



ESCENTS®

ESSENTIAL OILS

GUIDE TO WELLNESS

WHAT ARE ESSENTIAL OILS?

Essential Oils are frequently referred to as the “life force” of plants. Unlike fatty oils, these “essential” oils are highly concentrated substances extracted from flowers, leaves, stems, roots, seeds, bark, resin or fruit rinds.

Their powerful healing properties help alleviate physical and emotional ailments. Aromatherapy, the science of smell, provides a direct gateway into the mood centers of the brain. Best of all, it does so without negative side effects.

HOW TO USE ESSENTIAL OILS

Add your favourite Essential Oils to our unscented products. Use 10-20 drops per 1oz (30ml) of product, or use 5-8 drops in an ultrasonic diffuser.

*All essential oils should be diluted before use.

Use this table to find the best essential oil for your needs.

ESSENTIAL OILS	AFTER SUN	ANTI-BACTERIAL	ANTI-FUNGAL	ANXIETY	COLD/FLU	DEPRESSION	DETOX	DIGESTION	ENERGIZING	HEADACHE RELIEF	IMMUNITY	MUSCLE RELIEF	PMS	RELAXATION	SKIN REPAIR
BERGAMOT PURE SWEET, CITRUS				●		●			●			●			
CEDARWOOD WOODY, EARTHY			●		●							●			
CHAMOMILE EARTHY, HERBACEOUS				●				●				●		●	●
CINNAMON EARTHY, SPICY								●				●			
EUCALYPTUS SWEET, CAMPHOROUS	●				●					●	●	●			
FRANKINCENSE WARM, WOODY								●							●
GERANIUM SWEET, FLORAL		●			●								●	●	●
GRAPEFRUIT SWEET, CITRUS					●	●	●	●	●					●	●
LAVENDER HERBACEOUS, FLORAL	●	●	●	●	●	●	●	●	●	●	●	●		●	●
LEMONGRASS EARTHY, SWEET			●			●	●			●	●	●			
LEMON CITRUS, SHARP		●									●				●
NEROLI SWEET, FLORAL				●		●		●							
ORANGE CITRUS, SWEET															●
PATCHOULI SPICY, WOODY		●	●			●		●					●		●
PEPPERMINT COOL, MENTHOL					●			●		●		●			●
ROSE OTTO 10% FLORAL, SWEET						●	●								●
ROSEMARY HERBACEOUS, GREEN			●		●	●		●		●	●	●			●
SANDALWOOD WOODY, RICH	●					●						●		●	●
TEA TREE HERBACEOUS, WOODY	●	●	●		●										●
YLANG YLANG SWEET, FLORAL				●											

More oils available – ask one of our team members or visit our website www.escents.ca

OILS NOT TO USE DUE TO:

Pregnancy: basil, cinnamon, clary sage, cypress, fennel, jasmine, juniper, marjoram, myrrh, organum, pennyroyal, peppermint, rose, rosemary, sage, savory, thyme.

Photosensitivity: bergamot, lemon, grapefruit, lime, ginger, orange