

ANGELICO  
aromatherapy

[www.angelico.london](http://www.angelico.london)

Here is our very first Angelico Brochure. Small but perfectly formed. In these digital days we thought it would be lovely for you to have something you could sit down with a cup of coffee or a glass of wine and really enjoy; something that you won't want to throw into the bin the moment you receive it and something that is full of interesting information that you will want to read more than once - the essential oil pages have been written simply, avoiding the unnecessary jargon that often over complicates aromatherapy but so full of information that you will want to refer to it again and again.

The Angelico range has its roots in aromatherapy. Having decades of experience in producing aromatherapy ranges we feel we can give you a unique perspective into this wonderful field and provide you with a wide range of ready to use and bespoke products made by us and by you. We want to give you the confidence to use essential oils both effectively and for fun.

We hope you enjoy our first brochure as much as we have enjoyed making it. The first of many as we expand our beautiful Angelico range which is only available from [www.angelico.london](http://www.angelico.london)

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ANGELICO

ANGELICO

SERUM FOR  
SENSITIVE SKIN  
CHAMOMILE  
LAVENDER  
CALENDULA

ANGELICO

SERUM FOR  
MATURE SKIN  
FRANKINCENSE  
ROSE  
ACAI

## FACIAL SERUMS

Angelico Serums are made from beautiful, natural and extremely active plant oils.

A real gift from nature providing everything your skin needs to keep it in perfect condition. We blend plant base oils, sometimes called vegetable or carrier oils, with pure essential oils to create just the right amount of nourishment for your skin.

Each oil is vital to the serum blend it is in & the synergy of the oils used creates the perfect moisturiser for every skin type. Use night and day as your daily moisturiser or as a boost to your regular moisturiser. Angelico Serums moisturise, nourish, balance and restore your skin to its natural, beautiful self.

### WHAT IS YOUR SKIN TYPE?

**Combination** - Both Oily and Dry patches. Cheeks are dry and the forehead, nose and chin are oily.

**Dry Skin** - Skin feels tight after washing. Dry, flakey patches. Mostly sallow tone but some times red patches especially after being in the wind or rain.

**Mature Skin** - Fine lines around mouth and eyes. Unpredictable- can be stable but the odd breakout occurs. Lacking vibrancy.

**Oily Skin** - Large pores with tendency towards breakouts and acne. Sometimes the skin appears thick.

**Sensitive Skin** - Often red and delicate. Can feel itchy after washing and reacts to hot and/or cold weather. Tendency towards dry skin.





### **Serum for Combination Skin-£35.00 - 30ml**

Cedarwood and Sandalwood gently stimulate and tighten pores while Geranium and Rose balance and nourish the skin. Antioxidant oils of Rosehip, Jojoba and Vitamin E, revitalise, rejuvenate and improve skin elasticity.

### **Serum for Dry Skin - £35.00 - 30ml**

Argan and Borage oils have been infused with Rose and Neroli along with Frankincense which really makes your skin breath, allowing it to spring back to life. Even if your skin is not parched, this serum is useful for cheeks and delicate areas around the eyes that might need more nourishment.

### **Serum for Mature Skin - £35.00 - 30ml**

As we mature our skin sometimes gets very confused usually as a result of hormonal changes. Some luxury is required to address our skins needs both mentally and physically. For this Acai, the superfood of oils has been steeped with Rose, Frankincense and unctuous Sandalwood to make a serum that will make your skin feel simply beautiful. Finally, a touch of Grapefruit is added to brighten and gently stimulate your skin.

### **Serum for Oily Skin - £35.00 - 30ml**

Light, easily absorbed base oils of Cherry Kernel, Vitamin E & Camellia with a touch of Jojoba have been infused with Grapefruit, Mandarin, Cypress and Lavender essential oils to create this amazing serum. Don't imagine this will leave your skin oily! On the contrary, it will restore it to balance, encouraging it to stop 'over' producing sebum.

### **Serum for Sensitive Skin - £35.00 - 30ml**

Azulene, which is a natural part of both Chamomile and Yarrow is a well known pain killer and Calendula is the best natural soother available. Many of the oils in this serum are ideal for children and even babies so you can rest assured that your skin is in good hands.

