



COMPLIMENTARY BOOKLET

**With Purchase of 5 ml or 10 ml
Essential Oil**

of

SWASTIK

EUCALYPTUS OIL CO.

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CARRIER OILS.

1. Argan Oil
2. Sweet Almond oil
3. Apricot Kernel oil
4. Avocado Oil
5. Evening Primrose oil
6. Grapeseed Oil
7. Jojoba Oil
8. Sesame seed oil
9. Walnut oil
10. Wheatgerm oil



LIST OF OILS

- | | | |
|----|---------------------------|------------------------------|
| 1 | BASIL OIL [Tulsi] | (Ocimum Sanctum) |
| 2 | BAY LEAF OIL | (Pimento Racemosa) |
| 3 | BERGAMOT OIL | (Citrus Bergamia) |
| 4 | BLACK PEPPER OIL | (Piper Nigrum) |
| 5 | CARROT SEED OIL | (Daucus Carota) |
| 6 | CARDAMOM OIL | (Ellettaria Cardamomum) |
| 7 | CEDARWOOD OIL | (Cedrus Deodar) |
| 8 | CELERY SEED OIL | (Apium graveolens) |
| 9 | CHAMOMILE OIL | (German Matricaria Recutica) |
| 10 | CINNAMON OIL | (Cinnamomum Zeylanicum) |
| 11 | CITRIODORA OIL | (Eucalyptus Citriodora) |
| 12 | CITRONELLA OIL | (Cymbopogan Nardus) |
| 13 | CLARY SAGE OIL | (Salvia Sclarea) |
| 14 | CLOVE BUD OIL | (Eugenia Caryophyllata) |
| 15 | CUMIN SEED OIL | (Cuminum Cyminum) |
| 16 | CURRY LEAF OIL | (Murraya Koenigi) |
| 17 | CYPRESS OIL | (Cupressus Sempervirens) |
| 18 | DAVANA OIL | (Artemesia Pallens) |
| 19 | DILL OIL | (Anethum Graveolens) |
| 20 | EUCALYPTUS OIL | (Eucalyptus Globulus) |
| 21 | FENNEL OIL | (Foeniculum Vulgare) |
| 22 | FRANKINCENSE OIL | (Boswellia Serrata) |
| 23 | GERANIUM OIL | (Pelargonium Graveolens) |
| 24 | GINGER OIL | (Zingiber Officinale) |
| 25 | GRAPEFRUIT OIL | (Citrus Paradisi) |
| 26 | JASMINE OIL | (Jasminum Officinale) |
| 27 | JATAMANSI OIL (Spikenard) | (Nardostachys Jatamansi) |



28	JUNIPER BERRY OIL	(Juniperus Communis)
29	LAVENDER OIL	(Lavendula Angustifolia)
30	LEMON OIL	(Citrus Limonum)
31	LEMONGRASS OIL	(Cymbopogon Citratus)
32	MARJORAM OIL	(Origanum Majorana)
33	NEEM OIL	(Azadirachta Indica)
34	NEROLI OIL	(Citrus Aurantium)
35	NUTMEG OIL	(Myristica Fragrans)
36	ORANGE OIL	(Citrus Sinensis)
37	OREGANO OIL	(Origanum compactum)
38	PALMROSA OIL	(Cymbopogon Martini)
39	PATCHOULY OIL	(Pogostemon Cablin)
40	PEPPERMINT OIL	(Mentha Piperata/ M. Arvensis)
41	PETTITGRAIN OIL	(Citrus Aurantium)
42	PINE OIL	(Pinus Roxburghi)
43	ROSE OIL	(Rosa Damascene)
44	ROSEMARY OIL	(Rosmarinus Officinalis)
45	SANDALWOOD OIL	(Santalum Album)
46	SPEARMINT OIL	(Mentha Spicata)
47	TEA-TREE OIL	(Melaleuca Alternifolia)
48	THYME OIL	(Thymus Vulgaris)
49	TURMERIC OIL	(Curcuma Longa)
50	VALERIAN OIL	(Valeriana Officinalis)
51	VETIVERT OIL	(Vetiveria Zizanoides)
52	WINTERGREEN OIL	(Gaultheria Procumbens)
53	YLANG - YLANG OIL	(Cananga Odorata)





DISCLAIMER

The information contained in this booklet is not intended as diagnosis, treatment or prescription for any disease, nor is it presented as an alternative to regular medical attention. Please note that modern medical research has not been conducted to affirm or disprove the effectiveness of essential oils. If medical attention is indicated please contact a health professional.

