

100% Pure Essential Oils -10ml

AROMA-THERAPY ESSENTIALS

January 2018

Victoria, Australia

***50ml quantities: PRICE = 3 x 10ml listed price!**

ARNICA <i>Arnica Montana Flower Extract</i>	\$ 8.00
BASIL <i>Ocimum basilicum</i>	\$12.00
BERGAMOT <i>Citrus bergamia</i>	\$12.00
BLACK PEPPER <i>Piper nigrum</i>	\$10.00
CALENDULA <i>Calendula officinalis</i>	\$10.00
CEDARWOOD <i>Cedrus atlantica Manetti – Pinaceae</i>	\$10.00
CHAMOMILE Roman (3% in Jojoba)	\$12.00
CINNAMON <i>Cinnamomum verum</i>	\$12.00
CITRONELLA <i>Citronella mucronata</i>	\$ 8.00
CLARY SAGE <i>Salvia sclarea</i>	\$12.00
CLOVE <i>Syzygium aromaticum</i>	\$12.00
CYPRESS <i>Cupressus sempervirens</i>	\$12.00
EUCALYPTUS <i>Eucalyptus globulus</i>	\$ 6.00
FENNEL <i>Foeniculum vulgare</i>	\$10.00
FRANGIPANI (3% in jojoba) <i>Plumeria obtusa</i>	\$12.00
FRANKINCENSE <i>Boswellia Surrata</i>	\$20.00
GERANIUM <i>Pelargonium graveolens</i>	\$12.00
GINGER <i>Zingiber officinale</i>	\$12.00
GRAPEFRUIT <i>Citrus x paradise</i>	\$ 8.00
JASMINE (3% in Jojoba) <i>Jasminium grandiflorum</i>	\$12.00
JUNIPER <i>Juniperus communis</i>	\$12.00
LAVENDER <i>Lavandula angustifolia</i>	\$10.00
LEMON, <i>Citrus limon</i>	\$ 8.00
LEMONGRASS <i>Cymbopogon citratus</i>	\$ 8.00
LEMON MYRTLE <i>Backhousia citriodora</i>	\$12.00
LIME <i>Citrus aurantifolia</i>	\$10.00
MANDARIN <i>Citrus reticulata</i>	\$ 8.00
MARJORAM <i>Marjorana Hortensis</i>	\$12.00
ORANGE <i>Citrus sinensis</i>	\$ 8.00
PATCHOULI <i>Pogostemon cablin</i>	\$12.00
PEPPERMINT <i>Mentha piperita</i>	\$ 8.00
PETITGRAIN <i>Citrus aurantium</i>	\$10.00
PINE <i>Pinus sylvestris</i>	\$12.00
ROSE (3% in jojoba) <i>Rosa Damascena</i>	\$12.00
ROSE HIP <i>Rosa moschata</i>	\$10.00
ROSEMARY <i>Rosmarinus officinalis</i>	\$10.00
ROSEWOOD <i>Aniba rosaeodora</i>	\$12.00
SPEARMINT <i>Mentha spicata</i>	\$ 8.00
TANGERINE <i>Citrus reticulata Blanco var.</i>	\$ 8.00
TEA TREE <i>Melaleuca alternifolia</i>	\$ 9.00
THYME <i>Thymus vulgaris</i>	\$12.00
VANILLA (3% in jojoba) <i>Vanilla Planifolia</i>	\$12.00
YLANG YLANG <i>Cananga odorata</i>	\$12.00

CARRIER OILS (Base oil to dilute Essential Oils)

100ml Apricot kernel \$10
250ml Sweet almond /and or Macadamia \$12
50ml Jojoba \$12 / 100ml \$22

IMPORTANT NOTE: MEDICAL ADVICE SHOULD ALWAYS BE SOUGHT IN THE CASE OF SERIOUS AND PROLONGED CONDITIONS.

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GENERAL SAFETY INFORMATION: do not take any oils internally without consultation from a qualified aromatherapy practitioner. Do not apply undiluted essential oils, absolutes, CO2s or other concentrated essences onto the skin. If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest oils at extremely low doses. A skin patch test should be conducted prior to using an oil that you've never used before.

For a very in-depth information on oil safety issues, read - "Essential Oil Safety" by Robert Tisserand

TRUE AROMATHERAPY is the use of 100% PURE ESSENTIAL OILS which have been extracted from plant roots, leaves, flowers, bark or stems NOT to be confused with "FRAGRANT OILS" which are chemically derived & DO NOT have the same benefits but may smell similar & are generally \$2 or \$3 each. Essential Oils should be packed in dark glass bottles with a single drop dispenser inserted in the neck, under lid.

