

EA
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THE ESSENTIAL ART

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COMPREHENSIVE GUIDE TO ESSENTIAL OILS AND AROMATHERAPY



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CONTENTS

| Chapter# | Topics | Page # |
|----------|--------------------------------------|--------|
| I | Legal Disclaimers & Notices | 2 |
| 1 | Introduction To Aromatherapy? | 3 |
| 2 | How Essential Oils Are Made? | 7 |
| 3 | What Are The Uses Of Essential Oils? | 8 |
| 4 | Quality And Safety Control | 10 |
| 5 | Do's & Don'ts | 12 |
| 6 | Why Is EA Aromacare The Best? | 13 |
| 7 | Pure Essentials | 14 |
| | • Lavender | 16 |
| | • Peppermint | 18 |
| | • Tea Tree | 20 |
| | • Eucalyptus | 22 |
| | • Lemongrass | 24 |
| | • Bergamot | 26 |
| 8 | Essential Oil Properties | 28 |



| | | |
|----|----------------------------------------|----|
| 9 | Recipes | 29 |
| | • Lavender Honey Lip Balm | 30 |
| | • Minty Fresh Shaving Cream | 31 |
| | • Roll On With Tea Tree And Lemongrass | 32 |
| | • Facial Cleaning Scrub | 33 |
| | • Mood Lifting Diffusers | 34 |
| | • Cold And Flu | 35 |
| | • Bathroom Air Fresheners | 36 |
| | • Lavender Tea Tree Cleaner | 37 |
| | • Disinfectant Spray | 38 |
| | • Microwave Cleaner | 39 |
| | • Floor Cleaner | 40 |
| | • Lavender Linen Spray | 42 |
| 10 | Application Chart | 43 |
| 11 | Conclusion | 44 |



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In this book we will guide you through your journey to ancient healing wisdom and discover the powers of natural healing through essential oils. We hope this will enlighten you with all the knowledge of aroma therapy and essential oils.



INTRODUCTION TO AROMATHERAPY

You have probably heard the term Aromatherapy and wondered what exactly that funny word 'aromatherapy' actually means. It is the use of plant oils in their most essential form to promote both mental and physical well being. The use of the word aroma implies the process of inhaling the scents from these oils for therapeutic benefit.

If you have ever used a vapour rub for a cough then you have tried aromatherapy, although not in its purest form. As a matter of fact, you probably have been using aromatherapy on yourself and your family for many years without realizing it through vapour rubs or electric vaporizers. These vapour rubs use eucalyptus or menthol to clear out stuffy chests and noses.