The information is taken from many internet sites & books on Essential oils & aromatherapy.

All Pure Essential oils should be diluted in a carrier/base oil & used. It is YOUR choice and desire as to how you would like to use them. They may be diffused, applied topically, or added to water for bathing, cleaning and disinfecting. Most oils may be worn as a perfume, aftershave, on the neck, the face, the throat, the wrists, the ankles, the back, behind the ears, over the heart and, of course, on the bottom of the feet.





INTRODUCTION

Welcome to the wonderful world of AROMATHERAPY

Aromatherapy has been around for a very long time. It is one of the oldest forms of health and beauty care. Many ancient civilizations used essential oils and herbs for medicinal purposes and spiritual rituals. Aromatherapy is the art and science of healing and therapy through the use of plant extracts, known as essential oils - to promote balance in the mind and body.

Your sense of smell is the most powerful sense you have. A single whiff of an aroma can evoke feelings and memories long forgotten.

When you inhale a fragrance, the smell itself bypasses your "thinking brain" and goes directly to the limbic system, the part of the brain that controls certain impulses, such as sex and hunger, as well as emotions. Because of this, these aromas, when used properly, are quite valuable for the purpose of mood alteration. Many hospitals and some hotels diffuse certain aromas into the lobby areas in order to produce a sense of calm and well-being in their clients.

Your sense of smell is the most powerful sense you have.

Humans have made use of aromatic extracts of plants for thousands of years. Aromatherapy can be both - pleasurable and beneficial.





ESSENTIAL OILS

Essential Oils are the highly concentrated extracts from plants, herbs, and flowers. They are used singularly or in combination to bring about restorative and curative processes in the mind and body, offering a gentle alternative to medicinal drugs.

They are 75-100 times more potent than dried herbs and should be used with care. They are also sensitive to sunlight and should be stored in dark bottles & in a cool area. Use essential oils on the skin, in the bath, in a humidifier, on a light bulb, in potpourri, or in your hair. Some people are sensitive to certain oils and can have allergic reactions. We cannot be responsible for individual body chemistry.

Aromatherapy is a way of treating emotional and physical imbalances through inhalation and the external application of essential oils in massage, baths, etc., Essential oils act on the oil factory nerves, which lead from the nose to the brain. They can influence emotions and hormonal response. Essential oils contain antibacterial properties and also may contain antibiotic, antiviral and other therapeutic properties.

Aromatherapy is not about fragrance, but about healing. In Aromatherapy, aromas ARE therapeutic. Certain properties in essential oils trigger therapeutic effects in your body. When inhaled deeply, or applied to the skin surface in carrier oils, these properties produce very specific beneficial results. When used in a bath or massage, the oils are absorbed through the skin and carried by body





fluids to the main body systems, such as the nervous and muscular system for a healing effect. The healing properties come from the highly concentrated extracts,(essential oils) taken from herbs, flowers, roots etc of plants/trees. It is important to understand that essential oils do not cure. The body and mind are the heroes when it comes to healing and this is the basic principal of natural health.

Some of these benefits are well known, such as relaxation, energy stimulation and pleasant memory association. Other benefits are less well known, but equally as powerful. The anti-bacterial and anti-viral properties in certain oils enhance the immune system. Some oils act as appetite stimulants, others act as appetite suppressants, and both can help with weight management. Still other oils are hormone regulators. The list of potential benefits goes on and on. Learning how to use oils to achieve these benefits is what Aromatherapy is really all about. To achieve these benefits, full strength, undiluted essential oils are required. The term "100% essential oil" is used to describe oils that contain only the extract of a particular plant. Many people also assume that because an oil is 100% essential that it also is absolutely pure, but this is not true.

