



KOBASHI AROMATHERAPY

The Holistic Approach

Essential oil is the true essence of a single plant & is usually extracted by steam distillation. Each plant yields its own unique essential oil: whether herbs, spices, resins, leaves or flowers.

Essential oils have long been used for their healing properties as well as for their fragrant aromas, evoking memories & creating positive memories.

They may be used on many levels: physical, emotional, mental, spiritual & are ideal when used in combination with other therapies or on their own.

Kobashi essential oils are sourced from around the world. They are all the best quality we can find: pure & derived from named botanical species.

We **always** recommend that the oils are **diluted** before application to the body. Lavender may be used neat for specific applications. The oils may be used singularly or in combination, but do not exceed the dilution ratios recommended.

THE OILS MAY BE USED IN THE FOLLOWING WAYS:

BATH

Simply add a total of 2 or less drops essential oil to 5mls of Kobashi **Luxury Bath Base**. Soak for up to 20 minutes allowing the oil to penetrate the skin while enjoying the luxurious vapours. Choose oil to suit your mood:

- * Rosemary, Helichrysum G &/or Spearmint to get you going in the mornings.
- * Ylang Ylang, Lavender, Valerian &/or Cedarwood to relax in the evenings.

MASSAGE

Add a total of 2 drops or less essential oil to every 5mls of Kobashi **Massage Body Oil** or **Moisturising Lotion**. Choose any oil to suit your condition or mood.

- * Chamomile & Lavender to encourage sleep.
- * Ylang Ylang, Sandalwood &/or Jasmine for a sensuous massage.

PERFUME

Essential oils have always been used as perfumes: either singularly or in blends. They can be used simply for pleasure or to reinforce the effect of other aromatherapy applications. Use a total of 1 drop or less to 5mls of **base**.

- * Try blending Grapefruit, Basil, Bergamot & Lavender for a pleasant aroma.
- * Cypress, Frankincense or Vetivert in **moisturiser** for a great shave.

VAPORISATION

Add 4 to 8 drops of essential oil to the bowl of a Kobashi **Burner**. Fill with water & place over night light: ideal for banishing strong smells. For a subtler effect try using a Kobashi **Aroma Ring** or **Aroma Disc**. Particularly helpful in stuffy centrally-heated rooms. Electric Aromastones & Aromastreams are safe to leave on all night.

- * Try Ravintsara, Palmarosa, Cinnamon &/or Thyme to kill airborne bacteria.
- * Lemongrass, Lime, &/or Fennel to clear smoke & create a pleasant atmosphere.

MORE SPECIFICALLY THEY MAY BE APPLIED TO THE BODY IN THE FOLLOWING WAYS:

HAIR

Essential oils are excellent beauty aids which help to condition the scalp which in turn produces healthy hair.

For very dry & damaged hair try Sandalwood, Patchouli &/or Vetivert (add 3 drops or less of oil to 10 ml warm Jojoba or base Body oil, massage into scalp, wrap in a warm towel for 20 minutes & shampoo out). Alternatively, try adding your chosen oil to any Kobashi conditioning shampoo.

- * For greasy hair try Chamomile, Grapefruit, Lemon &/or Orange.
- * As a tonic use Rosemary & Juniperberry &/or Petitgrain.

SKIN/FACE CARE

(Mixing ratio: up to 1 drop or less to every 5 ml base product)

Essential oils encourage the sebaceous glands (the glands just under the skin) to function more efficiently. This improves the general health of the skin. Use with **Kobashi Lotion/cream complex, Aloe Vera Gel or Massage Oils** to create your own individual preparations. These base products have been specially formulated to readily absorb essential oils. Choose the oils to suit your skin type &/or an oil you have a personal preference for. Less can be more with essential oil, start off with a drop, smell it then add another drop if you prefer.

- * Problem or teenage skin try Tea tree, Myrtle &/or Maychang.
- * Dry or mature try Rose, Frankincense.
- * Learn more... see: A2 Kobashi poster, other side of this leaflet & kobashi.co.uk

BABIES & CHILDREN

Essential oils can be very beneficial to babies & children as long as they are used with care. **Always dilute** the essential oil in a Kobashi base before applying to the skin or adding to the bath. For babies use only one drop of oil to 10ml of base: for children use half the amount an adult would use. We have an excellent ready to use Baby Lotion, Bath wash & Massage oil.