### **Serum Collection - £50.00 - 5 x 10ml Serums**

One each of Combination, Dry, Oily, Mature, Sensitive Serums in a gift box  
If you are not sure which Angelico Serum will suit your skin type here is your opportunity to try all five. If you are already a fan you will know that it's a good idea to switch from time to time.

Season changes, hormonal changes or even lifestyle changes. All these things throw up different needs for your skin and a simple change of serum blend can make all the difference.

## CLEANSING THE NATURAL WAY

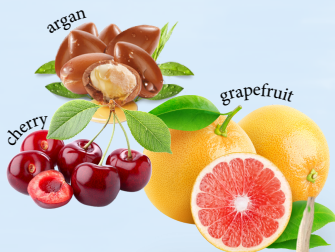
At Angelico we like to keep our skincare routine simple.

Cleansing with oil has become a real thing.

Using a toner to 'close' pores, a thing of the past.

Disposable cotton wool pads a complete no no!

As with switching from Cream to Serum to moisturise, a mind shift is necessary but definitely worth a go. For most people, going back to a lotion or soap cleanser, alcohol toner and cream moisturiser would be unthinkable once they have experienced the gentle effectiveness of a totally natural facial regime. Try some or all of it with Angelicos Gentle Cleansing Oil; Hydrating Facial Mist; Reusable Make Up Remover Pads and Serum Moisturisers - you're in for a real treat.



100% organic & natural



### **Gentle Cleansing Oil for all skin types - £20.00 - 100ml & £8.50 - 30ml**

#### **Cleanse, soothe, nourish**

Expertly blended organic plant oils of Argan, Cherry, Calendula, Vitamin E & Grapefruit to cleanse your skin without upsetting its natural balance.

Pour a little Angelico Cleansing Oil into the palm of your hand and apply to face and neck with the tips of your fingers to loosen makeup and dirt. Use a damp pad to wipe oil away leaving your skin fresh and supple.

### **Hydrating Facial Mist for all skin types - £20.00 - 100ml & £8.50 - 30ml**

#### **Cleanse, Refresh, Soothe**

A blissful combination of organic Bulgarian Rose and Moroccan Neroli hydrosols. Use as part of your cleansing routine or simply to soothe and refresh your whole body. Gentle enough for even the most sensitive of skins. For your face, no problem if it gets into your eyes and you might even want to open your mouth whilst spritzing to enjoy the sweet aromatic flavour of this beautiful floral water fusion.

Used as part of your Angelico skincare routine, spritz over face and neck after cleansing with Angelico Gentle Cleansing Oil to refresh your skin. Can also be used alone as a light cleanser. Use a pad to wipe away any dirt or light makeup residue. Next apply your Angelico Serum which loves to be applied to slightly damp skin. A simple routine that you will love.

### **Reusable Organic Cotton Make Up Remover Pads & Wash Bag**

#### **Pack of 16 - £11.99**

Switch to a more sustainable make up remover by ditching those single use wipes! These organic cotton make up remover pads are reusable and made from organic cotton.

Pack of 16 cream coloured pads: 8x soft cotton pads for everyday cleansing and make-up removal and 8x "rough" cotton pads for hard to remove makeup and deeper cleaning and gentle exfoliation. \*Comes with 100% cotton wash bag.

# AROMATHERAPY FOR ALL

By combining essential oils and base oils you can create any number of therapeutic products for yourself, your family and your friends. The possibilities are literally endless. For the creative people amongst us the lure of making something unique is powerful. This can be as simple as adding one essential oil to one carrier oil to make a brilliant moisturiser with none of the added nasties that can often cause problems in commercial products. Here are a few ways to get started, including some simple recipes for you to try out.

## Essential Oils

Essential oils are highly concentrated plant extracts that each have different and overlapping properties. Some essential oils have contra indications or precautions that should be followed but so long as you follow the instructions on the bottle you will find that they are invaluable to your daily life. By combining different essential oils in a 'blend', you can create endless fragrances that can have both physiological and/or psychological effect. Except for in a few cases, they should not be used neat.

\*Essential oils should be diluted, usually into base oils which are also known as carrier oils.