Common oils that are easy to extract consequently cost less than the more precious oils. The best quality oils will always be priced according to the value and rarity of the particular oil and will never be priced based on bottle size.





Properties most Essential Oils have in common

- ★ Anti-bacterial, anti-microbial, anti-virus (best known is tea tree)
- ★ Detoxify - gets rid of poisons from our blood stream. Urine is usually yellow, as it gets darker it is a sign of toxins being discarded.
- ★ Oxygenate - as oxygen is added it has the effect of pumping up the tissues.
- ★ Temporarily helps rid tissues of excess fluid.
- ★ Easily absorbed by the skin because they are lipo solvents - they dissolve in fats. They dissolve in the fatty part of the skin to quickly penetrate different layers before entering the bloodstream (Sebaceous glands produce Seba which blends with the oil and makes for easy absorption)
- ★ Has the power of healing rapidly.
- ★ Helps balance the nervous system.
- ★ Inflammable and so can ignite.
- ★ Odoriferant - smelly.
- ★ Penetrates through the skin.
- ★ Promotes new cell growth and sheds dead skin cells.
- ★ Improves circulation by regulating the action of capillaries.
- ★ Regulates and balances body functions (Bergamot, Clary Sage, Lavender, Geranium).
- ★ Rehydrates over 3-6 hours.
- ★ Restores vitality to tissues.
- ★ Soluble in pure alcohol (ethanol), vegetable oils & to a small extent, water.
- ★ Volatile - when exposed to air they evaporate quickly.
- ★ Watery & do not leave an oily mark on paper.



SAFETY DETAILS

- ▶ It is not a substitute for proper medical treatment, nor is the information given on this booklet a substitute for advice from a qualified medical practitioner.
- ▶ Pure essential oils are highly concentrated and there may be as many different chemical constituents in a single oil. These compounds are absorbed into the body through the skin, nasal membranes and lungs and you should be aware of the potential effects of these natural organic compounds.
- ▶ If experience sensitivity or an allergic reaction to a particular oil, stop using it immediately.
- ▶ Never use neat (undiluted) essential oils directly on the skin. To make up massage oil, follow the instructions
- ▶ Never take oil internally. Keep essential oils away from the eyes. In case of accidental contact with the eyes, wash with plenty of water and seek medical advice.
- ▶ Keep essential oils out of children's reach. Essential oils should not be given to babies & small children.
- ▶ Children, pregnant women and those with sensitivity and allergies: **do not** use essential oils without first consulting your doctor.
- ▶ Oils are flammable. Keep away from sparks, flames, light etc.,
- ▶ Oils will damage latex condoms.





SUGGESTED METHODS OF USE:

The following lists of uses are suggestions only. Always consult a doctor if you suspect a serious illness. Do not use undiluted essential oils on the skin.

MASSAGE

Always dilute oils before applying them to the skin. Use a carrier oil such as, Apricot Kernel Oil, Sweet Almond Oil, Jojoba Oil or any other pure, unblended vegetable oil. Do not use "baby oil", as this is a mineral oil and unlike vegetable oils will not be absorbed by the skin. 1% dilution: 5-6 drops essential oil per ounce of carrier oil. 2% dilution: 10-12 drops essential oil per ounce of carrier oil. 3% dilution: 15-18 drops essential oil per ounce of carrier oil.

BATHS

Add up to a maximum of 15 drops of pure essential oil, to a bath full of warm (not hot) water. Float the oil on the surface and stir with your hand before relaxing in the bath for 10/15 minutes. For a hand or foot soak use 2 to 3 drops in a bowl of warm water.

