

# Cliganic™



## TOP 8 ESSENTIAL OILS

—  
AROMATHERAPY SET

# About Cliganic Essential Oils

Cliganic is committed to providing our customers with premium products at affordable prices. From its inception, the Cliganic brand has been committed to these values:



## SOURCING

Cliganic sources only pure, high-quality ingredients from reputable suppliers across the globe. This ensures that our oils are pure, uncut, unadulterated, and unblended. Each bottle contains a pure and concentrated version of the oil—with all of its natural and therapeutic properties intact.



## SUSTAINABILITY

Producing essential oils requires a significant amount of plant material. This is why Cliganic partners with suppliers who practice sustainable farming and production. We are committed to ensuring that the production of our oils does not deplete natural resources or disrupt the ecological balance.



## TESTING

Although we partner with the most reputable suppliers from across the globe, we go one step further to ensure our customers receive the highest quality oils. Once we receive a shipment from a supplier, it undergoes rigorous testing by a third-party laboratory to test the oil for purity and composition.



## QUALITY MANUFACTURING

Our oils are packaged in bottles made of dark amber glass—the best material for protecting oils from damaging ultraviolet light. Each bottle is tested to ensure it won't leak. Our bottles also contain a German dropper cap, which gives you better control when dispensing the oil. This cap reduces waste and accidental spillage—making it the perfect choice for DIY recipes.

# Why Choose Certified Organic?

## What Certified Organic Means and Why It Matters

All of the oils in this set are certified USDA organic.

All USDA organic products must adhere to strict production and labeling requirements.

- They must be produced without genetic engineering, ionizing radiation, or sewage sludge.
- They must be produced using allowed substances.
- They must be overseen by a USDA National Organic Program-authorized certifying agent.

*This means that our oils are free of GMOs, pesticides, dyes, chemical fertilizers, and other harmful chemicals. It also means our oils are processed without using genetic engineering, industrial solvents, or irradiation. By choosing a certified organic product, you're getting a pure and natural product that was produced using environmentally-friendly methods.*



# Top 8 Essential Oils



## Organic Peppermint Oil

The aroma of peppermint oil is described as crisp, clean, invigorating, and cool. Peppermint oil stimulates, energizes, and enhances alertness and stamina. The oil can relieve stress, reduce muscle pain, and alleviate headaches of all kinds. Other uses include stimulating hair growth, reducing your skin's oil levels, and repelling insects.

*Blends well with Frankincense and Lavender.*



## Organic Lavender Oil

With a sweet, floral, herbal scent, lavender oil routinely tops lists of “Favorite Essential Oils” because of its versatility and many benefits. An essential part of your first aid kit, lavender's calming and soothing properties also reduce stress and anxiety, increase sleep quality, relieve premenstrual symptoms, soothe sunburn, and is a staple of many skin and hair recipes.

*Blends well with almost all oils, especially citrus oils such as Lemongrass and Orange.*



## Organic Eucalyptus Oil

Eucalyptus has a strong medicinal scent often described as earthy, woody, herbal, and camphorous. It is primarily used to help with respiratory and breathing issues related to colds, allergies, and asthma. Eucalyptus oil can also be used to relieve muscle aches and pains, calm coughs, reduce dandruff, and clean your home.

*Blends well with Frankincense, Lavender and Peppermint.*



## Organic Tea Tree Oil

Tea tree has a medicinal, woody, earthy, herbal scent. Called a “medicine cabinet in a bottle,” tea tree oil is one of the most useful essential oils. Tea tree oil treats acne, reduces dandruff, relieves eczema and sunburn, minimizes the appearance of scars, treats nail fungus and athlete's foot, and protects against colds and flu. It can also be used for cleaning and is a must for a first aid kit.