- * Try Lavender & Chamomile at night to encourage sleep.
- * Grapefruit & mandarin calms & soothes.
- * Myrtle vaporised to clear airways.

The examples given should only be used as a guide. We like to encourage our customers to experiment. The oils are flexible & can be used in endless combinations. Use the idiom: less is more. They are for you to enjoy.

COMPANY POLICY

GUARANTEED AUTHENTIC NATURAL OILS SINCE 1985

KOBASHI OILS are highest quality, undiluted & derived from named botanical species, tested for chemo-type & Organic if possible. We detest harmful chemicals & would like to see them banned. Oils called "Organic" have been known to contain phlatates, pesticides & herbicides, this is why end product testing is essential.

Great care is taken when purchasing: buying direct from growers & distillers if possible. We grow Organic Lavender, Calendula & St John's Wort in Devon. Import Frankincense & Myrrh gum by the ton & distil in the UK.

The oils are rigorously tested using the latest equipment, GC-MS in conjunction with Wiley, a 360,000 chemical spectra, Robert P. Adams & Kobashi libraries.

All Kobashi products are Vegan, derived from nature, free of synthetic colour, perfume & parabens. We do not test on animals & have a strict policy of non animal tested ingredients.

All Kobashi Products are formulated & blended in-house giving us complete control over the ingredients.

SHELF LIFE & STORAGE

Oils are prone to the effects of light, oxygen, heat & moisture best kept at a moderate temperature. Sensitive oils are purged with nitrogen, increasing life. All products have a once opened jar symbol. **KOBASHI E.O's** come in amber glass bottles with droppers.

As with a good red wine/spirit shelf life is not an exact science. Patchouli & Frankincense improve with age. Citrus, Juniperberry, Pine & Carriers have the shortest shelf life: generally 1- 2 years, but can last longer. Refrigeration can extend, but not cold pressed citrus oils because of wax fallout. Over a period of time oil residue on dropper may oxidise, giving a false impression of aroma. A drop of oil on a testing strip will give a true sense.

Natural oils are prone to variations due to geographic, method of husbandry & distillation. Testing has shown differences on the same farm. If not 100% satisfied with our products, please return to place of purchase, within 30days for full refund. This does not replace your statutory rights. {E.&OE.}

Kobashi is a member of the B.U.A.V (British Union for the Abolition of Vivisection) & the A.T.C.

CAUTIONS

- ✿ use in greater dilutions.
 - ✿ should not be used on skin before exposure to the sun. Does not apply when used in bath, shampoo or soap.
- Avoid contact with the eye area: should this happen, immediately wash eyes thoroughly with water & repeat. Seek medical attention if stinging persists after 10 minutes.

If accidentally swallowed DO NOT induce vomiting: drink at least 1 pint of water: seek urgent medical attention. Show bottle & amount.

We do not recommend any essential oils to be taken internally or applied undiluted to the skin: unless under qualified supervision. Keep oils out of reach of children!

Some people may have allergic reactions to essential oils. Kobashi can not be held responsible for any adverse reactions from their use. Many essential oils are Flammable. May stain plastic or polished surfaces. Used responsibly the oils are a safe natural product, here for you to enjoy & to benefit from.