## Base Oils

Base oils used to be just that - base oils - used mostly as a base for the more active essential oils and as a basic moisturiser. Now there are myriad base oils available to us and we are far more knowledgeable about what they are capable of. Base oils come in many different weights - some are thick and viscous, some are light and some are medium weight. Some are more easily absorbed by the skin than others. They can be antioxidant, antiviral, help to smooth fine lines or even help to regulate oil secretion.



*The 'Must Have'  
Essential Oil*

# HOW TO USE

## MASSAGE

### Moisturising Oils for Body

The rule of thumb here is approximately 3% essential oil to base oil and the way to achieve this is to take 10ml of base oil which is approximately one dessertspoonful and add 5 drops in total of essential oil.

### Moisturising Oils for Face

Here we want the dilution to be approximately half that of the body oil blend. To achieve this add just 2 drops of essential oil in total to 10ml of base oil.

### Moisturising Oils for Children

For children over 2 years of age the dilution for body oil is the same as for adult face so approximately 1% or 2 drops of essential oil to 10ml of base oil.

## DIFFUSING & INHALATION

You can add up to 10 drops of essential oil to a bowl of hot water for inhalation. Place a towel over your head and breath in the vapours whilst allowing the steam to gently cleanse your face. Stay there for approximately 10 minutes.

## BATHING

There are many ways to add essential oils to your bath.

### Neat

6 to 10 drops into the bath after the water has run to stop the oils from evaporating. Swish the water around to prevent sitting on the individual drops of essential oil. Don't have the water too hot.

### Diluted into a Base Oil

This is great for dry sensitive skin as it will nourish and protect the skin from harsh water. Add 10 drops of essential oil to 1 dessertspoonful of base oil and add to your bathwater.

### Bath Milk

Use 10ml of milk or dried milk and add 6 to 10 drops of essential oil to it before dispersing it in bath water.

### Bath Salts

Add 6 to 10 drops of essential oil per cupful of un-fragranced bath salts such as Magnesium Salts or Dead Sea salts.

### Shower

Add 6 to 10 drops of essential oil to the shower tray before you get into your shower. The steam will diffuse the fragrance. Alternatively, apply your Body Oil blend to you body before entering the shower.

## ORGANIC ESSENTIAL OILS

Essential oils are so integral to my families life that I think our children, (all grown up now), know almost as much about how to use them and which are best for what condition than many aromatherapists. Essential oils can be therapeutic, luxurious, mood enhancing, soothing, balancing, even unpleasant to some people. Fragrance is totally subjective and people's reaction to a fragrance is often influenced by life experiences. It is important that you love the essential oils you choose to use so that you receive both psychological and physiological benefit from them.



### **Bergamot Organic Essential Oil - £11.00 -10ml**

GOOD FOR - oily skin, combination skin, relaxing, cleansing, mood enhancing

### **Black Pepper Organic Essential Oil - £12.00 -10ml**

GOOD FOR - dull skin, aches & pains, warming, stimulating, fortifying

### **Cedarwood Organic Essential Oil - £7.00 -10ml**

GOOD FOR - focus, combination & oily skin, skin irritations, self esteem, soothing

### **Chamomile Organic Essential Oil - £20.00 -10ml**

GOOD FOR - children, skin irritations, soothing, calming, allergies

### **Clary Sage Organic Essential Oil - £16.00 -10ml**

GOOD FOR - oily skin, acne, PMT, menopause, labour, aphrodisiac

### **Cypress Organic Essential Oil - £10.00 -10ml**

GOOD FOR - oily skin, calming, soothing, mood enhancing, uplifting

### **Eucalyptus Organic Essential Oil - £6.00 -10ml**

GOOD FOR - coughs, colds, deodorant, aches & pains, insect repellent, stimulating