*Blends well with Frankincense, Lavender, Eucalyptus and Rosemary*

# Top 8 Essential Oils



## Organic Lemongrass Oil

The aroma of lemongrass oil is strong—a little goes a long way. The scent is fresh, grassy, and earthy with a strong lemon note. Used in a diffuser, lemongrass can reduce anxiety and promote feelings of calm. Lemongrass repels mosquitoes and fleas, reduces dandruff, treats acne, eases muscle and headache pain, and reduces fevers.

*Blends well with Lavender, Tea Tree and Rosemary.*



## Organic Rosemary Oil

Rosemary's distinctive aroma is described as strong, woody, herbal, and slightly medicinal. This oil is invigorating, refreshing, and stimulating and helps with issues such as oily skin, acne, hair loss, and muscle and arthritis pain. Rosemary is known for increasing memory retention and boosting attention—making it a great choice to diffuse while doing homework or studying.

*Blends well with Frankincense, Peppermint, Lavender, Eucalyptus and Tea Tree.*



## Organic Frankincense Oil

Frankincense's rich aroma is described as resinous, woody, warm, spicy, and sweet. Using this ancient holy oil promotes feelings of mindfulness, balance, peace, and relaxation. Frankincense calms skin irritations, tightens and firms sagging skin, and minimizes the appearance of scars and age spots. It also relieves muscle aches, helps clear breathing, and reduces headache pain.

*Blends well with all essential oils.*



## Organic Orange Oil

With a citrusy, sweet, and refreshing scent, orange oil revitalizes and rejuvenates. Orange oil is a wonderful natural ingredient for household cleaning and is often used as a botanical insecticide. It can also treat acne, relieve cramps, boost shine in hair, and clean the scalp. When used in a diffuser, it elevates the mood while deodorizing the air.

*Blends well with Frankincense, Eucalyptus, Lavender and other citrus oils.*

# Diffuser Recipes

## ANXIETY RELIEF

Use this blend to calm nerves, reduce anxiety, and lift your spirits. It helps to decrease irritability caused by stress and elevates your mood

- 3 drops Lavender
- 2 drops Orange
- 2 drops Frankincense
- 1 drop Eucalyptus

## STRESS RELIEF

Need a break from the worries and stresses of daily life? Let this diffuser blend boost your mood while calming your nerves.

- 3 drops peppermint oil
- 2 drops lemongrass oil
- 5 drops lavender oil

## INSOMNIA RELIEF

Drift off to sleep while a diffuser blend that promotes relaxation and tranquility.

- 2 drops Frankincense
- 4 drops Lavender
- 2 drops Eucalyptus

## ENERGY AND FOCUS BOOSTER

Need to focus on work, studying, or just need an energy boost? This blend helps fight fatigue, boosts concentration, and motivates you to get things done!

- 2 drops Lemongrass
- 2 drops Orange
- 2 drops Rosemary
- 2 drops Peppermint



# Diffuser Recipes

## RESPIRATORY RELIEF

Suffering from allergies, congestion, or a nasty cough or cold? This blend will help you breathe easier by opening your lungs and relieving headache pain.

- 2 drops Peppermint
- 2 drops Lavender
- 2 drops Eucalyptus
- 2 drops Tea Tree

## HEADACHE RELIEF

This blend relieves stress and anxiety—two factors that cause tension headaches and migraines. Use this blend to get headache relief and become calmer and more relaxed

- 4 drops Peppermint
- 3 drops Lavender
- 2 drops Frankincense

## INSECT REPELLENT

Keep the creepy crawlies away (including spiders, ants, and mice) with this insect repelling blend.

- 3 drops Lemongrass
- 2 drops Rosemary
- 3 drops Peppermint

## AIR FRESHENER

Is your home or office filled with stale air? This blend not only freshens up the room but also keeps germs away—decreasing your chances of getting a cold or virus.

- 3 drops Orange
- 3 drops Tea Tree
- 3 drops Lavender



# DIY Beauty Recipes for Skin and Hair

## A WORD ABOUT CARRIER OILS

Because essential oils are so concentrated, they must be diluted with a carrier oil before being used on your skin. We recommend using Cliganic's organic jojoba oil and rosehip oil because of the many benefits they provide for your skin and hair.