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Against Animal Testing



KOBASHI.CO.UK



ANGELICA	✿	<i>Archangelica officinalis</i> : Detoxifying. Soothing for fatigue, stress, earthy herbaceous aroma. Used in quality perfumes for musk like note.	Rhizome
BASIL (linalool)		<i>Ocimum basilicum</i> : Invigorating, good for clearing mind/aiding concentration: especially when tired. Ideal after a stressful day.	Herb
BERGAMOT	✿✿	<i>Citrus bergamia</i> : Relaxing, refreshing, uplifting, excellent for skin care: especially oily or blemished. Used to flavour Earl Gray tea.	Fruit Rind
BLACK PEPPER	✿	<i>Piper nigrum</i> : Stimulating, warming, muscle rub, use in massage oil before & after exercise. Strengthening, aids digestion & concentration.	Corn
CAJAPUT	✿	<i>Melaleuca cajuputi</i> : Clearing / penetrating camphoric odour. A very useful oil especially during the winter months. Blends well with citrus.	Leaf/twig
CARDAMOM		<i>Elettaria cadamomum</i> : Stimulating, warming, sweet, spicy fresh cardamom, add to a massage oil or bath after a hectic day.	Seeds
CARROT		<i>Daucus carota v. sativa</i> : Excellent skin care has revitalising & toning properties. Soothing & gentle, Warm, sweet, dry, slightly spicy aroma.	Seeds
CATNIP		<i>Nepeta cataria</i> : Loved by cats, not mosquitoes, calming when nervous or over active: good addition to joint / muscle rub. Pungent herby.	Herb/flower
CEDARWOOD		<i>Cedrus atlantica</i> : Soothing woody aroma: helpful astringent for oily skin & itchy scalp. Add to Aroma Disc in wardrobe to repel moths.	Wood
CHAMOMILE		<i>Anthemis nobilis</i> : Soothing & relaxing, encourages sleep. Excellent for skin care, especially sensitive & problem. Sweet fruity aroma.	Flowers
CHAMOMILE blue		<i>Matricaria Recutita</i> : German Chamomile. Pungent, earthy floral aroma. Ideal for stiff swollen joints & muscles: or in a warm compress.	Flowers
CINNAMON	✿	<i>Cinnamomum zeylanicum</i> : Stimulating, warming spicy, ideal room fragrance. Blends well with orange & clove. Powerful germ killer.	Leaves
CITRONELLA		<i>Cymbopogon winterienus</i> : Refreshing lemony aroma, uplifting, repels insects & is deodorizing- great to use in floor wash & vaporizing.	Leaves
CLARYSAGE		<i>Salvia sclarea</i> : Soothing & relaxing. Ideal for mature skin. Clear, sweet aroma. Excellent nerve tonic. Blends well with nutmeg.	Herb/flower
CLOVE	✿	<i>Eugenia caryophyllata</i> : Antiseptic. Excellent mouthwash. Repels insects. Blends well with Orange & Cinnamon, warm, spicy aroma.	Buds
CORIANDER		<i>Coriandrum sativum</i> : Stimulating & refreshing. Useful in a muscle rub. Encourages appetite & digestion. Sweet, spicy aroma.	Herb/seed
CYPRESS	✿	<i>Cupressus sempervirens</i> : Refreshing aroma, natural deodorant & astringent often used in aftershave. Stimulating tonic useful for cellulite.	Leaves
EUCALYPTUS		<i>Eucalyptus globulus</i> : Strong antiseptic. Well known winter oil traditionally used for its penetrating clearing actions & aroma. (See Myrtle)	Leaf/twig
FENNEL sweet	✿	<i>Foeniculum vulgare</i> : Detoxifying, improves circulation combat cellulite & weight gain. Fresh Aniseed aroma. Used in tooth paste/mouthwash.	Herb/seed
FRANKINCENSE		<i>Boswellia carterii</i> : Calming soothing traditional aid for meditation. Ideal skin care, claimed to have rejuvenating qualities. Spicy/warm	Resin
GERANIUM		<i>Pelargonium graveolens</i> : Refreshing balancing oil for mind & body. The pleasing flowery aroma is used widely in the perfume industry.	Leaf/flower
GINGER	✿	<i>Zingiber officinalis</i> : Stimulating: Ideal in winter for its warming effect. Helpful muscle tonic. Warm, spicy aroma. Characteristic of ginger.	Rhizome
GRAPEFRUIT	✿✿	<i>Citrus paradisi</i> : Uplifting, refreshing. Good skin toner & hair tonic. Helpful during times of confusion or depression.	Fruit rind
HELICHRYSUM		<i>Helichrysum gymnocephalum</i> : Refreshing floral aroma, excellent respiratory & muscle rub, ideal oil to vaporize in stuffy busy offices.	Leaf/flower
HELICHRYSUM		<i>Helichrysum (H. italicum G. Don) (angustifolium DC)</i> : Calming & gentle. Helps reduce swelling, bruising, aches & pains. Sweet, floral aroma.	Flowers
HO (linalool)		<i>Cinnamomum camphora</i> : Relaxing & deodorizing. Add to massage oil to help combat tired muscles. A pleasant light flowery aroma.	Leaf/twig
JASMINE abs.	✿	<i>Jasminum grandiflorum</i> : Relaxing, Ideal in moisturiser for dry skin. Sensual properties. Heady, deep, floral aroma.	Flowers
JUNIPERBERRY		<i>Juniperus communis</i> : Stimulating cleansing, Antiseptic & astringent ideal for oily skin. Massage into scalp to encourage healthy hair.	Berries
LAVENDER		<i>Lavandula angustifolia</i> : Mildest but most effective of all essential oils. Antiseptic skin care. Restores balance & encourages sleep.	Flowers