INHALATION

Add 3 - 5 drops of essential oil to a bowl of hot water, cover your head with a towel and inhale the fragrant steam.

IN A ROOM BURNER / DIFFUSER

Use 2 to 3 drops of essential oil in water in the reservoir of your oil burner. Since most burners rely on a lighted candle for heat, never leave them unattended or where children can reach them.

COMPRESSES

Float 2 to 5 drops of essential oil on a saucer of water (warm or cold as appropriate). Pick up the film of oil by laying the compress material across the surface of the water. Apply to the affected part and cover with cling film. This may be left in place overnight.





BENEFITS OF AROMATHERAPY

Aromatherapy - The Scent-Sational Art of Healing

Essential oils are nature's unique gift to us. They are protective, calming, uplifting, energizing etc., They are the life force of the plant. They are derived from shrubs, flowers, trees, roots, seeds etc., These essential oils or aromatic oils defend plants from insects, environmental conditions & disease. The aromatic oils or essential oils work on the whole body to restore the mental & physical balance.

AROMATHERAPY is believed to work in two ways

- * Directly by smell is picked up by the sensory cells in the nose which are closely linked to the mood centers in the brain.
- * By Oils, being absorbed into the skin in minute quantities. Each essential oil has its unique scent & properties. Many complement each other and hence, are made or created as ESSENTIAL OIL BLENDS!

For emotional health, essential oils can be diffused into the air or can be worn as a fragrance. They can be applied to the pulse points, so the scent surrounds & comforts throughout the day.





Aromatherapy is useful in balancing psychological conditions such as depression, anxiety & mental fatigue as well as contributing to general moods enhancement & stress reduction.

For women's disorders, aromatherapy can be used in forms of douches, sitz baths & for external applications for conditions such as PMS, menstrual cramps, menopause, vaginal infection, pregnancy etc.,

As preventive medicine, aromatherapy is unsurpassed. Essential Oils dispersed into the atmosphere from diffuser can kill harmful bacteria & micro-organisms before they invade our body, guarding against infections.

It aids in elimination of toxic wastes through its action on the lymphatic system, circulation, liver & kidneys. Aromatherapy increases circulation & oxygenation in the skin, making it ideal beauty therapy. Essential oils, rejuvenates the skin & slows the aging process.

Try our exquisite blends of natural essential oils to enhance your mood, atmosphere, concentration & your - Overall Lifestyle.

Please remember to treat essential oils the same as you would to drugs.

Keep them out of reach of children and pets and store them in a cool dark place.





ESSENTIAL OILS USAGE

BASIL OIL [Tulsi] {Ocimum Sanctum}

Essential oil by steam distillation from the flowering herb.

Might help in insect bites, pains, coughs, earache, sinusitis, scanty periods, colds, infectious disease, depression etc., It is considered as an invigorating oil, excellent choice to diffuse in the mornings. **Safety data:** It is Non-toxic, Non-irritant, possible sensitizing in some individuals due to its eugenol content. Avoid during pregnancy & use sparingly.

BAY LEAF OIL {Pimento Racemosa}

Essential oil by steam distillation or water distillation from the leaves.

May be beneficial in scalp stimulation, greasy & lifeless hair, pains, infectious diseases etc. Used for many years in soaps, cosmetics, colognes etc. **Safety Data:** Moderately toxic due to its high eugenol content- a mucous membrane irritant. Use in moderation only.

BERGAMOT OIL {Citrus Bergamia}

Essential oil by cold expression of the peel of nearly ripe fruits.

May help in oily complexions, wounds, boils, mouth infections, anxiety & stress related conditions, scabies and infectious





diseases. Said to have a calming effect. **Safety Data:** Non-toxic & non-irritant, but extremely phototoxic. Use very carefully. It may increase the skins reaction to sunlight & make it more likely to burn.

BLACK PEPPER OIL {Piper Nigrum}

Essential oil by steam distillation from the dried & crushed peppercorn.

