



Discover living life as nature intended



FACT FILES

For Mail Order and Customer Helpline
phone **020 8941 0759** or fax **020 8941 2629**
e-mail mailorder@knotselementals.com
www.knotselementals.com

29 St. James's Avenue, Hampton Hill,
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For the past ten years, my life has been steeped in the world of aroma, teamwork and training. A pretty incongruous trio. I have a deep love of alternative, holistic practices such as aromatherapy, reflexology, homeopathy but only have a grasp of them as a layman. My hunger for knowledge led to a bookshelf of informative tomes on holistic practices as I struggled with my life as a mother, wife and working woman dealing with day to day stress and keeping on top of everything in a fast moving, busy world.

knots **elementals** offer you the opportunity to share the knowledge I have gleaned over the years in an informal environment with friends. These Workshops are supported by informative fact files for you to collect and keep as a ready reference manual. The subjects covered are creating bespoke skincare that are tailor-made for you and your family, basic first aid and healthcare, simple preventative treatments, products to enhance your daily living in your home and many more.

All products introduced to you at a knots **elementals** Workshop are of first quality, with ingredients that are environmentally friendly, produced without cruelty to animals and no extra frills in the packaging to give you hidden costs. Expert advice is sought at every step to ensure product quality is second to none and suppliers are selected for their integrity and caring of the world we live in. You have the best ingredients with unlimited choice to look after the needs of the individual. You can tie your mood to the product, create a new picture, feed the mind, nurture the body and uplift the spirit.

We hope to spend many happy hours with you all, sharing this abundance of knowledge on the riches of nature's pharmacy.

Enrich your life and have fun!

Barbara Sargent
December 1998

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disclaimer

All the information put together in the knots **elementals** Fact Files has been gathered and compiled over the years by myself as I sought more holistic ways of caring for my family. I have no expertise in the area of nutrition but I am merely a user of essential oils and numerous other natural healthcare products.

I have obtained the information for the knots **elementals** Fact Files from lectures, books, newsletters about essential oils, personal experience and from working several years in the toiletries and perfumery industry. The information is not intended to provide medical advice or to prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician either directly or indirectly. Each essential oil is different and works for each individual in a unique way.

Although every effort has been made to ensure accuracy, it is not guaranteed to be 100% accurate but is compiled to share information gathered together over many years.

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N O T E S

W H A T A R E E S S E N T I A L O I L S ?

essential oils

They come from the plant kingdom from flowers, herbs, trees, vegetables or spices. The essential oils can be found in leaves (rosemary), bark (cinnamon), blossom (neroli), fruit (lemon), wood (cedar), resin (frankincense), roots (vetiver) or buds (clove).

Why are they called essential?

They capture not only the plant's fragrance but also its healing properties in a very concentrated form.

How are they extracted?

By steam distillation (lavender, rosemary, marjoram), simple expression or pressure to the peel (citrus fruits like orange, bergamot) or extraction using volatile solvents (rose, neroli, jasmine) as they are more delicate.

How are they applied?

By massage, in baths, compresses, inhalations, room vaporizers and general beauty care for the face, body and hair and of course as perfumes. The oils are readily absorbed through the skin and into the blood stream.

What do they help?

Effective for both physical and emotional complaints as the two are closely connected. Each oil has its own qualities with its signature aroma and healing properties. They act upon the individual in a unique and subtle way.

What is a good quality essential oil?

To be of excellent quality it must be unadulterated, genuine, authentic and well sourced. The country of origin has a direct bearing on the quality of the oil. A synthetic oil may have the same chemical components but the vital trace elements will be missing. A true essential oil is a complete structure with incredible vitality from the earth. Quality oils smell better and perform better. High grade oils are the most potent and should be used sparingly.

knots **elementals** essential oils are high grade oils and should be used with respect, sympathy and understanding.

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are essential oils safe?

Before using any essential oil it is best to follow some simple precautions:

Always add 1 drop of oil at a time, mix well, check strength, apply another drop if necessary. Do not exceed the stated dose.

Do not take internally. Always check specific safety data before using a new oil at home. Do not use essential oils at home to treat serious medical or psychological problems.

With a few exceptions, do not apply essential oils undiluted to the skin.

Avoid contact with the eyes.

Some oils are contra-indicated during pregnancy, others during the first four months only. Always use at half the recommended dilution during pregnancy.

Avoid some oils in combination with alcohol or homeopathic treatment, or in cases of high-blood pressure, epilepsy or allergies.

Store away from light and heat, well out of reach of children. The shelf life of oils is anything up to 2 years (citrus oils 6 months).

babies and children

Always increase the dilution for babies and infants to at least half the recommended amount. For babies, avoid the possibly toxic and irritant oils altogether.

Babies 0-12 months: Use only 1 drop of lavender, rose or chamomile essential oil, diluted in 5 ml carrier oil for massage or bathing.

Infants 1-5 years: Use only 1-2 drops of the "safe" oils, i.e. those which are non-toxic and non-irritant, diluted in 5 ml carrier oil for massage or bathing.

Children 6-12 years: Use as for adults but in half the stated concentration.

Children over 12 years: Use as directed for adults.