## DIY FACE SERUM

*In a 2-ounce bottle, add 5 drops frankincense oil, 5 drops lavender oil and 5 drops of tea tree oil. Fill the bottle to the top with Cliganic Jojoba oil and shake well. Massage into your face after cleaning. Your skin will thank you!*

## DIY HOMEMADE FACIAL OIL

- *Fill 2/3 of a small bottle with Cliganic jojoba oil.*
- *Add Cliganic rosehip oil until the bottle is just about full.*
- *Add about 3 to 4 drops of Cliganic lavender essential oil.*

## DIY FACE MASK

*Combine clay and aloe vera and mix well. Add in water and stir until a thick paste forms. Add in the oils and blend thoroughly. Spread over a clean, damp face—avoiding the eye area. Keep on for 15 minutes and rinse with warm water.*

- *3 tablespoons aloe vera*
- *2 tablespoons green clay*
- *1 teaspoon distilled water*
- *2 drops lavender*
- *1 drop orange*
- *1 drop tea tree*





# DIY Beauty Recipes for Skin and Hair

## DIY Relief for Cuts, Scrapes, Razor Bumps

Mix oils in a small bottle, shake well, and apply to the affected areas.

- 1 *tablespoon jojoba oil*
- 4 *drops frankincense*
- 3 *drops tea tree*
- 2 *drops myrrh*

## DIY Acne Spot Treatment

Combine ingredients, shake well before each use, and apply to affected areas.

- 1 *tablespoon rosehip oil*
- 4 *drops frankincense*
- 4 *drops lavender*

## DIY Rosemary and Peppermint Oil Shampoo

In a clean shampoo bottle, add the castile soap first followed by the oils and vegetable glycerin. Top with distilled water. Shake well before each use. This recipe will result in minimal lather.

- 1  $\frac{1}{2}$  *cups castile soap*
- $\frac{1}{2}$  *cup distilled water*
- 1 *teaspoon argan oil*
- 1 *teaspoon vegetable glycerin*
- 12 *drops rosemary*
- 4 *drops peppermint*

## DIY Lemongrass and Tea Tree Oil Shampoo

To harness the dual power of lemongrass and tea tree oil for fighting dandruff and an itchy scalp, add the oils to your favorite shampoo or conditioner using the amounts below.

- 1 *tablespoon shampoo/conditioner*
- 2 *drops tea tree*
- 1 *drop lemongrass*

# DIY Cleaning Recipes

## DIY All-Purpose Cleaning Spray Mix 1

Combine ingredients in a 16-ounce spray bottle and shake well before each use.

- 2 cups distilled water
- 2 tablespoons white vinegar
- 10 drops lemongrass
- 8 drops tea tree
- 6 drops orange
- 6 drops rosemary

## DIY All-Purpose Cleaning Spray Mix 2

Combine ingredients in a 16-ounce spray bottle and shake well before each use.

- 7 ounces water
- 7 ounces hydrogen peroxide (3%)
- 1 tablespoon unscented castile soap
- 10 drops eucalyptus
- 10 drops tea tree

## DIY Kitchen Cleaning Spray

Pour 32 ounces of water into a large spray bottle, add 3 tablespoons of baking soda and 15 drops of orange oil. Shake well and use it on your kitchen counter, in the fridge, and even your pantry. Your kitchen will have a lovely citrus scent!

## DIY Toilet Bowl Cleaner

Combine vinegar and tea tree in a spray bottle and spray toilet bowl, seat, lid, and handle. Let sit for 5 to 10 minutes. While waiting, sprinkle baking soda inside bowl and scrub with toilet brush. Use a damp cloth to wipe areas previously sprayed and then dry with a clean cloth.