Might help in diarrhea, loss of appetite, cold, coughs, flatulence, pains and poor circulation. **Safety Data:** It is Non-toxic, non-sensitizing, Irritant in high concentration due to its rubefacient properties. Use in moderation only.

CARROT SEED OIL {Daucus Carota}

Essential Oil is steam distilled from the dried seeds of the Daucus carota

It has excellent skin nourishing benefits. It is fabulous in any blends that are made for the face and skin. Many skin conditions have been assisted with the use of Carrot Seed such as eczema, psoriasis & other skin irritations. Carrot Seed is an excellent purifier. This is mainly due to its detoxifying effect on the liver. It is diuretic and hepatic, operating as a kidney and liver cleanser. Carrot Seed is an aid for healthy skin. It can be used to improve the complexion and is known as one of the best skin revitalizing essential oils. It works well to





deal with wrinkles and skin that has been affected by the environment such as harsh weather conditions. **Safety Data:** Avoid during pregnancy. Generally non-toxic, non-irritating, non-sensitizing,

CARDAMOM OIL {*Ellettaria Cardamomum*}

Essential oil by steam distillation from dried ripe seeds.

May be beneficial in mental fatigue, nervous strain, indigestion, vomiting, griping pains, colic, cramps etc., Extensively used as a fragrance component in soaps, cosmetics and perfumes, especially in the oriental types.

Safety Data: It is non-toxic, non-irritant & non-sensitizing.

CEDARWOOD OIL {*Cedrus Deodar*}

Essential oil by steam distillation or water distillation from wood, stumps and saw-dust.

May help in acne, dandruff, dermatitis, fungal infections, skin eruptions, hair loss, ulcers & pains. It's an excellent insect repellent oil. **Safety Data:** It is non-toxic, non-sensitizing & non-irritant. Avoid during pregnancy.

CELERY SEED OIL {*Apium graveolens*}

Extracted through steam distillation of the seeds.

It is spicy & sweet. Its warm aroma is very calming and relaxing. It is one of the best oils for natural liver cleansing,





easing and soothing discomfort. Natural remedies for gout include celery seed because of its excellent ability to reduce uric acid. It is also used in natural remedies for rheumatoid arthritis along with wintergreen, peppermint and palo santo. **Safety Data:** Avoid while pregnant. As with all essential oils, never use them undiluted.

CHAMOMILE OIL German {*Matricaria Recutica*}

Essential oil by steam distillation from the flower heads.

Chamomile is an excellent choice when it comes to soothing frayed nerves. Chamomile is one of the gentlest of the oils. It has a deep, pungent, earthy floral aroma. Ideal for stiff swollen joints and muscles - in a warm compress. Chamomile is soothing, calming and anti - inflammatory. Might be useful in cases of insomnia, migraine, headaches and stress related complaints. Might also help in acne, allergies, hair care, inflammations, rashes, wounds sensitive skin, pains, strains, nausea, insomnia etc., **Safety Data:** It is non-toxic, non-irritant, may cause dermatitis in some individuals. Should be avoided by those with ragweed and pollen allergies.

CINNAMON OIL {*Cinnamomum Zeylanicum*}

Essential oil by water distillation or steam distillation from leaves & twigs.

Might help in scabies, poor circulation, rheumatic pains, sluggish digestion, scanty periods, colds, infectious diseases





etc., **Safety Data:** Leaf oil is non toxic but possibly irritant because of cinnamaldehyde. Due to its strong aroma & potency, use in moderation as eugenol is present in the oil.

CITRIODORA OIL {Eucalyptus Citriodora}

Essential oil by steam distillation from leaves & twigs.

May help in cuts, dandruff, herpes, insect repellent, candida, fever, hair loss. Extensively used in floorwash & perfumes.

Safety Data: It is non-toxic, non-irritant, possible sensitizing in some individuals.

CITRONELLA OIL {Cymbopogon Nardus}

Essential oil by steam distillation from fresh & partially dried grass.

It is an excellent insect & mosquito repellent, useful for oily skin, excessive perspiration. Extensively used in floor wash.