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customer services

mail order and customer helpline
 bespoke skincare workshop
 alternative medicine cabinet workshop
 equine and canine workshop
 general health assessment muscle test
 equine and canine essential oil therapy
 bespoke horse/dog shampoo
 college/school tutorials
 newsletter
 knots **elementals** on-line information

knapsacks and toolkits:

essential oil starter toolkit 1ml

lavender, lemon, peppermint, rosemary, tea tree.

bathroom toolkit 500ml

shampoo, conditioner, bath/shower gel, body lotion, bowl and spoon, 4 x 1ml essential oils in blue ticking bag.

travel toolkit 150ml

shampoo, conditioner, bath/shower gel, body lotion, bowl and spoon, 3 x 1ml essential oils in blue ticking bag.

home elemental toolkit

the five elements, big basic burner, nightlight holder in yellow ticking bag.

bath and body knapsack

150ml bath/shower gel, 150ml body lotion, 1ml lavender, 1ml tea tree and a mixing bowl and spoon.

hair knapsack

150ml shampoo, 150ml conditioner, 1ml rosemary, 1ml lemon and a mixing bowl and spoon.

hands and feet knapsack

150ml foot lotion, 50g hand cream, 1ml lavender, 1ml peppermint and a mixing bowl and spoon.

home elemental knapsack

big basic burner, nightlight holder and 1 x element blend.

basic methods

bath Take 10 ml bath/shower gel, add essential oils of your choice mix well in mixing bowl and add to warm bath. It is wise not to put essential oils directly into the bath water. If you do not wish to use any bath gel put essential oils in half a glass of full fat or semi-skimmed milk, mix and swish into the bath water.

shower Take 10ml bath/shower gel, add essential oils of your choice, mix well and apply all over body with sponge or flannel.

footbath To a bowl of warm water, add essential oils of your choice, mix well and soak feet for ten to fifteen minutes.

massage Take 10 ml of your favoured carrier oil base add essential oils of your choice, mix well in mixing bowl and massage in gentle figure of eight movements.

inhaler 3/4 fill inhaler with very hot water, add 2 to 4 drops of essential oil(s). Breathe in deeply for ten minutes.

oil burner Fill terracotta bowl with water and add 2 to 4 drops of essential oil(s) of your choice. Light nightlight and put in safe place out of reach of children and animals. Do not let the burner bowl burn without water in it. Useful to fragrance rooms or as an effective microbe killer when bugs are around.

simple measurements and guidelines

Minimum/maximum drops of essential oil into millilitres of carrier oil or plain base

1-3 drops*	5 ml
2-6 drops*	10 ml
5 ml = 1 teaspoon	20 drops = 1ml essential oil
10 ml = 1 dessertspoon	40 drops = 2 ml essential oil
15 ml = 1 tablespoon	60 drops = 3 ml essential oil
	200 drops = 10 ml essential oil

* Number of drops used depends on brand of essential oils and personal preference.

plain bases

We have a comprehensive range of plain base body preparations, for daily use in the bathroom by all the family. Manufactured from fine natural ingredients the plain bases are fragrance-free, made from a biodegradeable vegetable source, ph balanced, with no colour added. They are highly affordable and produce excellent results. The emphasis has been put on the ingredients not on the packaging. They are suitable for vegans and not tested on animals. Preservatives have only been used in the minutest amounts possible to ensure an adequate shelf life. All knots **elementals** plain bases can be used on their own without any other additions or they can be made into made to measure preparations for each member of the family by adding essential oils, carrier oils or even herbal infusions from our medicine cabinet range.

how to make your own:-

shampoo/conditioner

- | | |
|-------------------|---|
| Option 1 | Use 10 ml plain base shampoo or conditioner on its own. |
| Option 2 | To 10 ml of plain base add 2/3 drops maximum of essential oil(s) of your choice. |
| Recipe suggestion | dark hair 1 or 2 drops rosemary |
| | fair hair 1 or 2 drops chamomile or
1 or 2 drops lemon |
| | dandruff 1 or 2 drops drops rosemary
and 1 drop cedarwood |
| | dry hair 1 or 2 drops geranium |
| Option 3 | Add 4/6 drops jojoba natural wax to 10 ml plain base and add essential oils as required. Good hair formula for dry, flyaway hair, adds body and weight. |

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix and test.

ylang ylang extra

Cananga odorata



Family: Annonaceae
Country of origin: Comores
Method of extraction: Steam or water-distilled from the flowers

ylang ylang extra

essential oil origin

description

home uses

psycho-logical profile

methods

blends with

safety data

Tall tropical tree up to 20m high with large, tender fragrant flowers which can be pink, mauve or yellow. The yellow flowers are considered to be the best for the extraction of essential oil.

Pale yellow, oil liquid with an intensely sweet, soft, floral-balsamic, slightly spicy scent. Perfume note: middle to base.

This oil has a sedating and calming effect on the nervous system but is reviving to the spirit. It is a traditional aphrodisiac. Use for high blood pressure, palpitations, panic attacks, anxiety, depression, dry and sensitive skin, mature skin and wrinkles, PMT, stress related conditions. Excellent reputation as an aphrodisiac for both men and women, relaxing inhibitions and dispelling stress while at the same time being arousing.