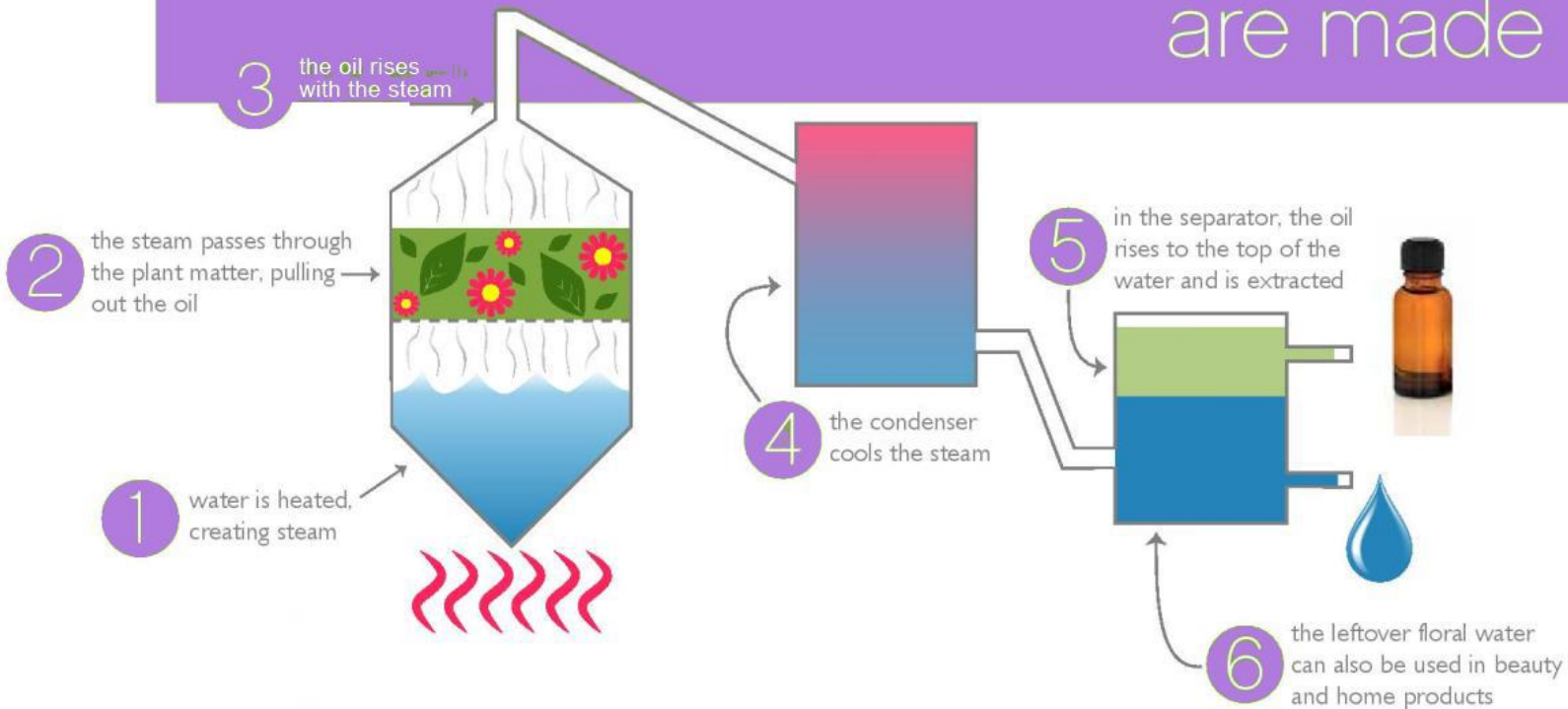


The term aromatherapy is generally new, beginning to be used in the 20th century, but the practice has been around for thousands of years. It is believed that the Chinese were one of the first cultures to use the scents of plants to promote health through the burning of incense. Ancient Egyptians used distilled cedarwood oil mixed with clove, cinnamon, nutmeg, and myrrh to embalm the deceased. The Egyptians also used oils to perfume both men and women.

In the 14th century when the bubonic plague hit, killing thousands of people, aromas were used to ward off the deadly disease. There is even discussion that the popular nursery rhyme, “Ring Around the Roses” refers to aromatherapy. The lines, “a pocket full of posies” allegedly refers to keeping the flower in ones pocket in an attempt to keep the illness away.

Moving forward through later centuries a growth in books about the use of oils in healing grew. The Greek alchemist, Paracelsus, used the term “essence” and focused study on the use of plants for healing purposes.

how essential oils are made



Steam Distillation: During this process, the water remains below the plant material, which has been placed on a grate while the steam is introduced from outside the main still (indirect steam). Steam slowly breaks through the plant material to remove its volatile constituents. These volatile constituents rise upward through a connecting pipe that leads them into a condenser. The condenser cools the rising vapour back into liquid form. The liquid is then collected in a vehicle below the condenser.

Cold pressed extraction: It is also referred to as expression, it is a method of extraction specific to citrus essential oils, such as tangerine, lemon, bergamot, sweet orange, and lime. The majority of modern expression techniques are accomplished by machines using centrifugal force. The spinning in a centrifuge separates the majority of essential oil from the fruit juice.

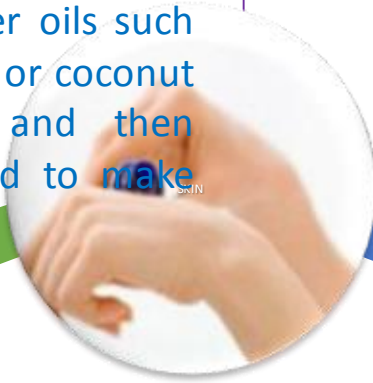
Supercritical CO₂ Extraction: Supercritical carbon dioxide (CO₂) extraction is a relatively new process used for the extraction of aromatic products. The basic concept is that CO₂ under pressure will turn from a gas into a liquid that can then be used as an inert liquid solvent. This liquid solvent is able to diffuse throughout the plant material thus extracting its aromatic constituents.



WHAT ARE THE USES OF ESSENTIAL OILS?