Safety Data: It is non-toxic, non-irritant, may cause dermatitis in some individuals. Avoid during pregnancy.

CLARY SAGE OIL {Salvia Sclarea}

Essential oil by steam distillation from flowering tops & herbs

May help in skin care, high blood pressure, pains and aches, throat infections, cramp, labour pains, depression etc. Excellent oil to diffuse. **Safety Data:** Non-Toxic, non-irritant &





non-sensitizing. Avoid during pregnancy. Do not use this oil while drinking alcohol as it can induce a narcotic effect and exaggerate drunkenness.

CLOVE BUD OIL {*Eugenia Caryophyllata*}

Essential oil by water distillation from the buds of the clove. Oil is also produced from the stem & leaves.

May help in athlete's foot, cuts, burns, toothache, ulcers, wounds, rheumatic pains, sprains, nausea, minor infections etc., **Safety Data:** All clove oils can cause skin & mucus membrane irritations, because of the eugenol content. Use in moderation, in very less dilution.

CUMIN SEED OIL {*Cuminum Cyminum*}

Extracted from dried and crushed seeds through Steam distillation.

It is mainly used for its digestive properties. The therapeutic properties of cumin oil are antiseptic, anti-spasmodic, antitoxic, bactericidal, carminative, digestive, diuretic, emmenagogue, nervine, stimulant and tonic. Cumin is useful as a warming oil and helps relieve muscular pains and osteoarthritis. In the digestive system, it is a stimulant that helps with colic, dyspepsia, flatulence, bloating and indigestion. For the nervous system, it is a tonic and has a beneficial effect on headaches, migraine and nervous exhaustion.





Safety Data: Cumin has an overpowering smell and should be used very sparingly, yet it is considered non-toxic, non-irritant and non-sensitizing. It does have photo-toxic qualities, so should not be used when the skin will be exposed to sunlight. People with a sensitive skin should avoid it and it should be avoided during pregnancy.

CURRY LEAF OIL {Murraya Koenigi}

The oil is extracted from leaves using steam distillation process.

It may help in curing disorders like infertility, nausea, dysentery. A also helpful in lowering blood pressure, night-blindness and serious malady like hepatitis. The oil is mainly identified as culinary oil and is used in food preparations. Other than this, it is also useful for treating cases of diabetes, maintaining skin natural pigmentation and hair loss. It is also used as perfumery oil as it has a medium to strong aroma with sweet, spicy scent with bitter undertones. **Safety Data:** Avoid used when pregnant Not to be used with infants and children. Dilute & use.





CYPRESS OIL {*Cupressus Sempervirens*}

Essential oil by steam distillation from the leaves & twigs, occasionally from cones.

May help in oily & over hydrated skin, excessive perspiration, insect repellent, varicose veins, cellulite, muscular cramps, rheumatism, menopausal problems, etc., It has a refreshing aroma, often used in after shave lotions. Promotes circulation when used in massage blend. **Safety Data:** It is non-toxic, non-irritant and non-sensitizing.

DAVANA OIL {*Artemesia Pallens*}

Essential oil by steam distillation from the herb.

One of the sweetest and most intensely restorative aromas. Extremely rare and equally mesmerizing. Emotionally balancing and calming. It might help as anti-infectious, soothing to rough, dry and chapped skin and stimulating to the endocrine system. It is excellent for menopausal women as it is useful in regulating and balancing menstruation. Energy balancing, calms anger. Emotionally, it is relaxing and some claim has an anti-anxiety effect. It is claimed that it is one of the most aphrodisiac of all oils. **Safety Data:** Davana Oil should NEVER be put directly on the skin. It should always be diluted with another oil. Serious burning can occur from direct concentrated contact. Does not appear to be an irritant or a sensitizer, it should be avoided on broken skin. Its high ketone level means that it could be toxic in high doses and should be used with moderation.