LEMON	✿✿	<i>Citrus limonum</i> : Refreshing, uplifting, antiseptic, tonic. Tone condition nails, cuticles. Anti-bacterial, cleansing properties.	Fruit rind
LEMONGRASS	✿✿	<i>Cymbopogon citratus</i> : Uplifting refreshing, powerful sweet 'lemony' aroma, excellent for vaporizing to banish unpleasant smells & kill germs.	Grass
LIME (distilled)	✿	<i>Citrus aurantifolia</i> : Excellent tonic & antiseptic. Fresh, sweet, zesty aroma. Obtained by steam distillation. Uplifting & rejuvenating.	Fruit rind
MANDARIN	✿✿	<i>Citrus reticulata</i> : Sweet & Fruity aroma, Known to have gentle, soothing action, suitable for the very fragile. Helps prevent stretch marks.	Fruit rind
MARJORAM sweet		<i>Origanum marjorana</i> : Warming, comforting, aroma is characteristic of the herb. Useful for tired aching muscles. Will encourage sleep.	Herb/flower
MAYCHANG		<i>Litsea cubeba</i> : Sweet & Fruity citrus aroma, gentle effective skin care especially oily or teenage. Antiseptic, refreshing uplifting, deodorising.	Fruit
MELLISA (true)	✿	<i>Melissa officinalis</i> : AKA Lemon Balm. Soothing & uplifting during times of anxiety, excellent for skin care & inhalation. Green lemony aroma.	Herb/flower
MYRRH		<i>Commiphora myrrha</i> : Exotic aroma. Carried into battle by Greek soldiers. Useful mouth wash & for skin care, especially problem skin.	Resin
MYRTLE		<i>Myrtus communis</i> : Clearing fresh aroma, gentle alternative to Eucalyptus making it more suitable for the fragile. Ideal to vaporise at night.	Leaves
NIAOULI	✿	<i>Melaleuca viridiflora</i> : Related to Cajeput, camphoric, cineole medicinal aroma, purifying, useful in winter.	Leaves
NEROLI		<i>Citrus aurantium amara</i> : Calming, soothing during times of stress, helps sleep. Ideal skin care, especially mature/dry. Exquisite light floral	Flowers
NUTMEG	✿	<i>Myristica fragrans</i> : Stimulating- Warm, sweet, spicy aroma. Useful winter muscle rub. Stimulates imagination & dreams. Helps digestion.	Seeds
ORANGE	✿✿	<i>Citrus sinensis</i> : Soothing, uplifting. Warming jolly, add to bath base in winter. Encourages sleep: ideal when vaporized or in blends.	Fruit rind
PALMAROSA	✿	<i>Cymbopogon martinii</i> : Excellent skin care, antiseptic. Ideal during difficult times. Kills household germs, use to wipe down work surfaces.	Leaves
PATCHOULI		<i>Pogostemon patchouli</i> : Musky, exotic. Helps prevent dry, rough skin. Massage into scalp to encourage healthy hair & prevent dandruff.	Leaf/Stem
PEPPERMINT	✿	<i>Mentha piperita</i> : Invigorating clearing- ideal when travelling. Has a cooling effect on the body. Useful in muscle rub. Refreshes & awakens.	Herb
PETITGRAIN		<i>Citrus aurantium</i> : Fresh uplifting: floral, citral & woody aroma: imparts a happy feeling when sad or hit by winter blues. Encourages sleep.	Leaf/twig
PINE		<i>Pinus sylvestris</i> : Clearing & deodorizing, air-freshener & antiseptic. Useful muscle rub & inhalation. Aroma characteristic of fresh pine.	Needles
RAVINTSARA		<i>Cinnamomum camphora</i> : Clearing, cleansing & purifying. Vaporise during winter. Fresh aroma, blends well with pine & myrtle.	Leaf/Stem
ROSE		<i>Rosa damascena</i> : Sensual, strong affinity to female system. Skin care, especially dry, sensitive. Soothes anger & grief. Intense sweet floral	Flowers
ROSEMARY	✿	<i>Rosmarinus officinalis</i> : Stimulating. Ideal 'pick me up', aids memory & clear thinking. Few drops on Aroma disc in car on long journeys.	Herb/flower
SANDALWOOD		<i>Santalum album</i> : Rich musky. Skin care especially dry or sensitive. Useful dry/damaged hair & as a body fragrance. Antiseptic, soothing.	Wood
SPIKENARD		<i>Nardostachys jatamansi</i> : Soothing relaxing, aids sleep. Detoxifying, anti fungal. Adds interesting note to perfume. Fresh slightly musky.	Rhizome
TAGETES	✿✿	<i>Tagetes glandulifera</i> : Powerful fungicidal properties. Sweet floral aroma. Repels flies. Use with caution & dilute well.	Flowers
TEA TREE		<i>Melaleuca alternifolia</i> : Antiseptic, powerful disinfectant. Useful 'cleansing' agent for teen skin. Mouth wash. Repels fleas on pets.	Leaf/twig
THYME	✿✿	<i>Thymus vulgaris</i> : Powerful strong thymol, use with extra caution. Kills many germs, especially when used with Palmarosa. Repel insects.	Herb/flower
VALERIAN		<i>Valeriana officinalis</i> : Soothing & relaxing especially during difficult times. Encourages sleep & restfulness. Pungent earth/Musk aroma	Rhizome
VETIVERT		<i>Andropogon muricatus</i> : Deeply relaxing in massage or bath. Used in men's toiletries. Blends well with Lavender. Woody, smoky aroma.	Rhizome
YARROW	✿	<i>Achillea millefolium</i> : Excellent skin care especially problem, calms stress related conditions. Blends well with Chamomile. Deep herby aroma.	Flower/Stem
YLANG YLANG	✿	<i>Cananga odorata genuina</i> : Soothing & relaxing. 'Flower of flowers' sweet exotic floral, sensual properties. Ideal for dry skin & as a hair rinse.	Flowers