Skin care: The oils are mixed with another substance (carrier oils such as almond, olive or coconut oil or lotion) and then applied or added to make cosmetics



Vapours

Pour 4-5 drops of pure essential oils or blended oil into a basin covering your head with a bath towel and inhale the vapours. Allowing them to act on the skin of your face. It is advisable to close or protect your eyes to avoid irritation.



Room diffuser

Add 3-6 drops of pure essential oil or blended oil to the diffuser. Light the candle for 10 minutes, allowing the aroma to spread into the atmosphere.



Massage

Massage is the most common method of application and among the most pleasant experiences. It effectively helps the skin to absorb the oils, facilitating their. We recommend a dilution of 2.5%, equal to about 12 drops of pure essential oil in 25ml of a vegetable base oil but for the treatment of children only 2-3 drops should be used.



Bath

Pour 6-8 drops of pure essential oil or blended oil into a tub of hot water and spread the oil uniformly on the surface. Immerse yourself for 10-15 minutes, breathing in the vapours.



QUALITY AND SAFETY CONTROL



Essential oils that are used in aromatherapy are not always easy to find. In order to get the most benefit from aromatherapy, oils in their purest form should be used and that is why we, at EA AromaCare, carefully select around the world, ingredients for any oil we sell and make sure that it is in its purest form.



DO'S & DON'TS



- 🔥 Essential oils are very powerful when they are not diluted. In order to make them safe, you should dilute them with a carrier oil. Some of which are Olive oil, Jojoba oil, Argan oil, Grapeseed oil, Avocado oil, Castor oil, Coconut oil etc. (Anyone who has a nut allergy should avoid carrier oils derived from nuts).
- 🔥 Follow the instructions carefully when making any essential oil compound. If a recipe says one drop, use only one drop
- 🔥 Oils should be stored out of children's reach.
- 🔥 If accidental ingestion occurs, contact A & E immediately. Pregnant women should consult their physician before partaking in any kind of aromatherapy.
- 🔥 If you plan to use aromatherapy on infants or the elderly, it is recommended that you use lesser amounts of oil in your recipe. Check with your physician to ensure that it is safe to use on a particular age group.
- 🔥 Some oils can be toxic if ingested even in small amounts. In general, unless specified for oral use, essential oils should not be ingested.
- 🔥 Essential oils should be stored in a cool, dry place and if tightly capped, will last six to twelve months.

🔥 People with asthma, epilepsy, or other serious health conditions should contact their physician before using aromatherapy.

🔥 Essential oils should never be put on your skin in their undiluted form. They can irritate your skin quickly and cause a chain reaction that may make you sensitive to that oil for the rest of your life. Especially oils like Bergamot essential oil under the sun can cause sunburn.

🔥 To avoid an allergic reaction, place a small amount of diluted oil on a patch of your skin. Cover the spot with a band aid and wait a full day to see if irritation occurs. This will help prevent a potentially large allergic reaction to essential oils.

🔥 Essential oils should be kept away from open flame or fire hazards as they are inflammable.

🔥 Never use any sort of oil near your eyes. Wash your hands thoroughly after handling essential oils to avoid contact with eyes or mouth.



Why Is EA AromaCare's Essential Oils The Best?

Our oils are 100% pure, undiluted and non-synthetic. They are meant to give therapeutic benefits from aromatherapy as the process of distilling them is strictly monitored.

We only use amber bottles to preserve the quality of our oils as exposure to light decreases the benefits of the essential oils.

We believe in our quality as our oils are sourced from countries where the particular plant is mainly grown..



PURE ESSENTIALS



Your Basic Essential Oil Care Kit -If you are just beginning your journey with essential oils and aromatherapy, there are a few oils that will help you get started. These are some of the easiest to find yet are versatile essential oils. Not only are they used for therapeutic purposes but can also be used in many other applications.

We have carefully picked the top six essential oils and made them available to you in the form of a gift set. These include Lavender, Peppermint Bergamot, Eucalyptus, Tea tree and Lemongrass.

The most common way to use essential oils is through an aroma diffuser. An aroma diffuser puts the essential oils into the air quickly and spreads them about the room which allows you to get your therapy by just relaxing and breathing deeply. They come in all different shapes and styles so you can purchase one that matches the décor in each room of your home. Some run with the use of an open flame while others are powered by electricity. You can even get aromatherapy diffusers that work in your car.