- ½ cup baking soda
- 1 cup white vinegar
- ½ teaspoon tea tree

## DIY Orange Oil Cleaner for Wood Surfaces

Combine ingredients in a spray bottle and shake well before each use. Spray on wood surfaces and wipe clean with microfiber cloth. Test in an inconspicuous area before use to ensure that the cleaner doesn't affect the wood or stain.

- ¼ cup olive oil
- ¼ cup white vinegar
- 10 drops orange



# DIY Pain Relief and Insect Repellents

## DIY Ache-Relieving Bath Salts

Combine ingredients and mix well. Store in a 24-ounce glass jar with a tight-fitting lid. Add one cup to warm running water at bath time.

- 2 cups of Epsom salts
- 1 cup of baking soda
- 6 drops peppermint
- 4 drops rosemary
- 4 drops eucalyptus
- 3 drops lavender

## DIY Massage Oil for Muscle Pain Relief

Combine ingredients, shake well, and apply to affected areas.

- ¼ cup jojoba oil
- 8 drops peppermint
- 8 drops eucalyptus
- 8 drops rosemary

## DIY Pest Repellent Spray

Peppermint oil naturally repels mosquitos, spiders, garden pests, and mice. To keep pests out of your home and away from your plants, make a peppermint oil spray by putting 8 to 12 ounces of water in a spray bottle and adding in 10 to 15 drops of peppermint oil. Shake well and spray around door frames, windows, and near (not on) garden plants.

## DIY Sunburn Spray

Combine ingredients in spray bottle and shake well before each use. Spray on affected area and let air dry.

- 2 ounces water
- 15 drops lavender
- 10 drops tea tree

## DIY Mosquito Repellent

Combine the ingredients in a clean spray bottle and shake well before use. Apply to clothing or surrounding area.

- ½ cup witch hazel
- ½ cup distilled water
- 10 drops lemongrass

# Safety, Precautions and Storage

## General Essential Oil Safety Precautions

- Never use undiluted essential oils on your skin. Always dilute with a carrier oil first. See the recommended dilution rates chart.
- Topical use: Before using an essential oil for the first time, perform a skin patch test by placing one drop of the diluted essential oil on a small area of skin (such as the inside elbow). Over the next 24 hours, look for adverse reactions, which might include: skin irritation, headache, nausea, dizziness, or respiratory complaints
- Use caution when using essential oils with children and follow recommended dilution rates.
- Store essential oils out of reach of children and pets. Never let children use essential oils without adult supervision.
- Not all oils are safe to use with or near pets.
- Limit the use of an essential oil diffuser to 30 minutes, up to 3 times a day.
- Don't use essential oils near eyes or mucous membranes.
- Do not ingest essential oils.
- Wash your hands after using essential oils.
- Essential oils are flammable and should not be used near flames.
- If you have doubts or questions about essential oil use, talk to a physician or qualified aromatherapist, especially if you have specific medical issues or are taking medications.

## Storing Essential Oils

- Store oils in a dark, cool place away from light and heat.
- Cap bottles immediately after use.

# Essential Oils Dilution Chart

- Use the least possible amount of essential oil needed.
- For daily or frequent use, keep dilutions in the 1% to 2% range.
- We don't recommend using essential oils on children younger than 3 months old.
- Review the maximum dilutions for the oils listed below.

DILUTION %	ESSENTIAL OIL DROPS	CARRIER OIL	INDICATED FOR
0.25%	1	4 teaspoons	Children 3 to 24 months
0.5%	3	4 teaspoons	Children 2 to 6 years old
1%	3	2 teaspoons	Children aged 6+, Elderly, Facial Applications, Long-Term Daily Use
2%	6	2 teaspoons	Daily or Frequent Use for Average Healthy Adult, Massage Oils, Bath and Body Products
3%	9	2 teaspoons	Short-Term Use
5%	15	2 teaspoons	Short-Term Use, Use for Pain or Wounds
10%	15	1 teaspoon	Small Areas of Concern or Acute Situations