✿ ✿ See Cautions: overleaf

FACIAL MASSAGE OILS formulated to be used in conjunction with hydrolats, mist face lightly before applying to hydrate the skin. They are Great moisturisers, helps improve skin tone & control signs of ageing. Available as a collection (oil, cream & hydrolat) in gold organza bag.

NEROLI Normal to oily skin. Neroli, Org Geranium (bourbon) Lavender & Grapefruit in Apricot, Almond, Grape seed & Starflower Oils.

ROSE Normal to dry/mature skin. Four types of Rose, Lavender, Lemon, Blue Chamomile, essential oils in Apricot, Almond, Jojoba, Evening primrose & Rosehip seed Oils.

HYDROLATS (FLORAL WATERS) are natural products of the distillation of essential oils. Therapeutically valuable as they contain some of the water soluble properties of the plant being distilled. They do not contain any additives such as alcohol or preservatives. Can be used as toners, spritzers added to creams, moisturisers, shampoo & hair rinses. They make great room sprays & can even be used in steam irons & to mist plants.

CHAMOMILE ROMAN Tonic, especially for sensitive delicate skin. Soothing compress for sunburn. Fair hair rinse. Fruity apple aroma.

FRANKINCENSE Excellent tonic and skin toner, especially for mature or blemished skin. Great after shave. Spicy warm aroma.

LAVENDER Well known therapeutically, use for sensitive and delicate skin. Great Laundry spray. Fresh herby aroma.

NEROLI A.K.A. Orange Flower, especially for oily to normal skin. Gentle astringent, wonderful uplifting aroma.