MASSAGE: Massage is considered one of the most important methods of applying the essential oils, add approximately 5 drops of essential oil to 10mls carrier oil & enjoy pure relaxation, as the massage will leave you feeling rejuvenated & refreshed.

BATH: What better way to relax after a long day at work, than to indulge in a hot bath. Premix 20mls of sweet almond oil with 10 drops of your choice of essential oils & pour half of the amount into the bathtub (*the balance can be used to moisturise skin after towelling dry*). Let the benefits of the essential oils absorb into your skin while the fragrance works to uplift your spirit.

VAPORIZATION: Oil diffusers (burners) are an easy & effective way to disperse essential oils. From the humble tea light oil burner - to the electric oil diffuser. Add 10 drops of your choice of essential oil to water & let the aroma diffuse into the room & cleanse the air.

INHALATION: This is a great way to relieve a blocked nose. Add 5-10 drops (lessor amount for children) of Eucalyptus/or BREATHEZI essential oil to a bowl of very hot water. Inhale the vapour for 5-10minutes preferable with a towel covering your head, breathe deeply.

SKINCARE: You can customize our UNSCENTED MOISTURISER BASE with your favourite essential oil blend. To 100ml moisturiser base - add 15-20 drops of essential oil.

TISSUE: put 2-3 drops of essential oil on tissue & inhale as needed. The use of any of the Remedial or Lifestyle Blends or single essential oils can be used in this way and may help with blocked nose, or sleeplessness, etc.

FACE WASHER SHORT CUT: when bath not available/or convenient OR before or after shower - use warm damp face washer with 3-4 drops of essential oil and wipe over body.

FACE/BODY or ROOM SPRITZ: add 10 drops of essential oil to 50ml of water OR *OPTIONALLY* mix 10 drops of oil with 30-40 drops of SOLUBILISER/product which assists oil & water to mix, then add to water, ALWAYS SHAKE WELL BEFORE SPRITZING!

NOTE: New Postal Structure & Costings

FREE POST for orders **\$59 & over** *UNDER 500gm

orders UNDER **\$59 & *UNDER 500gm - \$8.50**

orders **\$59 & weighing up to *3kg - \$13.80**

orders **\$59 & weighing up to *5kg - \$17.60**

ALL INTERNATIONAL orders will freight will be calculated when order has been confirmed & weighed!

AROMATHERAPY ESSENTIALS

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Don't forget to mention The Purple Bucket Foundation when ordering.

The following **100% Pure Essential Oil Blends** are our own **AROMATHERAPY ESSENTIALS** recipes which have been *synergistically* blended together to enhance the benefits of individual Essential Oils for **the mind, body & emotions!**

ALL 10ml Arom. Essential BLENDS - \$12 each
ALL 50ml A.E. BLENDS - \$36 each (3x 10ml listed price)

REMEDIAL BLENDS (100% pure essential oils blended)

BREATHEZI - Headclearing

Eucalyptus, Peppermint, Lemon, Clove essential oils

For temporary relief of colds, flu, sinus headaches & hayfever

Use 10 drops in oil burner OR make spritz!

SLEEP-EZI - Relaxing & sedative

Lavender, Orange, Marjoram, Ylang Ylang, Chamomile, Vetiver & thyme essential oils

Assists with relief of sleeplessness, insomnia & anxiety!

10 drops in bath/or oil burner before bed or on a tissue or pillow!

OR make spritz!

MIGRAINE/Headache Oil blend

Peppermint, Lavender, Basil, Rosemary Essential Oils & Jojoba oil.

Use 10 drops in oil burner OR make spritz!

LIFESTYLE BLENDS (100% pure essential oils blended)

ANXIETY & STRESS BUSTER - helps relieve fear, panic &

apprehension - *Bergamot, frankincense, juniper, lavender & ylang*

Use 10 drops in oil burner OR make spritz!

ENCHANTED FOREST (XMAS SPICE) - Warm, inviting aroma of home baking & alpine aromas, assists with communication

Cinnamon, clove, citrus, patchouli, pine & cedar wood

A blend of essential oils which is relaxing, has the aroma of indoor cooking & earthy outdoor forest smells. Patchouli & Cedar deter moths & silverfish. Use 10 drops in oil burner OR make spritz!

EXOTIC - Scentual, calming, fresh & uplifting

Ylang ylang, jasmine, lime, tangerine pure essential oils

Sweet scent of ylang ylang & sharp note of citrus creates an exotic and serene "summer fresh" aroma. Can be used as perfume when blended

with jojoba oil. Use 10 drops in oil burner OR make spritz!

INSECT (Mosquito) REPEL - deters all flying insects

Citronella, Lemon Myrtle, Peppermint, Tea Tree oils

Use to deter flying, crawling insects. DO NOT to be used directly on skin unless diluted. Use 10 drops in oil burner OR make spritz!