When you take on too much and cannot cope, this oil will help you to relax, get your life back in order and start to enjoy yourself again.

Bath, massage and skin oil, vaporization. Can be applied neat as perfume.

Rose, cedarwood, sandalwood, lemon, clary sage, bergamot, jasmine.

Non-toxic, non-irritant, non-sensitising. Use in moderation, since its heady scent can cause headaches or nausea.

tea tree

Melaleuca alternifolia



Family: Myrtaceae

Country of origin: Zimbabwe

Method of extraction: Steam or water-distilled from the leaves

tea tree

A small tree or shrub with needle-like leaves with heads of sessile yellow or purplish flowers.

A pale yellow-green or water-white liquid with a warm, fresh, spicy-camphoraceous odour. Perfume note: top.

Unusual in that it is active against all three varieties of infectious organisms, bacteria, fungi and viruses. Powerful immunostimulant and works very effectively when signs of infection are present. Colds, fever, flu, infectious illnesses such as chicken pox, measles, bronchitis, catarrh, coughs, sinusitis, whooping cough, cystitis, thrush, athlete's foot, abscesses, verrucae, warts, acne, blisters, burns, cold sores, mouth ulcers, dandruff, herpes, insect bites, oily skin, spots, boils, wounds.

For those that feel they have never quite reached their true potential, disadvantaged and held back by circumstances beyond their control.

Bath, vaporization, massage and skin oil.

Lavender, rosemary, clary sage, pine, ylang ylang, geranium, marjoram, clove, nutmeg, ravensara.

Non-toxic externally, non irritant, possible sensitisation in some individuals.

P L A I N B A S E S

plain bases

bath/shower gel

Option 1 Use 10 ml of plain base bath/shower gel on its own.

Option 2 To 10 ml of plain base bath/shower gel add 2/3 drops maximum essential oil(s).

Recipe Suggestion	Stimulate	1 drop rosemary, 1 drop lemon
	Relax	1 drop lavender, 1 drop marjoram
	Let go	1 drop frankincense, 1 drop neroli
	Anti virus	2 drops ravensara
	Aphrodisiac	1 drop ylang ylang, 1 drop lemon

Option 3 Add 5 ml soya oil to 10 ml plain base, add essential oils as required to add richness when skin feels dry or tender.

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in mixing bowl and test.

bathing sea salts

Option 1 Use a handful of plain base bathing sea salts in a bath for a good detox.

Option 2 To a handful of plain base bathing sea salts add 2 drops grapefruit or 1 drop grapefruit and 1 drop cedarwood.

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in mixing bowl and test.

essential
oil
origin

description

home uses

psycho-
logical
profile

methods

blends with

safety data

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plain bases

body lotion

- Option 1 Use plain base body lotion on its own for everyday use.
- Option 2 To 10ml of plain base body lotion add 2/3 drops maximum essential oil(s).
- Recipe suggestion
- | | |
|-----------|---------------------------------|
| Balancing | 2 drops geranium |
| Wake-up | 2 drops rosemary 1 lemon |
| Warming | 2 drops marjoram
1 cedarwood |
- Option 3 Add 5ml cold pressed sweet almond oil to 10ml plain base. Add essential oils as required. This adds richness when skin feels dry or flaky.

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in mixing bowl and test.

scrub

- Option 1 Use 10 ml plain base scrub on its own on face or body to exfoliate.
- Option 2 To 10 ml plain base scrub add 1 or 2 drops lemon or 1 or 2 drops grapefruit.

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in mixing bowl and test.

sandalwood

Santalum album



Family: Santalaceae
Country of origin: India
Method of extraction: Steam-distilled from the heartwood of the tree

essential oil origin

sandalwood

A small evergreen parasitic tree up to 9 m high with brown-grey trunk and many smooth, slender branches with leathery leaves and small pinky-purple flowers. The tree must be at least 30 years old before it is ready for the production of sandalwood oil.

description

A pale yellow, greenish or brownish viscous liquid with a deep, soft, sweet-woody balsamic scent of great tenacity. Perfume note: base.

home uses

With over 4000 thousand years of uninterrupted use, sandalwood is used as a cosmetic, perfume and embalming material all over the East. It is a well-known aphrodisiac. Use for bronchitis, catarrh, coughs (dry/persistent) laryngitis, sore throat, diarrhoea, nausea, cystitis, depression, insomnia, nervous tension and stress related complaints, skin care, acne, dry and sensitive skin, greasy skin, cracked skin, aftershave and hair care.

psycho-logical profile

For obsessions, past ties, grief, feelings of isolation and aggression.

methods

Bath, massage and skin oil, vaporization. Use neat as a perfume.

blends with

Rose, lavender, black pepper, geranium, cedarwood, ylang ylang, jasmine.

safety data

Non-toxic, non-irritant, non-sensitising.

rosemary

Rosmarinus officinalis



Family: Lamiaceae (Labiatae)
Country of origin: Tunisia
Method of extraction: Steam-distilled
from the flowers and the leaves

rosemary

A shrubby evergreen bush up to 2 m high with silvery-green, needle-shaped leaves and pale blue flowers. The whole plant is strongly aromatic.