PEPPERMINT Refreshing and rejuvenating, great for hot tired feet & legs. Ideal travel companion. Peppermint aroma.

ROSEMARY Has a stimulating effect, good for normal to oily skin. Excellent hair rinse and tonic for scalp conditions.

ROSE OTTO Excellent tonic and skin toner, slightly astringent. Good for dry, sensitive, mature skin. Floral Rose aroma.

SPRITZER Rose, Neroli, Lavender, Chamomile & Witch Hazel mildly antiseptic. Ideal for sensitive teenage or problem skin. After shave.

WITCHHAZEL Calms bites & stings. Astringent, tonic for oily or damaged skin. Blends with any of the above. Best used diluted.

CREAM COMPLEX ORGANIC Anti-ageing rich & penetrating, ideal all skin types. Essential oils may be added. Contains organic Aloe vera, Lavender & Frankincense water, Almond, Apricot, Jojoba, Rosehip seed, Coco & Shea butter, Vitamin E & C, Beta carotene. Kobashi has blended four different complexes by adding essential oils to the above formulation. Frankincense is used for its rejuvenating & anti wrinkle properties. Ideal for treating fine lines and first signs of aging. Properties are enhanced when used with a hydrolat.

JASMINE For all skin types. Jasmine is widely used and valued in the East for its beautifying properties. Exotic aroma.

LAVENDER & Frankincense, Lavender is renowned for its healing & beautifying properties.

NEROLI & Frankincense, Neroli (Orange blossom) soothing & beautifying. Uplifting. Ideal all skin types.

ROSE OTTO & Frankincense, Ideal for all skin types. Particularly dry and mature. Three types of Rose oils are used.

LOTION (LUXURY) See cream ingredients. Kobashi blends three ready to use lotions. All can be used on the face.

BABY LOTION Calming & healing contains Lavender & Chamomile. Excellent for delicate, sensitive skin or as an after-sun.

INSECT REPELLENT Lavender, Tea Tree, Citronella, Catnip. Trials have shown Catnip is ~10x better than Deet at repelling Mosquitos.

ROSE FACIAL Rose, Geranium, Palmarosa & Lemon. Formulated for normal to dry skin, ideal also for mature skin. Very healing.

ALOE VERA Organically certified whole leaf Juice . Superior to processed as it retains the active compounds contained in fresh aloe. Well known healing properties.

ALOE VERA GEL The above juice slightly thickened with xanthan gum. Use as hair gel or moisturizer. Great after sun lotion, it will help soothe & repair sun ravaged skin. Essential oils may be added.

ROLLER BALLS Synergistic blends of Essential oils in Coconut. Ready to use. Roll on pulse points. Fits easily into pocket/ bag.

BLISS Uplifting calming & soothing. Rose Geranium, Frankincense, Lavender Vera, Petitgrain & May Chang.

FIRST AID Lavender, Teatree & Aloe vera. Healing and antiseptic, ideal for all first aid applications. Not in coconut oil.

INSECT REPELLENT Catnip, Citronella, Tea tree, Lavender & Geranium, ready to use, to keep insects at bay.

PASSION Exotic & heady: intoxicating properties. Vetivert, Sandalwood, Rose & Jasmine. Can be used as perfume.

RELAX SLEEP Restful and calming properties, with a very pleasant aroma. Lavender, Chamomile, Marjoram & Valerian.

STRESS BUSTER Calming balancing helps unwind or deal with stressful situations. Lavender, Lemon & Geranium.

STUDY Uplifting boosts confidence & concentration. Use before interviews or study. Basil, Bergamot, Grapefruit & Lavender.

TRAVEL Helps deal with the stress and trauma of traveling. Peppermint, Lavender, Ginger & Tea Tree.

SYNERGIES PURE OIL BLENDS can be used in vaporisers, massage oils, soap, neat on tissue. All the above plus :

EASY BREATHE Clearing & penetrating, Tea tree, Lavandin, Eucalyptus, Pine, Ravintsara, Frankincense and Spearmint.

FESTIVE Jolly blend of Orange, Clove & Cinnamon ideal during winter months, kills air borne bacteria.