LAVENDER OIL



Lavender is a non toxic and non irritant essential oil. It is extracted through steam distillation from flowering tops of the lavender plant. Lavender has long been a folk remedy used to calm an upset stomach. Lavender has both soothing and reviving properties.

Lavender oil should be clear to pale yellow and should smell sweet with floral and woody undertones. It blends well with other floral and citrus essential oils.



In aromatherapy Lavender has a variety of health benefits. Its pleasant and calming scent makes it helpful in treating nerves and headaches, anxiety, depression, and emotional stress. It also increases mental stamina and calms exhaustion.

Lavender essential oil is often recommended to treat insomnia as its scent can induce sleep. Massage with lavender oil can remedy all types of soreness and pain even when it is deep in the joints.

The vapour form of lavender oil is used to treat all sorts of respiratory problems including, colds, flu, chest congestions, whooping cough, sinus congestion, and asthma. Lavender has been used to promote good blood circulation and stimulate the production for gastric fluids to treat stomach ailments

PEPPERMINT OIL



Peppermint essential oil is non toxic and when diluted is a not irritant. It can cause some skin irritation because of the menthol properties it holds and should be used with temperance.

The use of Peppermint has been found in Egyptian tombs dating as far back as 1000 BC. It also has a history of use in China and Japan since the earliest times to treat all sorts of health anomalies.



Peppermint essential oil should be pale yellow or greenish in colour. It has a strong grassy mint scent. Peppermint works well with other mint scents like eucalyptus as well as rosemary and lavender.

Peppermint has been studied in the science community and its health benefits proven. Because of this peppermint oil is available in pill form. It contains many minerals and nutrients like iron, magnesium, calcium, omega-3 fatty acids, and Vitamins A and C.

Peppermint is an excellent remedy for respiratory problems and is widely used as an expectorant to remove nasal and respiratory congestion. As an aromatherapy it can be used to treat nausea, headaches, depression, and stress. It has also been known to treat irritable bowel syndrome. As a skin care product, peppermint oil can improve oily skin and replenish dull skin.

TEA TREE OIL



Tea Tree essential oil is also a non toxic and non irritant oil but can cause sensitization in some people. This oil is extracted through steam distillation from the leaves and twigs of the Tea Tree plant.

Tea Tree has long been used by the aboriginal people in Australia and is named for their use of it as an herbal tea. The oil should be a pale yellow green or water white colour. Tea Tree blends well with lavender, clary sage, rosemary, and many spice oils.



Tea Tree oil is known for being anti bacterial, anti microbial, anti septic, and anti viral. In short, it can almost be called a cure-all because it has so many properties to ward off disease and germs. In Australia it is found in nearly every household because of these properties.

Tea tree oil can be used as an anti bacterial to cure all sorts of bacterial infections including the treatment of wounds. As aromatherapy it can be used to treat coughs, colds, congestion and bronchitis. It can also keep fungal infections at bay and even cure dermatitis and athlete's foot.

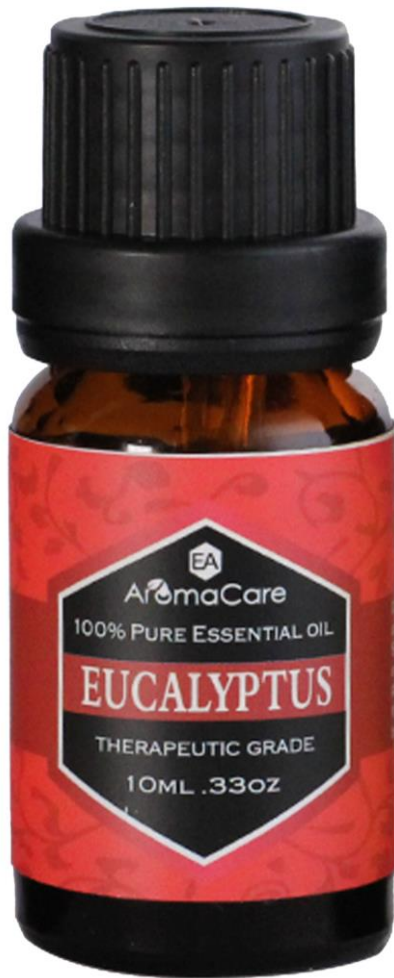
Tea tree can be used as a stimulant to hormones and circulation and to boost ones immune system. Tea tree oil can help remove toxins by opening pores and promoting sweating which removes uric acid and excess salt and water from your body.