A colourless or pale yellow mobile liquid with a strong, minty-herbaceous scent and a woody undertone. Perfume note: middle.

Warming, tonifying, in the morning oil, could be called a wake-up oil. Excellent for someone suffering from lethargy. Stimulates and unblocks various systems in the body. Low blood pressure, cold extremities, aids fluid retention, muscular pain, sprains, strains, palpitations, poor circulation, piles, rheumatism, arthritis, bronchitis, coughs, colds, fever, influenza, sinusitis, perk up digestive system, nervous exhaustion and fatigue, headaches, migraine sufferers, great exam oil, memory, forgetfulness, concentration, mental fatigue, insect repellent. Use for a multiple of skin and hair problems including acne, dandruff, dermatitis, eczema, greasy hair, lice, great for dark hair.

If you are cold, debilitated, weak and nervous after a possible period of prolonged grief or a past emotional shock that you never fully recovered from then Rosemary will help you to touch base with yourself again, unblock your emotions and move forward.

Bath, massage and skin oil, vaporization.

Lavender, frankincense, peppermint, juniper, cedarwood and lemon.

Non-toxic, non-irritant (in dilution only) non-sensitising. Avoid during pregnancy. Not to be used by epileptics. Contra-indicated in cases of high blood pressure.

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plain bases

cleanser

Option 1 Use plain base cleanser on its own.
Option 2 Add 1 drop of essential oil to a small amount of cleanser.

Recipe suggestion Greasy skin 1 drop tea tree or
1 drop cedarwood
Dry skin 1 drop geranium

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in mixing bowl and test.

toner

Option 1 Use plain base toner on its own.
Option 2 Add 5 drops of essential oil to 150 ml toner, shake well before each application. Use to match cleanser if desired.

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in bottle and test.

eye gel

Use knots **elementals** eye gel around the eyes for soothing relief from tired or sore eyes. **Never use essential oils in eye gel.**

essential
oil
origin

description

home uses

psycho-
logical
profile

methods

blends with

safety data

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moisturiser/hand cream

Made from similar formulations, these light plain bases are readily absorbed into the skin. Don't forget your hands show the first signs of ageing and need just as much care and attention as the face and neck.

Option 1 Use plain base moisturiser/hand cream on its own for every day use. For heavier application add 5ml cold pressed sweet almond oil to 50 g jar mix well, apply. Useful if you like a richer night cream formula.

Option 2 To 50 g jar of plain base moisturiser/hand cream add 4 to 6 drops of essential oil(s) of your choice, mix well and use as and when required.

Recipe suggestion	Dry/Ageing skin	3 drops geranium 2 drops frankincense
	Greasy skin	3 drops sandalwood 2 drops lemon
	Normal skin	3 drops lavender 2 drops geranium

Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in jar and test.

foot lotion

Option 1 Use plain base foot lotion on its own.
Option 2 Add 1 or 2 drops of essential oil to 5ml foot lotion, massage well into the feet.

Recipe suggestion 1 drop lavender and 1 drop peppermint
Please note the number of essential oil drops required depend on the individual and the quantities may vary when you do not use knots **elementals** essential oils. Always add one drop at a time, mix well in mixing bowl and test.

rose maroc absolute



Rosa damascena



Family: Rosaceae
Country of origin: Morocco
Method of extraction: Solvent extraction from the fresh petals

rose maroc absolute

Small prickly shrub between 1-2 m high with pink fragrant blooms and whitish hairy leaves.

Orange-red viscous liquid with a deep, rich and sweet rosy floral smell. Perfume note: middle.

Long associated with love, rose warms the heart and soothes the nerves. Very suitable for hyperactive children. Use for depression, stress, scarring and stretch marks, dry and sensitive skin, inflammation, heat and itchiness of the skin, eczema, thread veins, wrinkles, PMT tension and period pains, labour, infertility and frigidity, menopause, asthma and hay fever.

For those where the reality of love has not lived up to your expectations making one bitter and resentful. Rose will open up your heart again.

Bath, massage and skin oil, vaporization. Apply neat as perfume.

Citrus and floral oils, cedarwood, chamomile, frankincense, sandalwood. Use sparingly.

Non-toxic, non irritant, non-sensitising.

essential oil origin
description
home uses
psycho-logical profile
methods
blends with
safety data

ravensara

Ravensara aromatica

Family: Lauraceae

Country of origin: Madagascar

Method of extraction: Steam-distilled
from the leaves, branches and fruit

essential oil

origin

ravensara

A tall tree from the lauraceae family cultivated in Madagascar, Australia and France.

description

Strongly balsamic odour. Perfume note: top.

home uses

Ravensara is strongly anti-infectious, antiseptic and antiviral and may be the most potent oil to help fight a virus. Use for cuts, infections, wounds, herpes, cold sores, asthma, bronchitis, coughs, colds, laryngitis, congestion of respiratory tract, muscular and physical fatigue, arthritis, bacterial and viral infections, flu, chicken pox, swollen glands, anxiety, stress and stress-related illnesses, nervous fatigue.

psycho- logical profile

A fear of change with anguish and fear. Facilitates desire for change and aids realisation of potential.

methods

Bath, massage and skin, vaporization. 1 drop neat on cotton bud to apply to cold sores.

blends with

Cedarwood, lavender, marjoram, tea tree, rosemary, pine, lemon, eucalyptus.

safety data

Non-toxic, very skin tolerant but use in small quantities.

carrier oils

knots **elementals** carrier oils are of the finest quality available. Essential oils in their pure state are normally too highly concentrated to be used neat. Carrier oils can be used on their own, with essential oils for a massage, hair tonic or at a 10% dilution with your chosen plain base for a richer formula.

soya bean oil

knots **elementals** unrefined soya oil is not genetically modified and is delightful to use as a non-greasy, light carrier oil. Obtained from the bean, the oil is pale yellow and contains appreciable quantities of vitamin E and lecithin.

