insomnia**
Lavender - Fine
Lavender - True - Kashmir
Lavender - True - Provence*
Lavender Hybrid - Abrial*
Lavandula Supreme Blend* - Diffusion
Mandarin*
Orange - Sweet*
- 👉 **Nerve calming (Cont'd.)**
Frankincense (Somalia)
Jasmine 5% (Absolute)
Lavender Hybrid Super*
Neroli 10% (Orange Blossom)*
Parsley - Seed
Patchouly*
Petitgrain - Bitter Orange*
Rose (Otto) 5%*
Sage - Clary*
Sandalwood
Spearmint*
Vetyver*
Ylang Ylang*
- 👉 **Nerve tonic**
Coriander - Seed*
Nordika Forest Blend* - Diffusion
Spruce - Black*
Spruce - Hemlock*
Thyme - Linalool Type*
Thyme - Red Thymol Type*
Zen Meditation Blend* - Diffusion
- 👉 **Stress-induced headache**
Rosewood
- 👉 **Stress and nervous exhaustion**
Grapefruit - Pink
Grapefruit - White
- 👉 **Stress, insomnia, headache and migraine**
Chamomile - Roman*
- 👉 **Nerve calming**
Anti-Stress Blend* - Diffusion
Bergamote*
Frankincense (India)*
- 👉 **Toothache**
Clove Bud*

Re Respiratory System

- 👉 **Bronchitis, Sinusitis**
Niaouli*
Rosemary - Cineole Type*
- 👉 **Chronic bronchitis**
Laurel Leaf (Bay Laurel)*
Rosemary - Cineole Type*
- 👉 **Cold**
Lemon*
Laurel Leaf (Bay Laurel)*
- 👉 **Cold and cough**
Balsam Peru
Benzoin - Tincture*
Bay St-Thomas
Cajuput*
Cardamom*
Cinnamon - Leaf*
Cinnamon - True Bark*
Frankincense (Somalia)
Lime (Sour Lime)
Geranium - Bourbon*
Geranium - Rose
Ginger*
Mint - Arvensis*
Marjoram - Sweet*
Prana Blend* - Diffusion
Niaouli*
- 👉 **Cold and cough (Cont'd.)**
Pine - Sylvester (Scotch)
Ravintsara*
Rosemary - Cineole Type*
Sage - Common*
Sandalwood
Spearmint*
Thyme - Red Thymol Type*
- 👉 **Flu**
Cajuput*
Lemon*
Eucalyptus Radiata*
Laurel Leaf (Bay Laurel)*
- 👉 **Respiratory discomfort**
Eucalyptus - Blue Gum*
Marjoram Spanish*
- 👉 **Rhinitis, sinusitis, bronchitis and otitis**
Eucalyptus Radiata*
- 👉 **Upper respiratory tract infections and catarrhal conditions**
Garlic (Traditionally used in Herbal Medicine)

Cu Cutaneous - Skin System

- 👉 **Acne and boils**
Carrot*
Chamomile - German*
Juniper Berry*
Lime (Sour Lime)*
Manuka 20%
Myrrh
Thyme - Linalool Type*
Vetyver*
- 👉 **Hair growth, dandruff**
Rosemary - Verbenone Type*
- 👉 **Minor skin ailments**
Cedarwood - Atlas*
- 👉 **Minor pain and burns**
Lavender - Spike*
- 👉 **Skin irritation, minor cuts and burns**
Chamomile - German*
Immortelle (Everlasting)*
Manuka 20%
Myrrh
Rose (Otto) 5%*
Sage common*
Thyme - Linalool Type*
- 👉 **Scarring**
Lavender - Spike*
Palmarosa*
- 👉 **Acne and other skin disorders**
Palmarosa*
Patchouly*
- 👉 **Eczema and dermatitis**
Carrot*
Immortelle (Everlasting)*
Juniper Berry*
Patchouly*
- 👉 **Germicide antiseptic**
Tea Tree*

Di Digestive System

- 👉 **Digestive discomfort**
Cardamom*
Cinnamon - True - Bark*
Citronella - Ceylon*
Citronella - Java*
Coriander - Seed*
Cumin*
Ginger*
Mint - Arvensis*
Pepper - Black*
Savory - Mountain (winter)*
Spearmint*
Lemongrass East Indian*
- 👉 **Digestive disorders**
Anise - Star*
Fennel - Sweet*
- 👉 **Indigestion, liver tonic**
Rosemary - Verbenone Type*
- 👉 **Nausea, Vomiting**
Peppermint* (Traditionally used in Herbal Medicine)

Ci Circulatory System

- 👉 **Blood circulation**
Rosemary - Camphor Type*
- 👉 **Lymphatic circulation**
Cedarwood - Atlas*
- 👉 **Cellulitis, oedema**
Grapefruit - Pink
Grapefruit - White
- 👉 **Varicose veins and haemorrhoids**
Cypress - Evergreen*
- 👉 **Hyperlipidaemia, cardiovascular health**
Garlic (Traditionally used in Herbal Medicine)

Ho Hormonal - Others Systems

- 👉 **Antioxidant**
Oregano - Green*
Oregano - Wild*
- 👉 **Menopause symptoms**
Geranium - Bourbon*
Geranium - Rose
Sage - Clary*
- 👉 **Menstrual cramps**
Sage - Clary*
- 👉 **Premenstrual syndrome (PMS)**
Geranium - Bourbon*
Geranium - Rose
Ylang Ylang*

Visit divineessence.com/en/recipes and discover effective remedies to help relieve everyday ailments.

General warning and precautions

ALWAYS READ AND FOLLOW ALL INDICATIONS ON THE LABEL FOR SAFE AND EFFECTIVE USE.

DO NOT USE UNDILUTED ESSENTIAL OILS ON THE SKIN.

KEEP OUT OF REACH OF CHILDREN. If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breastfeeding. Do not use on inflamed skin or if suffering from dermatitis. If you have epilepsy or asthma, consult a health care practitioner prior to use. Some essential oils cause photosensitivity; if applied, do not expose skin to sunlight. Before using an essential oil, always conduct a patch test on the inside of the wrist. In the case of reaction, stop using immediately and contact a health care professional. We advise consumers to consult health care professionals or reference books written by well-known authors on the subject if there is any doubt about the usage or value of an essential oil.



The Divine Essence® line is distributed by healthcare professionals, and can be found at health food stores and pharmacies.



divineessence.com



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*ORGANIC PRODUCTS
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