DILL OIL {*Anethum Graveolens*}

Essential oil by steam distillation from seeds, sometimes, by weeds, herbs & fruit.

May help in colic, dyspepsia, flatulence, indigestion. Used since the earliest times as a medicinal and culinary herb. Both dill weed and dill seed oils are used extensively in alcoholic, soft drinks and foodstuffs, especially pickles and condiments.

Safety Data: It is non-toxic, non-irritant & non-sensitizing.

EUCALYPTUS OIL {*Eucalyptus Globulus*}

Essential oil by steam distillation from leaves & twigs.

May help in insect bites, useful for cold, cough, headaches, muscular pains, rheumatoid, sprains etc., It's a powerful oil when dealing with viruses of the respiratory system. It is expectorant, antibacterial, antifungal, antiviral and antiseptic. Use for pain, migraines, in room spray, diffuser, massage, inhalation, sauna and bath. The warm and refreshing aroma of Eucalyptus is a scent with which most people are familiar. Eucalyptus is one of the must-have oils for every household because of its myriad uses and highly anti-bacterial properties. **Safety Data:** It is non-toxic and non-irritant. Do not use on broken or irritated skin. Do not use internally.





FENNEL OIL {Foeniculum Vulgare}

Essential oil by steam distillation. Sweet fennel oil from crushed seeds & bitter fennel oil by crushed seeds & the whole herb.

Fennel oil may help in nausea, flatulence and indigestion. It can help to regulate the menstrual cycle, particularly where periods are scanty and painful. Fennel has a hormonal like action that helps support the body in reducing PMS and menopausal symptoms. It may also help break up fluids and toxins and cleanse the tissues of the body. Might help in bruises, dull, oily & mature complexions, cellulite etc., **Safety Data:** Only sweet fennel should be used. It is non toxic, non-irritant, narcotic in large dose. Avoid during pregnancy. Use in Moderation. Do not use Fennel with young children. Fennel must not be used by people with epilepsy.

FRANKINCENSE OIL {Boswellia Seratta}

Essential oil by steam distillation from selected oleo gum resins.

Might help in anxiety, stress, nervous tension, scars, blemishes, wounds, wrinkles etc., In modern times, this warm and spicy ritual oil is often used during periods of prayer and meditation. **Safety Data:** It is non-toxic, non-irritant, non-sensitizing oil.





GERANIUM OIL {*Pelargonium Graveolens*}

Essential oil by steam distillation from the leaves, stalks and flowers.

This oil has been used for centuries for skin care. Its strength lies in the ability to regenerate tissue and nerves and assist in balancing hormonal problems. It is excellent for the skin of expectant mothers and its aromatic influence helps release negative memories. Geranium may help, relax the mind, calm agitation, and ease frustration and irritability. Might help in skin disorders, herpes, vaginal/uterine tonic (as a douche), plaque, fungus, skin care, acne, hemorrhoids and anxiety, nervous tension, stress related conditions, PMS symptoms, neuralgia etc., Use in diffuser, massage, body care, bath and perfume.
Safety Data: It is non-toxic, non-irritant and non-sensitizing.

GINGER OIL {*Zingiber Officinale*}

Essential oil by steam distillation from the rhizomes of the fruit.

Might help in pains, colds, indigestion, travel sickness, sprains, flavour in food etc., **Safety Data:** It is non-toxic, non-irritant (except in high concentration) slightly phototoxic, may cause sensitization in some individuals.





GRAPEFRUIT OIL {Citrus Paradisi}

Essential oil by cold expression from the fresh peel.

It helps in hair growth, tones the skins & tissues, may be useful in cellulite, muscle fatigue, depression, stress conditions, etc.,

Safety Data: It is non-toxic, non-irritant & non-sensitizing. It has very short life - it oxidizes quickly. It is phototoxic.

JASMINE OIL {Jasminum Officinale}

A concrete is produced by solvent extraction. The absolute is obtained from the concrete by separation with alcohol. An essential oil is produced by steam distillation of the absolute.

