



AROMATHERAPY

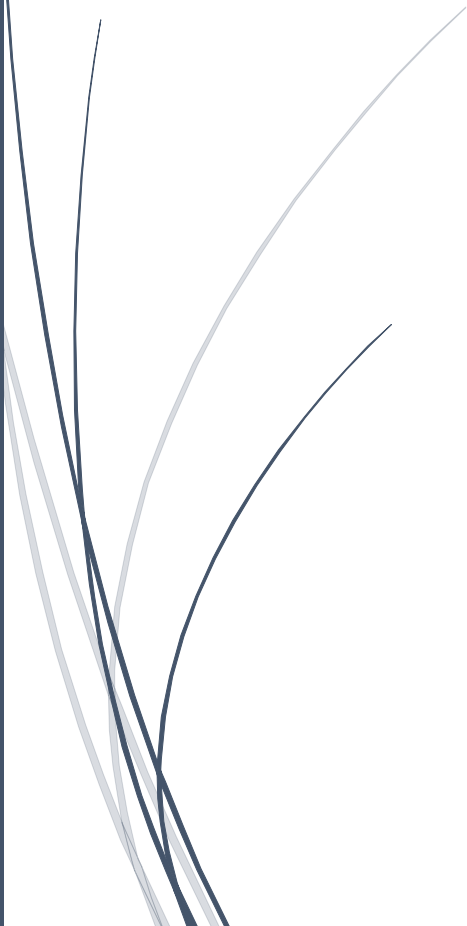
Boost your *mood and wellbeing* with pure natural and organic essential oils.



Aromatherapy Oils



Kay Billingsley
NUTRITION BODY AND SOUL



Essential Oil	Information	To use
<u>Jasmine</u>	<ul style="list-style-type: none"> • Sensual and sweet • Nourishing for the skin • Boosts self-confidence and sensuality. 	<p>Baths: blend 5 drops in 2 tablespoons of carrier oil, add to bath</p> <p>Massage: 5 drops in base carrier oil</p> <p>Diffuser:2-3 drops</p> <p>Do not use undiluted on skin</p>
<u>Sandalwood</u>	<ul style="list-style-type: none"> • Promotes wellbeing • Restful • Indulgent 	<p>Baths: blend 5 drops in 2 tablespoons of carrier oil, add to bath</p> <p>Massage: 5 drops in base carrier oil</p> <p>Diffuser:2-3 drops</p> <p>Do not use undiluted on skin</p>
<u>Ylang-Ylang</u>	<ul style="list-style-type: none"> • Relaxing • Sensual 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full fat milk, add to bath</p> <p>Massages: add 2-3 drops of essential oils to 3 tablespoons of carrier oil</p> <p>Vaporisation: add 2-4 drops of essential oils to a burner or vaporiser</p> <p>Always dilute before applying to the skin.</p>
<u>Chamomile</u>	<ul style="list-style-type: none"> • Soothing • Calming • Relaxing 	<p>Baths: blend 3 drops in 2 tablespoons of carrier oil, add to bath</p> <p>Inhalation: 4 drops to a bowl of steaming water.</p> <p>Massage: 2 drops in base carrier oil</p> <p>Diffuser:2-3 drops</p> <p>Do not use undiluted on skin</p>
<u>Lavender</u>	<ul style="list-style-type: none"> • Relaxing • Cleansing • Refreshing • Soothing • Calming 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full fat milk, add to bath.</p> <p>Massages: up to 15 drops of essential oils to 3 tablespoon of carrier oil.</p> <p>Vaporisation: add 2-4 drops of essential oils to a burner, aroma stone or aroma stream.</p>
<u>Bergamot</u>	<ul style="list-style-type: none"> • Relaxing • Calming • Balancing 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full fat milk, add to bath</p> <p>Massages: add 2-3 drops of essential oils to 3 tablespoons of carrier oil</p> <p>Vaporisation: add 2-4 drops of essential oils to a burner or vaporiser</p> <p>Always dilute before applying to the skin.</p>

<p><u>Geranium</u></p>	<ul style="list-style-type: none"> • Uplifting and floral • Restores balance to the emotions, skin and hormones. 	<p>Bath: blend 4 drops of essential oil to 20mls of base oil, lotion or bath & shower gel. Vaporisation: add 1 -3 drops of essential oils to a diffuser, burner or aroma stone.</p>
<p><u>Rose</u></p>	<ul style="list-style-type: none"> • Nurturing and floral • Calming for emotional or tense times 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full fat milk, add to bath Massages: add 2-3 drops of essential oils to 3 tablespoons of carrier oil Vaporisation: add 2-4 drops of essential oils to a burner or vaporiser Always dilute before applying to the skin.</p>
<p><u>Eucalyptus</u></p>	<ul style="list-style-type: none"> • Cooling • Refreshing • Stimulating 	<p>Baths: blend 5 drops in 2 tablespoons of carrier oil or full fat milk, add to bath. Massages: add 1-3 drops of essential oils to 3 tablespoonful of carrier oil. Vaporisation: add 2-4 drops of essential oils to a burner, aroma stone or aroma stream.</p>
<p><u>Peppermint</u></p>	<ul style="list-style-type: none"> • Cooling • Refreshing • Stimulates the mind 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full whole milk, add to bath Massages: add 2-3 drops of essential oils to 3 tablespoons of carrier oil Vaporization: add 2-4 drops of essential oils to a burner or vaporizer.</p>
<p><u>Pine</u></p>	<ul style="list-style-type: none"> • Energising 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full fat milk, add to bath. Vaporisation: add 2-4 drops of essential oils to a burner, aroma stone or aroma stream.</p>
<p><u>Lemongrass</u></p>	<ul style="list-style-type: none"> • Energising • Zesty 	<p>Baths: blend 5-8 drops in a teaspoon of carrier oil or full fat milk, add to bath Massages: add 2-3 drops of essential oils to 3 tablespoons of carrier oil Vaporisation: add 2-4 drops of essential oils to a burner or vaporiser Always dilute before applying to the skin.</p>