

Essential Oils		Description						Therapeutic Uses														Mood Collection					
		Acne	After Sun	Anti-bacterial	Anti-fungal	Anxiety	Cold/Flu	Depression	Detox	Digestion	Energize	Headache Relief	Immunity	Muscle Relief	PMS	Relaxation	Skin Repair	Sleep Well	Stop Smoking	Stress Relief	Weight Loss	Passionate	Fresh	Unwind	Energized	Balanced	Indulgent
Bergamot Pure	Origin: Ivory Coast Sweet, Citrusy	•				•		•			•			•						•	•			•	•		
Cedarwood	Origin: USA Woody	•			•		•							•						•	•		•				
Cinnamon	Origin: Sri Lanka Peppery, Earthy, Spicy									•				•						•							•
Eucalyptus	Origin: China Fresh, Woody, Earthy		•				•					•	•	•							•			•	•		
Geranium	Origin: China Floral, Fresh, Sweet	•		•			•								•	•	•			•	•						
Grapefruit	Origin: Israel Citrusy						•	•	•	•	•					•	•			•	•			•			
Lavender	Origin: France Floral, Sweet, Woody	•	•	•	•	•	•		•	•	•	•	•	•		•	•	•	•	•	•						
Lemongrass	Origin: Guatemala Fresh, Lemony, Earthy	•			•		•		•			•	•	•						•						•	
Lemon	Origin: Italy Fresh, Sharp, Citrus	•		•									•				•				•					•	
Lime	Origin: Italy Fresh, Citrusy, Sweet	•		•													•				•					•	
Patchouli	Origin: Indonesia Sweet, Spicy, Woody	•		•	•			•		•					•		•			•	•	•					
Peppermint	Origin: USA Strong, Fresh, Menthol	•					•			•		•		•			•			•			•				
Rose Otto 10%	Origin: Bulgaria Floral, Sweet							•	•								•			•	•	•					
Rosemary	Origin: Spain Fresh, Herbaceous, Sweet	•			•		•	•		•		•	•	•			•			•			•				
Sandalwood	Origin: India Rich, Sweet, Wood	•	•				•							•		•	•	•		•					•	•	
Sweet Orange	Origin: Brazil Citrusy, Sweet, Orange	•															•				•			•	•		
Tea Tree	Origin: Australia Medicinal, Fresh, Woody	•	•	•	•		•										•				•			•	•		
Ylang Ylang	Origin: Comoros Heavy, Sweet, Floral	•				•												•	•		•						

Blending Tips & Tricks

- 1 | Create scentsational smelling towels**, sheets, clothes, etc. Place a few drops of any combination of essential oils or aroma blends onto a small piece of terry cloth and toss into the clothes dryer while drying. Add 5 drops of essential oil to 1/4 cup fabric softener or water and place in the center cup of the wash.
- 2 | Revive potpourri** which has lost its scent by adding any combination of essential oils or aroma blends.
- 3 | Make your own air freshener** by adding a teaspoon of alcohol and a few drops of any combination of essential oils or aroma blends to water in a spray bottle.
- 4 | Scent your space** by adding any combination of essential oils or aroma blends to a pan of water and simmer on the stove or in a diffuser.
- 5 | Enjoy a scented candle**, place of any combination of essential oils or aroma blends into the hot melted wax as the candle burns.
- 6 | Dispel household cooking odors**, add any combination of essential oils or aroma blends to your forced air vents.
- 7 | Ease headache pain** by rubbing a drop of Rosemary and Lavender oil onto the back of your neck. Even better, use Escents Headache Relief roll-on.

For more ideas go to www.escentsaromatherapy.com

Ways to Dilute Essential Oils

Add your favourite essential oil to one of Escents' unscented products including: Hand & Body Lotion, Massage & Bath Oil, Wash & Bubble, Body Butter, Salt Scrub, Body Whip or Aroma Mist. Or simply add water and a few drops of an Essential Oil or Aroma Blend to a diffuser to effortlessly diffuse your oils into any space.

** All essential Oils should be diluted before use.*

Contraindications

Some of the most beneficial oils can prove harmful under certain conditions. Concentrated oils are very strong, and just because a product is natural doesn't mean that it is harmless. Inappropriate use can often lead to adverse and damaging side effects. This is a partial list of medical conditions and certain situations that warrant avoiding some oils.

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

Breastfeeding: mint, parsley, sage and jasmine

High blood pressure: cypress, eucalyptus, nutmeg, hyssop, fennel, rosemary, sage and thyme

Low blood pressure: clary sage, garlic, lavender, lemon, marjoram and ylang-ylang

Epilepsy: fennel, hyssop, rosemary, eucalyptus, nutmeg, sage and wormwood

Care when using machinery or driving: clary sage, ylang ylang, and vetiver

Care if drinking alcohol: clary sage

Care if in the sun: bergamot, lemon, grapefruit, lime, ginger, orange

For more information contact:

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Essential Oil Guide to Wellness



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