PROTECT PANOPLY Powerful Antibacterial oils including Cinnamon, Rosemary, Tea tree , Eucalyptus, Thyme. Available as hand wash.

Kobashi also has an extensive range of Luxury Liquid Soaps, Shampoos, Bath soaks and Washes available with essential oils and without so you may blend your own. We do not use salt (sodium chloride) as a thickener nor do we use mineral oils, sodium lauryl sulphate, parabens, colourings or artificial aromas.

KOBASHI 2 Fore Street, Ide, Devon, England EX2 9RQ +44(0)1392 217628 **KOBASHI.CO.UK**

PURE CARRIER OILS Cold pressed. Organically grown whenever possible.**KOBASHI.co.uk**

ALMOND SWEET <i>prunus amygdalus</i>	Classic carrier oil. Rich in protein & vitamins, including vit E. Nourishing & protecting. Good keeping qualities, blends well with other carrier oils.
APRICOT KERNEL <i>prunus armeniaca</i>	Rich in vitamins A, B1, B2, B6, B17 & E. Ideal basic carrier, nourishing & protecting . Can be used on its own or with other carrier oils. Ideal for facial massage.
ARGAN <i>Argania spinosa</i>	Organically grown; Rich in Omega 6 stimulates & helps regeneration of skin tissue. Ideal in after sun products & for mature or damaged skin. Best used as additive due to strong aroma.
AVOCADO <i>persea americana</i>	Rich penetrating, high in vitamins & lecithin. Excellent for dry or ageing skin. Use up to 25% in basic carrier. Unrefined thick dark green, avocado aroma. Best used as additive due to strong aroma.
BORAGE (Starflower) <i>Borago officinalis</i>	Extremely beneficial. Helps counteract free radicals, which have an ageing effect. Helpful for treating dry, irritated skin. High in G.L.A. Gamma linolenic acid. Source of Omega 3 & 6.
CALENDULA <i>Calendula officialis</i>	Well known healing properties, often found in ointments, creams & lotions. Use neat or up to 25% in a carrier. Flowers are hand picked & infused in organic sunflower & sesame.
COCOA BUTTER solid <i>Theobroma cacao</i>	Organic, Waxy fat used for moisturizing & protective qualities. Keeps skin soft & supple. Soothing in creams, for sensitive & damaged skin, including nappy rash. Melts at 38 deg C.
COCONUT mct <i>Cocos nucifera</i>	Fractionated odourless fine oil. Excellent basic carrier. Moisturising & protective. Helps keep skin soft & supple. Ideal for treating sensitive & damaged skin. Best keeping properties. Botanically classified as a fruit.
COCONUT solid <i>Cocos nucifera</i>	Organic. Great Coconut Aroma. Moisturizing & protective. Helps keep skin soft & supple without being sticky. Ideal for treating sensitive & damaged skin. Semi solid melts at body temp.
EVENING PRIMROSE <i>Oenpthera biennis</i>	Organic. Extremely beneficial oil helps counteract free radicals, which have an ageing effect. Helps dry, irritated skin. ~10% gamma linoleic acid (G.L.A.). Source of Omega 3 & 6.
FLAX <i>Linum usitatissimum</i>	Helpful in treatment of skin complaints .Anti-viral & anti-fungal. Indicated to improve hair & nail condition. High in essential fatty acids. Omega 3 & 9 Should be blended with hemp oil. Has short shelf life, best kept refrigerated.
GRAPE SEED <i>Vitis vinifera</i>	Good basic carrier, leaves skin feeling silky without being too greasy. May be used on its own or more usually enriched with other oils. All skin types odourless. Not cold pressed.
HEMPSEED <i>Cannabis sativa</i>	Organic. Cold pressed seeds thus preserving natural antioxidants. Source of Omega 3 & 6. Rich oil can be added to basic carrier. Normal to oily skin. Dark with nutty green aroma.
JOJOBA <i>Simmondsia chinensis</i>	Organic. Wax. Excellent skin care: useful not only for oily or acne-prone skin but also helps dry skin conditions. Great hair oil & for treating dry scalp conditions. Use on its own or as additive to basic carrier. Keeps well.