EUCALYPTUS OIL



Eucalyptus is relatively new to the aromatherapy family as it has only been used for the past few centuries. It is a non irritant but can be extremely toxic if ingested.

It is colourless as an essential oil but has a distinct pine like scent. The essential oil is from the leaves of the evergreen eucalyptus tree that is native to Australia.



As an aromatherapy it is used to treat respiratory problems like sinusitis, nasal congestion, sore throat, runny nose, coughs, colds, and bronchitis. It is able to treat all of these ailments because it is antibacterial, anti fungal, and a natural decongestant.

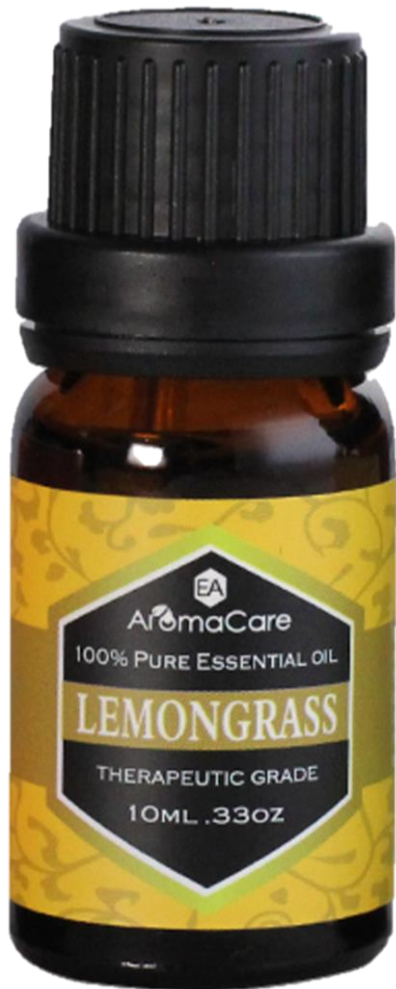
Eucalyptus also has a cool and refreshing scent which makes it great for treating exhaustion and mental disorders.

Eucalyptus can also be used around the house as a room freshener, in making natural soaps, in saunas for its antiseptic properties, and even as in mouth wash or toothpaste.

LEMONGRASS OIL



Lemongrass is native to India. Lemongrass essential oil has a long history with South America and Southeast Asia. It is predominantly grown in India, China, and Central America and is a top selling essential oil. It is extracted through the method of steam distillation



Lemongrass essential oil has many benefits including the ability to effectively work as an insect repellent. It is also strongly antifungal and antimicrobial, ridding unwanted bacteria from the skin and countertops alike. Couple this with the fresh scent and the oil is quite suitable for a myriad of cosmetic applications such as soaps, deodorants, perfumes, and much more.

The fresh scent works wonders on the mind and infuses a sense of vitality and is considered an antidepressant. Lemongrass oil has analgesic properties helping to recover from muscle soreness, arthritis, and jet lag.

Lemongrass essential oil is an excellent addition to cosmetic applications, personal care formulations, soaps, perfumery, incense, candles, and aromatherapy

BERGAMOT OIL



Bergamot is grown almost exclusively in Italy. It is a citrus fruit similar to orange but not edible, omitting a delightful fruity and floral scent. Bergamot is a central ingredient to many perfumes and colognes and also gives Earl Grey tea its unique taste. As a traditional Italian remedy the oil was used to combat fever and infection. It is the fruit peel that is used to extract the oil through cold press.



Bergamot essential oil is considered an effective antidepressant due to its primary ingredients, Alpha Pinene and Limonene, both of which are inherently bright in smell, actively inducing hormones. Bergamot is considered a beautifying oil due to its cicatrizing properties, helping to fade scars and acne from prominence.

It is also considered antiviral as it assists with ulcers and herpes. Because of its heavenly scent and antibacterial properties, bergamot is a popular natural deodorant. Studies have also demonstrated bergamot oil having the ability to balance the hypothalamus.

Bergamot essential oil is wonderful to incorporate in cosmetic applications, personal care formulations, soaps, aromatherapy, and perfumery.

ESSENTIAL OIL PROPERTIES



The properties of essential oils are what make them so beneficial. While most of them smell pleasant, that is just a by product of their real benefit. The term essential oil may sound simple, but they are actually complicated chemical compounds.