Use on its own or added to a plain base at 10%. Excellent in the bath or as a massage oil and is good for all skin types. Mix 5ml with 2/3 drops of essential oil(s), add to your plain base if required.

cold pressed sweet almond oil

A most popular carrier oil, nearly odourless, fairly light and readily absorbed by the skin. Good general purpose massage base. Obtained from the kernel of the sweet almond tree (it is a fruit not a nut), it is very pale yellow in colour, contains glucosides, minerals, vitamins and is rich in proteins.

Use on its own or add to a plain base at 10% for all-over body care. Classic oil for body or facial massage, good for all skin types. Helps relieve itching, soreness, dryness and inflammation. Mix 5 ml with the selected essential oils and add to the plain base of your choice.

jojoba oil

This is a liquid wax, yellow in colour, extracted from the beans of the jojoba, an evergreen desert plant native to South America. It combines well with the skin's own oily secretion, sebum, and acts as an emulsifier. It contains protein, minerals and myristic acid (anti-inflammatory).

Use on its own for an intense hair tonic or add 10% to a plain base body lotion/shampoo/bath shower gel for inflamed skins, psoriasis, eczema, acne. Especially effective added to shampoo/conditioner for extra body and shine. Good for all skin types, highly penetrative.

C A R R I E R O I L S

benzoin

Styrax benzoin



Family: Styracaceae
Country of origin: Vietnam

Method of extraction: Prepared from the crude benzoin using solvents which are then extracted.

**essential
oil
origin**

benzoin

A large tropical tree up to 20 m high with pale green leaves, white-ish underneath, bearing hard-shelled flattish fruit.

description

Orange-brown viscous mass, with an intensely rich sweet-balsamic odour of rich vanilla. Perfume note: base

home uses

Used for thousands of years as an ingredient of incense and to drive out evil spirits. It is both soothing and stimulating. Also very warming, used in Friars Balsam, helpful for colds, flu, coughs and sore throats. Seems to get things moving in the body, good for stimulating circulation. Heals many kinds of skin lesions, from cracked and chapped hands to chilblains, makes a great ingredient for a gardener's hand cream or a dancer's foot lotion.

**psycho-
logical
profile**

Warming, soothing and stimulating, helpful for people who are sad and lonely, depressed or anxious. Great help during a crisis.

methods

Bath, massage, vaporization

blends with

Rose, frankincense, lemon, lavender.

safety data

Non-toxic, non-irritant, possible sensitization, occasional contact dermatitis developed in some individuals

peppermint

Mentha piperita



Family: Lamiaceae (Labiatae)
Country of origin: America
Method of extraction: Steam-distilled from the flowering herb

**essential
oil
origin**

peppermint

A perennial herb up to 1 m high with underground runners by which it is easily propagated. It is thought to be a cultivated hybrid of water mint and spearmint.

description

A pale yellow or greenish liquid with a highly penetrating grassy-mint camphoraceous odour. Perfume note: top.

home uses

Peppermint is awakening, cooling, head-clearing, stimulating and revives the spirit. Primary action is on the digestive and respiratory systems which are of a nervous origin. Use for sluggish digestion, flatulence, belching, hiccups, a detox, gastric fever, diarrhoea, food poisoning, nausea from any cause including morning sickness, travel sickness, decongestant, coughs, asthma, bronchitis, sinusitis, influenza, head colds, general tonic for the nervous system, migraine, faintness and hysteria, muscular aches and pains. Good insect repellent and parasiticide (mice don't like it), useful deodorant and makes a good mouthwash for bad breath.

**psycho-
logical
profile**

Good for times of transition. Helps break with the past.

methods

Bath (3 drops only) vaporization, massage and skin oil.

blends with

Eucalyptus, geranium, lavender, rosemary.

safety data

Non-toxic, non-irritant (except in concentration), possible sensitisation due to menthol. Use in moderation. Not compatible with homeopathic treatment.

neroli

Citrus aurantium



Family: Rutaceae
Country of origin: Morocco
Method of extraction: Water-distilled
from the freshly picked flowers

neroli

An evergreen tree up to 10 m high with glossy dark green leaves and intensely fragrant white flowers.

A pale yellow liquid that darkens with age, with an exquisite, floral, sweet smell which is powerful yet also light and refreshing. Perfume note: middle to base.

Neroli is uplifting to the mind and spirit but soothing to the nervous system. A good skin care oil. Use for exhaustion, depression, anxiety, confusion, shock, hysteria, insomnia, palpitations, digestive cramps, stress-related diarrhoea, ageing skin, dry and mature skin, wrinkles, broken capillaries, stretch marks, exfoliation of dead skin cells and scars.