MACADAMIA <i>Macadamia tetraphylla</i>	Quickly absorbed, good for dry or wrinkled skin, helps prevent premature aging. Excellent hair oil & for treating dry scalp conditions. Rich in palmitoleic acid, closely resembles human sebum. Use on its own or in basic carrier.
ROSEHIP SEED <i>Rosa rubiginosa</i>	Organic. Outstanding skin regeneration properties tones scar tissue. Ideal for dry damaged skin. Contains Retinoic acid (vit A) gamma linoleic, linoleic & oleic acid & palmitic acid. Use as additive or neat to treat small areas.
SEA BUCKTHORN <i>Hippophae rhamnoides</i>	Clinical trials confirm Sea Buckthorn increases & protects the regeneration of skin tissues. Ideal for treating scarred or damaged skin. Use neat or in basic carrier. Pressed from seeds. Fermented, fruity aroma.
SESAME <i>Sesamum indicum</i>	Organic. Rich in vitamins & minerals, very beneficial for dry & problem skin (eczema & psoriasis). Also helps to protect against the harmful rays of the sun. Use in a dilution of up to 25% in basic oil ie Almond or Grapeseed.
SHEA BUTTER <i>Butyrospermum parkii</i>	Organic. Moisturizing for dry, irritated or damaged skin. Sun protection factor of 3: 4 when applied neat. A waxy fat, melting on contact with skin. Good stretch mark preventative. May be added to basic carrier. Keeps well.
ST JOHNS WORT <i>Hypericum perforatum</i>	Organic. Anti-inflammatory/soothing for damaged or problem skin. Mixed with jojoba to treat scalp conditions. Flowers are hand picked & infused in organic sunflower & sesame oils. Red in colour.
SUNFLOWER <i>Helianthus anus</i>	Organic. Light oil, leaving skin silky smooth & non greasy. Ideal base, use on its own or with the addition of richer oils. Not to be confused with the commercial sunflower. Golden with nutty taste.
VITAMIN E Natural <i>tocopherol</i>	700mg mixed tocopherols per gram. T-70 is intended for use as an antioxidant in the dietary supplement, food & cosmetic industry. Add up to 0.3% to moisturiser & carrier oil. Not to be mistaken with synthetic Vit E.
WHEATGERM <i>Triticum vulgare</i>	Organic. Rich in vitamins E, A, D,& essential fatty acids. Excellent for dry & mature skins. Use up to 20% in Almond or Grapeseed. This oil is too heavy to use on its own. Amber with nutty aroma.
BODY BASE	A ready to use, balanced blend of six oils; Almond, Grapeseed, Sunflower, Sesame, Wheatgerm & Jojoba.
MASSAGE BLENDS	Synergistic blends of pure essential oils in a Coconut & Jojoba base. May also be used in the bath.
BABY	Massage is clinically proven to help parent child bonding & child development. Organic Rosehip, Chamomile & Lavender.
ANTI CELLULITE	Increases circulation, helps disperse water & fat. Refreshing and stimulating. Fennel, Rosemary, Grapefruit and Frankincense.
DETOX	Stimulating & cleansing effects. Helps to eliminate toxins. Cypress, ginger, Frankincense, Juniper berry, Black pepper.
HARMONY	Promotes well being & peace for mind, body & spirit. Bergamot, Rose Geranium, Lavender, Frankincense & ylang-ylang.
RELAXING	Deeply relaxing & calming after a stressful day. Chamomile, Ho, Lavender, Marjoram, Orange, Spikenard & Vetivert.
SENSUAL	Euphoric & sensual properties. Relaxing & mood enhancing. Jasmine, Rose, Sandalwood, Spikenard & Ylang Ylang.
SPORTS/ MUSCLE	Before to warm & afterwards to alleviate soreness. Black Pepper, Clove, Frankincense, Lavender, Rosemary & Spearmint.
BODY BUTTER	Therapeutic balm of ORGANIC oils to feed & nourish skin. Subtle tropical aroma. Rich in Rosehip seed & Vitamin E to protect against ageing free radicals & to keep skin in healthy condition. Contains only 100% active ingredients: no preservatives or water. Available as an Anti stretch mark balm containing anti nausea essential oil formula.