The ingredients in essential oils are organic because they consist of a molecule structure. This structure is made of carbon atoms and bound by hydrogen atoms.

In some essential oils there may also be oxygen, nitrogen, and sulphur atoms. By familiarizing yourself with the chemical make up of essential oils, you can understand how they might benefit your health. In turn you will also be able to understand why some oils are hazardous.

RECEPIES

Essential Oils have multipurpose benefits. They are great for skincare due to its antiseptic and antifungal properties which help to reduce scarring and speed up healing. They are also used to treat various skin and health problems. These herb are widely used in beauty products and fragrances and house hold cleaning due to their various benefits.

We have gathered some DIY beauty, health, home & kitchen recipes for you to experiment with your gift set. Enjoy!





LAVENDER HONEY LIP BALM

- 2 Tbsp. coconut oil
 - 1 Tbsp. shea butter
 - 1/2 tsp raw honey
 - 1 Tbsp. sweet almond oil
 - 2 Tbsp. beeswax
 - 15 drops Lavender essential oil
 - 5 drops lemongrass essential oil
 - Equipment You'll Need
 - 12 lip balm tubes
 - a large rubber band
-
- Directions Remove the lids from the lip balm tubes and secure upright with a large rubber band. Gently melt the coconut oil, shea butter, honey, and beeswax in a double boiler (or in a glass bowl set on top of a sauce pot of simmering water). Remove from heat and then stir in the sweet almond oil and essential oils. Quickly pour the melted oil into the upright tubes. You have to move very quickly before the oils start to set. Allow the lip balm to set and then cap the containers



MINTY FRESH SHAVING CREAM

- 8 ounce glass pot
 - White lids – optional for a different look
 - 1/3 cup of Shea Butter
 - 1/3 cup of Coconut Oil
 - 3 TB raw olive oil
 - 1 tsp. Castile soap
 - 7-8 drops of Peppermint oil
- Directions Put your shea butter and coconut oil in a double burner. Put on low heat and let the fats melt. Take off of heat and pour your oils into a glass bowl. Add your olive oil. Let slightly cool and add your Castile soap and essential oil. Put in refrigerator for about an hour or until the solution starts to solidify. Then remove from fridge and whip your solution with an immersion blender until it forms a whipped cream texture. Scoop into your glass pot. Close with lid and store in a dark, cool place. Scoop out silver dollar scoop of cream and spread before shaving.





ROLL ON

- 1 dark glass roll-on bottle
 - 1 TB fractionated coconut oil
 - 3 drops of Tea tree essential oil
 - 3 drops of Lemongrass essential oil
- Directions Put your essential oil drops into your roll-on bottle. Fill the remainder of your roll-on bottle with a light carrier oil like fractionated coconut oil. Put on your roll-on top and lid. Store in a cool, dark place. Apply to pulse points as needed.



FACIAL CLEANING SCRUB

- 8 ounce glass pot
 - White lids – optional for a different look
 - 1/2 cup raw olive oil
 - 1 cup sea salt
 - 5 drops each of Lavender, Bergamot
- Directions Measure your salt and pour into a large glass bowl. Add your olive oil and mix well with a metal spoon. Add your essential oils and continue to stir your mixture. Slowly scoop into your glass pot. Close tightly with white lid and label. Store in a cool, dark place. Scoop out a silver dollar size of scrub and apply to body. Repeat weekly.



MOOD LIFTING DIFFUSER BLENDS

- We suggest using Lavender with Bergamot or tea tree with Lemongrass for a calming atmosphere.
- You can use an electric or a candle diffuser
- Add some water to the candle diffuser and add the recommended blends or the oil of your choice with 3-4 drops to it relax and let the magic begin.



ALLERGIES

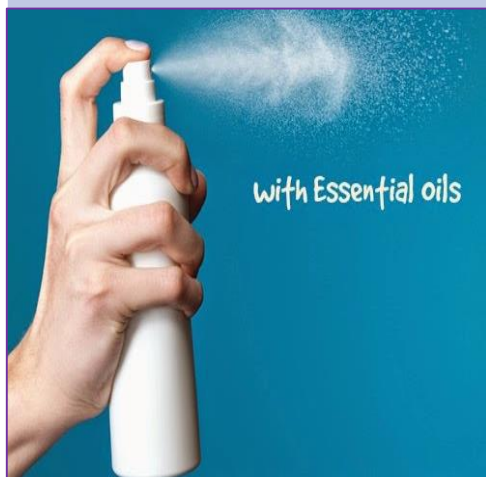
- For allergy symptom relief, blend of 2 drops each Peppermint, Bergamot, and Lavender essential oils in a diffuser.