Although appearing to be fully in control underneath this aloof, calm person there may be considerable anxiety, worry and stress.

Bath, massage and skin oil, vaporization.

Blends with virtually all oils, chamomile, geranium, lavender, rose, ylang ylang, lemon, rosemary, citrus oil, clary sage, jasmine.

Non-toxic, non-irritant, non-sensitising.

black pepper

Piper nigrum



Family: Piperaceae
Country of origin: India
Method of extraction: Steam-distilled
from dried and crushed peppercorns

black pepper

A perennial woody vine up to 5 m high with heart-shaped leaves and small white flowers. Black pepper is the dried fully grown, unripe fruit.

A colourless to pale olive liquid with a fresh, dry-woody, warm, spicy scent. Perfume note: middle.

One of the most ancient spices which has been used for over 4000 years. The oil is hot, drying, regenerative, restoring, brilliant for the onset of colds and excellent for frail people. Use for arthritis, cellulitis, chilblains, low blood pressure, poor muscle tone, rheumatism, nervous exhaustion and fatigue, good sports oil as it gets things going. Mental stimulant, aids alertness.

Weak, frail, debilitated people who feel without hope and need to regain their strength. Warms to indifference, eases life changes.

Bath (3 drops only), massage, vaporization.

Cedarwood, frankincense, marjoram, sandalwood, lavender, geranium, rose, ylang ylang, rosemary, lemon.

Non-toxic, non-sensitising, use in the lowest concentrations (no more than 3 drops), as it may irritate the skin.

**essential
oil
origin**

description

home uses

**psycho-
logical
profile**

methods

blends with

safety data

**essential
oil
origin**

description

home uses

**psycho-
logical
profile**

methods

blends with

safety data

cedarwood atlas

Cedrus atlantica



Family: Pinaceae

Country of origin: America

Method of extraction: Steam-distilled from the wood and sawdust

essential oil origin

cedarwood atlas

Pyramid-shaped evergreen tree with a majestic stature up to 40m high. The wood itself is hard and strongly aromatic because of the high percentage of essential oil it contains.

description

A yellow, orange or deep amber viscous oil. Warm camphoraceous top note and sweet tenacious woody-balsamic undertone. Perfume note: base.

home uses

This oil has been valued since ancient times and was used by the ancient Egyptians in cosmetics, perfumes and embalming process. Very warming, as well as regenerative, tonifying, soothing and uplifting and with a balancing nature. Good for the chronic everything when you are very depleted. Use for nervous tension, anxiety, depression, tiredness, arthritis, asthma, bronchitis, colds, coughs, excessive catarrh, chronic diarrhoea or excessive urination, greasy skin and hair, acne, dandruff and scalp irritation, athletes foot, insect repellent.

psycho-logical profile

For those who have problems knowing who they are and daydreamers. Gives stronger sense of identity and ability to mix with other people.

methods

Bath, massage and skin oil, vaporization.

blends with

Rose, neroli, frankincense, rosemary, ylang ylang, sandalwood and lemon.

safety data

Avoid during the first 4 months of pregnancy. Non-toxic, non-irritant, non-sensitising.

may chang

Litsea cubeba



Family: Lauraceae

Country of origin: China

Method of extraction: Steam distillation from the fruits

essential oil origin

may chang

Small topical tree with fragrant, lemongrass-scented leaves and flowers. The small berries resemble peppers.

description

Pale yellow, with a very strong, pleasant, citrus type aroma, somewhere between orange and lemon. Perfume note: top

home uses

Use in skin care, it is non-irritant, very antiseptic and very effective in treating oily skin, acne and spots. Good alternative to bergamot as there is no risk of photo-sensitivity. Reduces excessive perspiration and is a very good deodorant. Excellent to spray or vaporize in the home to get rid of unwanted odours and during epidemics as it is antiseptic and deodorising, combats pets smells in the home. Use in winter when there is flu about and its cheery nature makes it as an anti-depressant during the grey days of winter.

psycho-logical profile

Uplifting - good anti-depressant.

methods

Vaporization, room spray, bath, skin preparations.

blends with

Lavender.

safety data

Non-toxic, non-irritant, possible sensitization in some individuals if you have highly sensitive skin or suffer from allergies.

marjoram french

Origanum majorana



Family: Lamiaceae (Labiatae)
Country of origin: Europe
Method of extraction: Steam-distilled
from the dried flowering herb

**essential
oil
origin**

marjoram french

A tender, bushy perennial plant up to 60cm high with a hairy stem, dark green oval leaves and small greyish-white flowers in clusters. The whole plant is strongly aromatic.

description

A pale yellow or amber-coloured liquid with a warm, woody, spicy-camphoraceous odour. Perfume note: middle.

home uses

A warming, relaxing oil that has been used for thousands of years as a medicinal herb, it was a particular favourite of the Greeks. Use for chilblains, bruises, arthritis, lumbago, muscular aches and stiffness, rheumatism, sprains, strains, asthma, bronchitis, coughs, colic, constipation, flatulence, PMS, colds, headache, hypertension, insomnia, migraine, nervous tension and stress-related conditions.