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## HELPFUL CONVERSION INFORMATION:

6 teaspoons = 1 ounce - 2 tablespoons = 1 ounce - 30 ml = 1 ounce

## Maximum Dilutions

*Some oils are more prone to causing skin sensitization than others, are “hot” oils (e.g., cause redness, warmth, or irritation), or can cause issues if the oil is used in greater amounts than the maximum dilution rate. These oils listed below should not be used at dilution rates higher than indicated:*

- Eucalyptus: 20% | Lemongrass: 0.7% | Peppermint: 5.4% | Rosemary: 16.5% | Tea Tree: 15%



## ENGLISH

**DUE TO HIGH CONCENTRATION, WE RECOMMEND ALWAYS DILUTING WITH CARRIER OIL BEFORE ANY USE OTHER THAN AROMATHERAPY.**

**WARNING: FOR EXTERNAL USE ONLY.** KEEP AWAY FROM FLAMES AND HIGH HEAT. KEEP OUT OF REACH OF CHILDREN AND PETS. AVOID CONTACT WITH EYES. IF PREGNANT OR BREASTFEEDING CONSULT A HEALTH PROFESSIONAL BEFORE USE.

**CAUTIONS:** THESE ESSENTIAL OILS CONTAIN KNOWN SKIN ALLERGENS. DISCONTINUE USE IMMEDIATELY IF REDNESS OR IRRITATION OCCURS.

**INCLUDED IN THIS SET:** *Organic Peppermint Oil, Organic Lavender Oil, Organic Eucalyptus Oil, Organic Tea Tree, Organic Lemongrass Oil, Organic Rosemary Oil, Organic Frankincense Oil and Organic Orange Oil.*



## DEUTSCHE

**AUFGRUND DER HOHEN KONZENTRATION EMPFEHLEN WIR IMMER, VOR DER VERWENDUNG ANDERER AROMATISIERUNGSMETHODEN MIT TRÄGERÖL ZU VERDÜNNEN.**

**WARNUNG: NUR FÜR DEN EXTERNEN GEBRAUCH.** HALTEN SIE VON FLAMMEN UND HITZE FERN. AUSSERHALB DER REICHWEITE VON KINDERN UND HAUSTIEREN HALTEN. DARF NICHT MIT DEN AUGEN IN BERÜHRUNG KOMMEN. DIE ANWENDUNG WÄHREND SCHWANGERSCHAFT ODER STILLZEIT SOLLTE ZUERST MIT EINEM ARZT ABGEKLÄRT WERDEN.

**VORSICHTSMASSNAHMEN:** DIESE ÄTHERISCHEN ÖLE ENTHALTEN BEKANNTE HAUTALLERGENE. SOFORT ANWENDUNG UNTERBRECHEN, FALLS RÖTUNGEN ODER HAUTIRRITATIONEN ENTSTEHEN.

**IN DIESEM SET ENTHALTEN:** *Bio-Pfefferminzöl, Bio-Lavendelöl, Bio-Eukalyptusöl, Bio-Teebaum, Bio-Zitronengrasöl, Bio-Rosmarinöl, Bio-Weihrauchöl und Bio-Orangenöl.*



## FRANÇAIS

**EN RAISON D'UNE GRANDE CONCENTRATION, NOUS RECOMMANDONS DE TOUJOURS DILUER LE PRODUIT AVEC UNE HUILE DE SUPPORT AVANT TOUTE UTILISATION EN DEHORS DE L'AROMATHERAPIE.**

**AVERTISSEMENT: UNIQUEMENT POUR USAGE EXTERNE.** CONSERVER A L'ÉCART DE TOUTE FLAMME OU SOURCE DE CHALEUR. TENIR HORS DE LA PORTEE DES ENFANTS ET DES ANIMAUX. ÉVITER LE CONTACT AVEC LES YEUX. PENDANT LA GROSSESSE OU L'ALLAITEMENT VOUS DEVEZ CONSULTER UN PROFESSIONNEL DE SANTÉ AVANT L'UTILISATION.