COLD & FLU

- **Breathe Easy** during cold and flu season. Combine 4 drops of a respiratory blends of 2 drops each of Eucalyptus and Peppermint oils.



BATHROOM AIR FRESHENER

- Fill a pump-spray bottle with 500ml of distilled water then add the following essential oils:
 - 5 drops Eucalyptus essential oil
 - 5 drops Lemongrass essential oil
 - 10 drops Bergamot essential oil
 - 10 drops Lavender essential oil
 - 10 drops Tea Tree essential oil
- Shake this mixture well before each use. Spray every day to keep your bathroom smelling fresh and clean.





LAVANDER & TEA TREE CLEANER

- 1 t. borax
 - 2 T. white vinegar
 - 2 c. hot water
 - 1/4 t. Lavender essential oil
 - 3 drops Tea Tree essential oil
- Directions Mix all ingredients together and stir until dry ingredients dissolve. Pour into spray bottle for long-term storage and use. Spray as needed on any surface except glass. Scrub and rinse with a clean damp, cloth.





DISINFECTANT SPRAY

- 5 drops Peppermint
- 2 drops Eucalyptus
- 10 drops Bergamot
- 1/8 t. Sunshine Concentrate
- 30 ounces water
- Combine essential oils with Sunshine Concentrate and water in a 32 oz. trigger spray bottle. Spray on and wipe surface dry. Disinfects countertops, stovetops and tiles.



MICROWAVE CLEANER

Microwave Cleaner

- 1/4 cup baking soda
- 1 teaspoon vinegar
- 6 drops Bergamot essential oil

Mix ingredients to make a paste. Apply to interior of microwave with a sponge. Rinse and leave door open to dry for 15 minutes. Wash the glass turntable by hand. This recipe will get rid of food odours.



FLOOR CLEANER

Floor Cleaner

- 1/4 cup white vinegar to a bucket of water
- 10 drops Lemongrass oil
- 4 drops Lavender oil

Spray it all over the floor and use a dry mop to clean.












































LAVENDER LINEN SPRAY

- 2 ounce dark glass spray bottle (1 teaspoon of witch hazel)
- 15-20 drops of Lavender
- Almost 2 ounces of distilled water
- Directions:
- Add your Lavender to your glass bottle. Then add your witch hazel. Fill the remaining bottle with distilled water. Put on spray cap and shake bottle well. Spray on freshly laundered clothes or on your pillows and linens before bed.



THE ESSENTIAL ART- APPLICATION CHART

| | LAVENDER | EUCALYPTUS | TEA TREE | BERGAMOT | LEMONGRASS |
|---------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| TENSED NERVES |  | |  | |  |
| BURNS |  |  |  | | |
| COLD & FLU |  |  |  |  | |
| CUTS |  | |  | | |
| ACTIVNESS |  |  |  |  |  |
| HEADACHES |  |  |  |  |  |
| INSOMNIA |  | |  | |  |
| MUSCLE PAIN |  |  |  |  | |
| INSECTICIDE | |  |  |  | |
| DISINFECTANT |  |  |  |  |  |
| MASSAGE |  | |  |  |  |

CONCLUSION

The use of essential oils can be beneficial to your health. These products in their natural form promote overall well being for those who use them. Instead of using complicated products with synthetic chemicals, you use what nature intended.

Not only can you maintain health but you can ward off illnesses like colds and flu just by inhaling lovely scents in your home, car, or office. The use of essential oils will improve your health and raise your energy level.

Aromatherapy can even relieve tension and calm nerves. By using these complex organic compounds you can feel better and look better.

In addition to boosting your head to toe health the use of aromatherapy allows you to avoid using other dangerous products. When you use nature's recipes to combat everything from diabetes to heart ailments you free yourself from the side effects of synthetic medications.





If you still require prescription treatment you can use aromatherapy in conjunction with them. Be sure to check with your physician before you mix any chemicals or if you are pregnant or have an ongoing health condition.

There are many more other essential oils which also have a lot of benefit to them and you can use them in conjunction with the top six that we have presented.

If you are just beginning your journey into the world of aromatherapy the kit listed here is a great way to get started. It provides you with the most commonly used oils that can be used in many recipes.