**psycho-
logical
profile**

When one is overworked and stressed out, this oil helps to relax and open up fresh possibilities.

methods

Bath, massage and skin care, vaporization.

blends with

Lavender, rosemary, chamomile, cedarwood, tea tree, eucalyptus, geranium, black pepper.

safety data

Non-toxic, non-irritant, non-sensitising. Not to be used during pregnancy.

chamomile roman

anthemis nobilis



Family: Asteraceae (Compositae)
Country of origin: England
Method of extraction: Steam-distilled
from the flowers

**essential
oil
origin**

chamomile roman

A small, stocky perennial herb, up to 25 cm high with a much branched hairy stem, half spreading or creeping. It has feathery pinnate leaves and daisy-like white flowers. The whole plant has an apple-like scent.

description

A pale blue liquid (turning yellow on keeping) with a warm, sweet, herbaceous scent with a fruity undertone. Perfume note: middle.

home uses

Excellent sedative and antispasmodic oil which is profoundly soothing and calming. A very good, safe children's oil and can be used for a wide range of tiny peoples complaints including chickenpox, nappy rash, restlessness, teething pains and tummy ache. Digestive complaints arising from a nervous origin both for adults and children, menstrual cramp, inflamed joints, aching muscles, tension headaches, insomnia, irritability, nervousness, high blood pressure. Plays a key role in skin care abscesses, acne, boils, bruises, burns, cold sores, eczema, sunburn, hair care (especially for blond hair).

**psycho-
logical
profile**

For nervous and sensitive children and adults.

methods

Bath, vaporization, massage and skin oil.

blends with

Neroli, rose, geranium, lavender, marjoram, ylang ylang, bergamot, clary sage, oakmoss.

safety data

Non-toxic, non-irritant, non-sensitising. Chamomile Maroc is not a true chamomile and does not share the same properties.

eucalyptus

eucalyptus globulus



Family: Myrtaceae
Country of origin: China
Method of extraction: Steam-distilled
from the leaves and young twigs

essential oil origin

eucalyptus

A beautiful, tall, evergreen tree, up to 90 m high. The young trees have leaves that are bluish-green, mature trees develop long, narrow, yellowish leaves and a smooth, pale, grey bark often covered with a white powder.

description

A clear or pale yellow liquid with a strong medicinal-camphoraceous smell and woody-scent undertone. Perfume note: top.

home uses

A traditional household remedy in Australia and used by the Aborigines. It is warming, drying, well-known as a decongestant and a powerful anti-infectious oil. Use for muscular aches and pains, rheumatism, arthritis, bronchitis and coughs, colds and sinusitis, asthma, congested headaches, tiredness, poor concentration, fever, influenza, infectious illness, insect repellent, head lice, skin infections, wounds, herpes and ulcers.

psycho- logical profile

Need a change in life but feel trapped. Eucalyptus will help you to move forward and overcome the fear and confusion of change.

methods

Bath (3 drops only) massage and skin oil, vaporization.

blends with

Cedarwood, lavender, marjoram, tea tree, rosemary, pine, lemon, ravensara.

safety data

Non-toxic externally, toxic internally, non-irritant, non-sensitising, not compatible with homeopathic treatment.

lemon

Citrus limonum



Family: Rutaceae
Country of origin: Sicily
Method of extraction: Cold expression
from the ripe peel of the lemon

essential oil origin

lemon

A small evergreen tree up to 6 m high with oval leaves, stiff thorns and very fragrant flowers.

description

A pale greeny-yellow liquid which turns brown with age, with a light, fresh citrus scent. The oil is uplifting and cooling. Perfume note: top.

home uses

This oil is considered to be something of a 'cure-all' in Spain and other European countries. It is refreshing, cleansing and tonifying and is one of the most important bactericidal for any infection or putrefaction. Excellent antiseptic. It has lots of depth and vitality. Use for sluggish circulation, rheumatism, arthritis, asthma, sore throat, bronchitis, catarrh, indigestion, colds and flu. Great skin oil, use for greasy skin, acne, boils, chilblains, warts, cellulite and is a traditional remedy for the treatment of broken capillaries visible on the skin. Insect repellent properties will discourage animal fleas and ants.

psycho- logical profile

For those times when you have neglected to take care of yourself and you feel you need an astringent and cleansing treatment.

methods

Bath (3 drops only), massage and skin oil, vaporization.

blends with

Lavender, neroli, ylang ylang, rose, sandalwood, frankincense, chamomile, geranium, eucalyptus and other citrus oils.

safety data

Dermal irritant, do not use on skin exposed to direct sunlight due to phototoxicity. Apply in moderation only. Not suitable for young children.

lavender

Lavandula angustifolia



Family: Lamiaceae (Labiatae)
Country of origin: Bulgaria
Method of extraction: Steam-distilled
from the fresh flowering tops

**essential
oil
origin**

lavender

An evergreen aromatic shrub native to the Mediterranean with beautiful violet blue flowers. The whole plant is highly aromatic.

description

Colourless to pale yellow liquid with a sweet floral-herbaceous scent and balsamic-woody undertone. Perfume note: middle.