MEDITATION - assists calming of mind and body

Ylang ylang, patchouli, frankincense, clary sage, orange, thyme pure essential oils

Can help create an atmosphere conducive to quiet relaxation/meditation

Use 10 drops in oil burner OR make spritz!

MENTAL CLARITY - assists concentration & focusing

Bergamot, Basil, Lemon & Grapefruit pure essential oils

This blend can assist with concentration by clearing the head and giving the mind strength and clarity

Use 10 drops in oil burner OR make spritz!

RELAXATION - Calming, relaxing & tranquil

Lavender, marjoram, patchouli, Mandarin, Geranium, Chamomile essential oils

This blend of essential oils can assist with stress, insomnia & headaches by soothing, calming & relaxing tired physically & mentally fatigued minds & bodies! Use 10 drops in oil burner OR make spritz!

REVITALISING - Uplifting fresh aroma

Lemongrass, Lime, Mandarin & Grapefruit essential oils Helps reduce stress

anxiety, irritability. Enhances confidence & positive energy.

Use 10 drops in oil burner OR make spritz!

SCENTUAL - Harmonising, alluring, exotic perfume

Geranium, Jasmine, Ylang Ylang, Patchouli, Black Pepper, Sandalwood essential oils

This rich, sweet musky scent has a harmonizing effect, creating an ambiance of serenity & romantic intrigue. Can be used as a perfume when blended with jojoba oil.

SPICY ORANGE - Calming, warm spicy & sensual aroma

Cinnamon, clove and sweet orange. A blend of essential oils which can help calm & soothe nervous tension and assist with relaxation & communication

Use 10 drops in bath OR 8-10drops in Oil Burner/diffuser
OR make face, body or room spritz - in notes on front pg

FACE & BODY CARE PRODUCTS

SKIN THERAPY Moisturiser (ALL NATURAL CHEMICAL FREE)

Suitable TOTAL skin care program/cleansing, moisturising, day/night cream for normal, dry, mature or skin exposed to harsh elements - rich in rose hip oil, vitamin E. Non greasy - nourishing!

Can assist with sensitive skin complaints and help relieve symptoms of Eczema & psoriasis, cradle cap etc.

Scented with Lavender, Geranium & Ylang Ylang

Also available in UNSCENTED MOISTURISER BASE

NO essential oils but same base as above scented moisturiser)

SKIN THERAPY - HAND & BODY BUTTER

This has the same base & scent as the moisturiser but it has been ENRICHED with Shea, Coco & Mango Butters -

which act as a barrier to help protect skin from harsh elements like wind, cold & sun etc. ALSO great for cracked heels, dry cracked hands/elbows

ALL SKIN THERAPY PRODUCTS

Small pots (100g) \$15 Large pots(300g) \$39

MUSCLE & JOINT RUB

(ALL NATURAL CHEMICAL FREE)

May be used to warm up muscles & joints. Generally helpful for tired aching bodies and may assist with added mobility.

Use a few drops in OIL BURNER to cleanse air of germs etc. add few drops to BATH & relax, or add approx. 5 drops to bowl of hot water & INHALE vapour or ENJOY a relaxing, soothing, warming body/or specific area MASSAGE.

CONTAINS: warming essential oils of wintergreen, eucalyptus, peppermint, camphor, rosemary, arnica, clove & tea tree with vitamin E, base Extra virgin Olive oil. Is easy to massage & become absorbed into the skin.

Small bottle(125ml) \$15 *Large bottle(250ml) \$29

MUSCLE & JOINT BATH/ FOOT SOAK

Contains NATURAL SEA SALT/ same essential oils (300gm) \$12

LAVENDER (Wheat) HEAT BAGS

\$18

Beneficial to use after applying our MUSCLE & JOINT RUB

SHAVE Oil ALL NATURAL moisturising

Use to blade shave/or use after electric shave for sensitive skin.

CONTAINS: Macadamia Nut & Wheatgerm Oils, Vitamin E, Lavender, Geranium, Bergamot & Sandalwood

UNI-SEX FOR MEN & LADIES

50ml \$12

BODY & MASSAGE Oil

5 DIFFERENT SCENTS (using LIFESTYLE blends on LH page)

Ideal body moisturiser - use after bath or shower OR use for light massage. BASE - Almond, grape seed, vitamin E, & Essential Oils

Exotic Blend, Lavender scented, Revitalising blend,

Relaxation blend OR Scentual blend

200ml \$15

HAIR CARE PRODUCTS (Sodium Laurel Sulphate FREE)

UNSCENTED shampoo OR conditioner

250ml bottle \$12

NATURAL SHOWER GEL(SLS FREE) 250ml bottle \$12

PLEASE NOTE: prices may change at any time
without notice due to increased costs or availability
from our overseas suppliers.