**PRÉCAUTIONS:** CES HUILES ESSENTIELLES CONTIENNENT DES ALLERGENES CONNUS. EN CAS DE ROUGEURS OU D'IRRITATIONS CESSER IMMÉDIATEMENT L'UTILISATION.

**INCLUT DANS LE SET:** *Huile biologique de menthe poivrée, huile de lavande biologique, huile biologique d'eucalyptus, arbre à thé biologique, huile biologique de citronnelle, huile biologique de romarin, huile biologique d'encens oliban et huile d'orange biologique.*



## ESPAÑOL

**DEBIDO A LA ALTA CONCENTRACIÓN, RECOMENDAMOS SIEMPRE QUE SE DILUYA CON ACEITE DE BASE ANTES DE CUALQUIER USO QUE NO SEA EL DE LA AROMATERIA.**

**ADVERTENCIA: SOLO PARA USO EXTERNO.** MANTENER LEJOS DE FUENTES DE CALOR Y DEL FUEGO. MANTENER FUERA DEL ALCANCE DE LOS NIÑOS Y LAS MASCOTAS. EVITAR EL CONTACTO CON LOS OJOS. SI ETÁ EMBARAZADA O EN LACTANCIA CONSULTE CON UN PROFESIONAL MÉDICO ANTES DE USAR.

**PRECAUCIÓN:** ESTOS ACEITES ESENCIALES CONTIENEN ALERGENOS DE LA PIEL CONOCIDOS. INTERRUMPA EL USO INMEDIATAMENTE SI CAUSA IRRITACIÓN O ENROJECIMIENTO.

**ESTE SET INCLUYE:** Aceite de menta orgánico, aceite de lavanda orgánico, aceite de eucalipto orgánico, aceite de árbol de té orgánico, aceite de hierba de limón orgánico, aceite de romero orgánico, aceite de incienso orgánico y aceite de naranja orgánico.



## ITALIANO

**A CAUSA DELL'ALTA CONCENTRAZIONE RACCOMANDIAMO DI DILUIRE SEMPRE CON UN OLIO VETTORE PRIMA DI QUALSIASI UTILIZZO CHE NON SIA L'AROMATERAPIA.**

**AVVERTIMENTO: SOLO PER USO ESTERNO.** TENERE LONTANO DA FIAMME E FONTI DI CALORE. TENERE FUORI DALLA PORTATA DEI BAMBINI E DEGLI ANIMALI DOMESTICI. EVITARE IL CONTATTO CON GLI OCCHI. IN GRAVIDANZA O ALLATTAMENTO CONSULTARE UN MEDICO O UN PROFESSIONISTA DELLA SALUTE.

**PRECAUZIONI:** QUESTO OLIO ESSENZIALE CONTIENE ALLERGENI PER LA PELLE. SOSPENDERE IMMEDIATAMENTE L'UTILIZZO IN CASO DI ROSSORE O IRRITAZIONI.

**INCLUSI IN QUESTO SET:** Olio di menta piperita bio, Olio di lavanda bio, Olio di eucaliptus bio, Olio di tea tree bio, Olio di citronella bio, Olio di rosmarino bio, Olio di incenso bio e Olio di arancia bio.

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## THE Cliganic. GUARANTEE

*At Cliganic, we believe that natural products are the key to a healthy body & soul. We source only pure high-quality ingredients from reputable suppliers across the globe, resulting in premium products. We stand behind every item that we make, 100%. If you are not completely satisfied with your purchase, let us know within 90 days. We will be happy to replace it or issue you a full refund, no questions asked!*



# Cliganic™

340 S LEMON AVE #4844 WALNUT, CA 91789 USA.  
483 GREEN LANES LONDON, N13 4BS, UK.  
support@cliganic.com - cliganic.com

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