home uses

Multitude of uses, most useful for skin care remedies. Balancing, regulating, tending towards sedating or calming although initially it does have a reviving effect. Used to treat any physical symptoms that are the result of stress or nervous tension. Irritability, depression, insomnia, hysteria, shock, headaches, migraine, neuralgia, shingles, sciatica, muscular pains, rheumatism, high blood pressure, palpitations, fainting, coughs, flu, bronchitis and pneumonia, menstrual cramps, colic, flatulence, nervous digestive problems, cystitis, thrush, skin conditions like dermatitis, eczema, acne, psoriasis, scarring, wounds, ulcers, boils, sores, insect bites and repellent. Can be applied neat in first aid on abrasions, wounds, burns, insect bites and stings. Safe oil, great for a wide range of children's complaints including chickenpox, nappy rash, restlessness, teething pains and tummy ache.

**psycho-
logical
profile**

For highly sensitive people, easily embarrassed, feel frustrated and unable to express themselves. Calms emotional extremes.

methods

Bath, vaporization, massage and skin oil. Neat as perfume or first aid.

blends with

Citrus essences, cedarwood, frankincense, geranium, neroli, rose, juniper, pine.

safety data

Non-toxic, non-irritant, non-sensitising. This is the only lavender essential oil that is considered safe for use in pregnancy.

frankincense olibanum

boswellia thurifera



Family: Burseraceae
Country of origin: Somalia
Method of extraction: Steam-distilled
from the selected oleo-gum resin

**essential
oil
origin**

frankincense olibanum

A handsome, small tree or shrub with abundant pinnate leaves and white or pale pink flowers. It yields a natural oleo gum resin.

description

A pale yellow or greenish liquid with a sweet, spicy, resinous odour and a fresh, slightly camphoraceous top note. Perfume note: middle.

home uses

This oil has been in constant demand since the time of the Ancient Egyptians who used it for skin care. The incense has been burned since antiquity in India, China and in the West by the Catholic church. Frankincense is a deep acting oil, rejuvenating and works on the spiritual and psychological level. Use for ageing skin, blemishes, scars, wounds, dry and mature complexions, asthma, bronchitis, catarrh, coughs, laryngitis, cystitis, colds, flu, anxiety, nervous tension and stress-related conditions. It has the ability to slow down and deepen the breath hence its use in meditation.

**psycho-
logical
profile**

For those who lead their lives at a great speed and forget to concentrate on those things that really matter to them.

methods

Bath, massage and skin oil, vaporization.

blends with

Cedarwood, neroli, sandalwood, geranium, lavender, rose, black pepper and citrus oils.

safety data

Non-toxic, non-irritant, non-sensitising.

geranium

pelargonium graveolens



Family: Geraniaceae
Country of origin: Reunion
Method of extraction: Steam-distilled
from the leaves and green stems



**essential
oil
origin**

geranium

A perennial hairy shrub up to 1m high with pointed leaves, serrated at the edges and small pink flowers. The whole plant is aromatic.

description

It is a pale-green to olive-green liquid. Powerful, sweet, green floral smell with a fruity-minty undertone. Perfume note: middle.

home uses

Cool and moistening oil which is good where heat and dryness is present. Calming but not necessarily sedating it also has an uplifting and strengthening effect. Geranium is a balancing oil regulating in effect which neither sedates or stimulates. Use for restlessness, anxiety, menopausal symptoms of hot flushes and vaginal dryness, heavy periods, palpitations, panic attacks, constipation, cystitis, neuralgia, shingles, migraine. Excellent for skin care, acne, dry and sensitive skin, eczema, greasy skin and hair tonic.

**psycho-
logical
profile**

For those frightened to move and let go of past achievements making one fearful, irritable and defensive.

methods

Bath, massage and skin oil, vaporization.

blends with

Lavender, marjoram, neroli, rose, sandalwood, black pepper, rosemary and lemon.

safety data

Non-toxic, non-irritant in dilution, sensitisation rare but possible.

grapefruit

Citrus paradisi



Family: Rutaceae
Country of origin: Brazil
Method of extraction: Cold expression
from the fresh peel



**essential
oil
origin**

grapefruit

A cultivated tree, often over 10 m high with glossy leaves and large yellow fruits.

description

A yellow or greenish mobile liquid with a fresh, sweet, citrus aroma. Perfume note: top.

home uses

This oil is a mild tonic and is refreshing, detoxifying, can calm symptoms of irritability, anger and overheating and is a wonderful morning revival oil after a hangover, late night or overindulgence. Use to reduce the appetite, stimulate the rate of metabolism of fats, cellulite, water retention, lack of muscular tone, accumulations of toxins, skin care for acne and greasy skin, open pores and to tone and tighten loose skin for example after losing weight.

**psycho-
logical
profile**

For those who feel self-conscious and unhappy about their appearance. Using grapefruit will help to improve sense of self worth and to feel more positive about oneself.

methods

Bath, massage and skin oil, vaporization.

blends with

Lemon, neroli, rosemary, lavender, geranium, bergamot, palmarosa, ginger.

safety data

Non-toxic, non-irritant, non-sensitising, non-phototoxic. It has a short shelf life - it oxidises quickly.