You should take time to familiarize yourself with the oils that can be hazardous especially as they pertain to your health issues or concerns. Remember that no two people are the same so what is a non irritant to another person may not be so for you. Simple tests can help you determine whether you will be allergic to an oil.

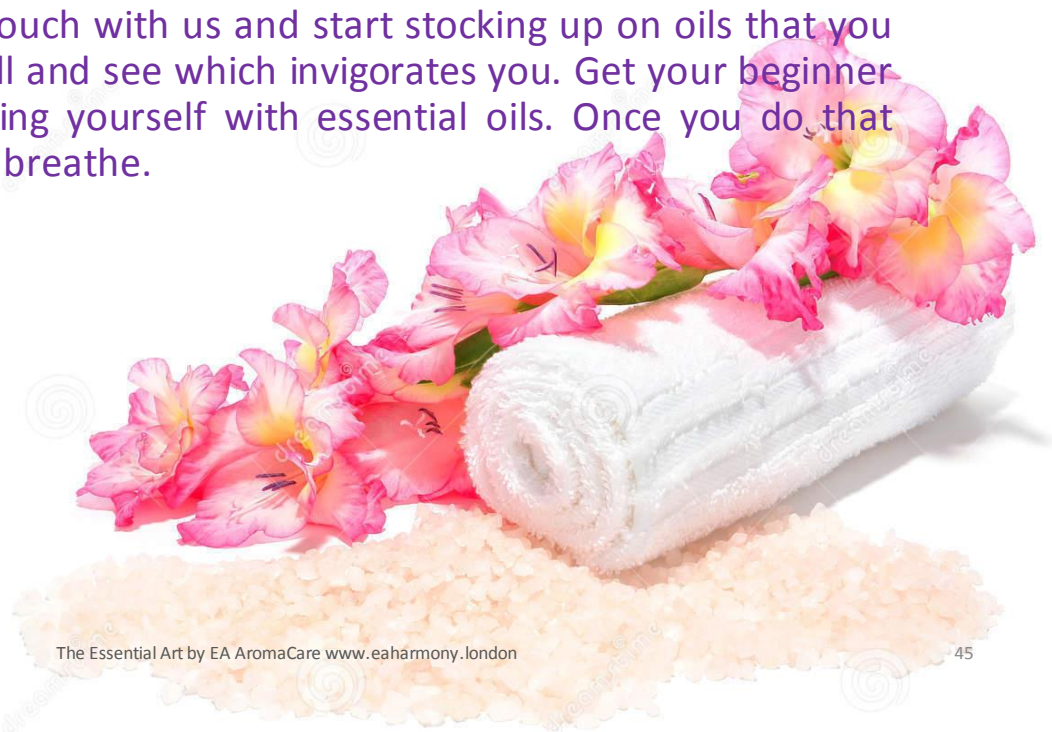
As a novice to the field of aromatherapy you should also take note of safety precautions and hazardous oils. One needs to be very cautious in selecting the best quality oils and that exactly is our aim, to get you the best oils from their place of origination.

Once you experience the benefits of essential oils you will wonder how you ever lived without them. Soon your home will be free of synthetic chemicals for cleaning and treating illnesses.

Do not underestimate the power of ridding your home of the scent of bleach and strong household cleaners. Imagine what taking those smells into your lungs does to your respiratory system. Now think of how it feels to breathe in fresh healthy air. This is what happens when you use essential oils to maintain a clean home. You and your whole family will be able to breathe easier and feel better. All of this by using nature's essential oils through aromatherapy.

Aromatherapy is for you. It is meant to benefit your health and well being. All the tools you need are some high quality natural oils and a few recipes. More important is the knowledge that you do not have to harm yourself to keep your body and home free of germs, bacteria, and negative energy.

So, get in touch with us and start stocking up on oils that you like. Smell them all and see which invigorates you. Get your beginner kit and start healing yourself with essential oils. Once you do that your only job is to breathe.





For more information, feedback and questions about our product
EA AromaCare Essential Oil gift set email us
contact@eaharmony.london



“The necessity of teaching mankind not to take drugs and medicines, is a duty incumbent upon all who know their uncertainty and injurious effects; and the time is not far distant when the drug system will be abandoned.”

- Charles Armbruster, M.D.



KEEP IN TOUCH FOR OUR REGULAR PROMOTIONS

Through the following social media websites



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