### **Frankincense Organic Essential Oil - £16.00 -10ml**

GOOD FOR - mature skin, focus, soothing, calming, anxiety, depression

### **Grapefruit Organic Essential Oil - £7.50 -10ml**

GOOD FOR - cleansing, uplifting, dieting, hangovers, soothing

### **Lavender Organic Essential Oil - £12.00 -10ml / £30.00 -30ml**

GOOD FOR - cleansing, soothing, bites, stings, spots, burns, sleep, synergy



## ORGANIC ESSENTIAL OILS

### Lemon Organic Essential Oil - £6.50 -10ml

GOOD FOR - oily skin, cleansing, uplifting, colds, soothing, warts, verrucas

### Mandarin Organic Essential Oil - £8.00 -10ml

GOOD FOR - children, mood enhancing, soothing, calming, scars, wrinkles

### Myrtle Organic Essential Oil - £14.00 -10ml

GOOD FOR - children, coughs, colds, soothing, muscle rub, luck

### Peppermint Organic Essential Oil - £8.00 - 10ml

GOOD FOR - cooling, feet, inhalation, colds, headaches, insect repellent

### Rose Geranium Organic Essential Oil - £12.00 -10ml

GOOD FOR - pre menstrual tension, menopause, combination & mature skin

### Rosemary Organic Essential Oil - £11.50 -10ml

GOOD FOR - stimulating, coughs, colds, focus, achy muscles, insect repellent

### Spearmint Organic Essential Oil - £6.50 -10ml

GOOD FOR - children, colds, nausea, tummy aches, headaches, focus, cleansing

### Sweet Orange Organic Essential Oil - £5.50 -10ml

GOOD FOR - uplifting, sleep, mood enhancing, cleansing, children, calming

### Tea Tree Organic Essential Oil - £8.00 -10ml

GOOD FOR - spots, cuts, cleansing, warts, verrucas, cold sores, colds, flu, oily skin

### Yarrow Organic Essential Oil - £18.00 -10ml

GOOD FOR - cuts, wounds, soothing, children, sleep, calming, sensitive skin



TO CLEAN SURFACES  
As just about all essential oils  
are anti-bacterial, it is a great  
idea to use them to wipe over  
kitchen and/or bathroom surfaces,  
leaving them not only clean but  
smelling fabulous.



free postage in UK

## ORGANIC BASE OILS

Base oils used to be just that - base oils - used mostly as a 'carrier' for the more active essential oils or as a basic moisturiser. However, we now have myriad choices of these lovely oils and we are far more knowledgeable about what they are capable of. They come in many different weights - some are thick and viscous, some are light and some are medium weight. Some are more easily absorbed by the skin than others. They can be antioxidant, antiviral, help to smooth fine lines or even help to regulate oil secretion. Their possibilities are endless.



**Borage Base Oil - £6.50 -30ml**

GOOD FOR - eczema, itchy skin, babies

**Calendula Base Oil - £5.00 -30ml**

GOOD FOR - wounds, bites, itchy skin, rashes

**Jojoba Base Oil - £6.00 -30ml**

GOOD FOR - dry skin, babies, acne, sunburn, chapped skin, mature skin

**Peach Kernal Base Oil - £5.00 -30ml**

GOOD FOR - sensitive skin, general moisturising

**Red Rosehip Base Oil - £5.00 -30ml**

GOOD FOR - mature skin, distressed skin, sunburn

**Argan Base Oil - £7.50 -30ml**

GOOD FOR - nourishing, wounds, rashes, hair, infections, bites, wrinkles, soothing



## COMPONENTRY

We have a small selection of bottles, jars and closures for you to make your personal blends in. Mix and match closures according to what you intend to make or call for advice on what might work best for you.



## PERSONALISED BLENDS



*Becky's Baby Bump*

### SPECIAL BLENDED BODY OILS

£45 - 100ml

If you would like a special blend for yourself or for a gift, I can create a personalised aromatherapeutic oil just for you.

With 30 plus years of experience I can do this with minimal fuss. Just a few emails or a phone call will allow me to make your blend within a couple of days.



*Special Cleansing Oil*



*Sue's Super Soothing Oil*



*Georgie's Cleansing Oil*

# HOME FRAGRANCE

## REED DIFFUSERS

In true Angelico style we are using only natural fragrances and no alcohol whatsoever in our beautifully fragrant Reed Diffusers. Each Reed Diffuser comes in a simple black box with a coaster to place your diffuser on which has full instructions on the back.

The beauty of Reed Diffusers is that you can control the intensity of fragrance very easily. Simply use less reeds for a lighter fragrance or all of the reeds for larger rooms or for a stronger fragrance. As the reeds dry out they become less fragrant. Simply turn them around for a fresh burst of fragrance.

## CANDLES

We now have some gorgeous candles using the same Angelico blends as our Reed Diffusers and made by a fantastic local artisan candle maker Siobhan of Ike and Gabe. They come in beautiful hand made pots made by a local potter. The blends are Angelico's own and mirror the blends we use in our Reed Diffusers. These candles are made from Soya Wax with braided paper wicks. Due to the hand made nature of these unique candles we will not be able to make large amounts of them so please be patient with us if the website out of stock - they will soon be back!



## HOME FRAGRANCE

**Focus Reed Diffuser - £35.00 -100ml**

**Focus Candle - £35 - 200g**

Our Focus Reed Diffusers & Candles contain balancing oils of Rosemary, Spearmint, Peppermint, Eucalyptus and Lime. For study, work or refocusing your attention.

Place your Angelico Focus Reed Diffuser or candle close by to concentrate your attention on the task at hand.

**Meditative Reed Diffuser - £35.00 -100ml**

**Meditative Candle - £35 - 200g**

Our Meditative Reed Diffuser and Candle contain dreamlike oils of Sandalwood, Frankincense, Grapefruit, Cedarwood and Vetivert. For meditation, yoga or just to chill out. Place your Angelico Meditative Reed Diffuser or Candle close by to clear your mind and refresh your body.

**Relaxing Reed Diffuser - £35.00 -100ml**

**Relaxing Candle - £35 - 200g**

Our Relaxing Reed Diffuser and Candle contain luxurious oils of Neroli, Mandarin, Rose Geranium, Ylang Ylang & Lavender. Place your Angelico Relaxing Reed Diffuser or Candle wherever you want to create a calm and soothing atmosphere.

**Revitalising Reed Diffuser - £35.00 -100ml**

**Revitalising Candle - £35 - 200g**

Our Revitalising Reed Diffuser and Candle contain uplifting oils of Petitgrain, Lemon Verbena, Mandarin, May Chang & Basil. Place your Angelico Revitalising Reed Diffuser or Candle wherever you want to create a space to recharge your batteries or to feel a little more energetic.

**Festive Reed Diffuser - £35.00 -100ml**

**Festive Candle - £35 - 200g**

Our Festive Reed Diffuser and Candle contain warm & sparkly essential oils of Star Anise, Sweet Orange, Cinnamon, Mandarin and Lemon. As soon as you want to create a festive atmosphere in your home place an Angelico Festive Diffuser or Candle in your hallway and the fragrance will make everyone who enters feel Christmassy and full of joyful anticipation.

AROMATHERAPY  
FOR BABIES

## GIFTS

### AROMATHERAPY BABY BUNDLE

£60

The perfect gift for new parents that are interested in looking after their baby's skin, mood and health the natural way.

Contains - Lavender, Mandarin, Chamomile & Myrtle Essential oils, Jojoba Base oil, 2 x empty bottles for blending, instructions leaflet + Zoom class for those who want to learn more about Aromatherapy for Babies.



### SERUM COLLECTION

£50 - 5 x 10ml

A beautiful gift that allows you to sample each of our 5 serums.

Contains 10ml each of Combination, Dry, Oily, Mature & Sensitive Serums.



### AROMATHERAPY STARTER KIT - £80

A curated selection of the most useful essential oils and base oils for every day use to allow you to start blending your own aromatherapy skin care products and remedies.

Contains - Eucalyptus, Lavender, Mandarin, Peppermint, Tea Tree & Rose Geranium Essential oils; Peach Kernel, Jojoba & Calendula Base oils;

6 x empty blending bottles +

Instructions Leaflet.





## GIFTS

**REED DIFFUSERS - £35 - 100ml**  
Choose from Festive, Focus, Relaxing,  
Revitalising or Meditative.  
(See page 15 for full details).



## NATURAL SKINCARE

Large £85 - Small £30

If you would like to treat someone to the luxury of a full Angelico Daily Skincare routine here is the perfect way to do it. A simple, Cleanse, Tone and Moisturise regime that leaves your skin happy and glowing. Contains - Gentle Cleansing Oil, Hydrating Facial Mist, Serum for Combination Skin & Reusable Cleansing Pads.  
NB: if you would like a different Serum you can let us know in the messages at checkout.



**CANDLES- £35 - 200g**  
Choose from Festive, Focus, Relaxing,  
Revitalising or Meditative.  
(See page 15 for full details).



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