May help in dry, greasy, irritated & sensitive skin. Excellent perfume oil. Jasmine is called "The King of Oils". Anyone who has inhaled the intoxicating scent of this rich and luxurious floral oil can tell you why. The scent of jasmine is so deep and exotic that some people claim the aroma transports them into a state of euphoria. Jasmine is also one of the most expensive. It takes about 50 pounds of jasmine petals to produce one ounce of jasmine oil! Add to this the fact that the jasmine petals need to be harvested before dawn when they are at their most fragrant and the process becomes even more costly! **Safety Data:** It is non-toxic, non-irritant & non-sensitizing. (an allergic reaction has been known to occur in some individuals).





JATAMANSI OIL (Spikenard) {*Nardostachys Jatamansi*}

Essential oil by steam distillation from the dried, crushed rhizome & roots.

Might help in allergies, inflammations, mature skin, rashes, insomnia, tension, migraine etc. It's highly regarded in India as a perfume, medicinal herb and skin tonic. **Safety Data:** It is non-toxic, non-irritant & non-sensitizing - similar to valerian oil.

JUNIPER BERRY OIL {*Juniperus Communis*}

Essential oil by steam distillation from Berries.

May help in eczema, hair loss, oily complexion, accumulations of toxins, cellulite and rheumatism. This oil works as a detoxifier and cleanser. Use in Bath, inhalation, massage, room spray, diffuser, perfume. This woody and refreshing pure essential oil has a clean and tangy aroma that many find reminiscent of pine. It is often used in skin care when cellulite is present. Juniper berry promotes circulation and is said to be an excellent addition to massage blends for aching muscles and joints. **Safety Data:** It is non-sensitizing, non-toxic, may slightly irritate. Stimulates the uterine muscle & must not be used during Pregnancy. Should not be used by those with kidney disease due to its nephrotoxic effect.





LAVENDER OIL {Lavendula Angustifolia}

Essential oil by steam distillation fresh flowering tops.

A universal oil, well know, may help in allergies, burns, inflammations, good for all skin types, pains, aches, infections abdominal cramps, nervous tensions, insomnia, depression, stress related conditions, PMS etc., A few drops in the rinse cycle give laundry a very nice fresh scent. Cotton balls treated with lavender oil make an effective moth repellent, either in the closet or between clothes in a drawer, lavender will also repel cockroaches. **Safety Data:** It is non-irritant, non-toxic & non-sensitizing.

LEMON OIL {Citrus Limonum}

Essential oil by cold expression from the outer part of the fresh peel.

May help in cuts, insect bites, mouth ulcers, spots, warts, nosebleeds, varicose veins. Lemon is also highly antiseptic and anti-bacterial. You can mix a couple of drops of lemon pure essential oil with some liquid soap and use it to clean your house! The fragrance is refreshing and the anti-bacterial properties of the lemon will do a great job! **Safety Data:** It is phototoxic, use in moderation only.





LEMONGRASS OIL {*Cymbopogon Citratus*}

Essential oil by steam distillation from fresh & partially dried grass.

Might help in scabies, tissue toner, muscular pains, poor circulation, colitis, indigestion, gastro-enteritis, fever, infectious diseases etc., It has sweet "lemony" aroma, excellent for vaporizing to banish unpleasant smells. Uplifting and refreshing - good for tired sweaty feet or as a rinse for greasy hair. In traditional Indian medicine, this oil has a long history of use against infectious illnesses and fevers. **Safety Data:** It is non-toxic, possibly sensitizing. Use in moderation.

MARJORAM OIL {*Origanum majorana*}

It is extracted through steam distillation of leaves.

Marjoram Oil relaxes and soothes the muscle groups and the nervous and cardiovascular systems of the body. Its also Called the "herb of happiness".

It is Antispasmodic, antibacterial, anti-infectious, anti-fungal, antiseptic, diuretic, digestive stimulant, arterial vasodilator, diuretic, anti-sexual, expectorant, mucolytic, sedative, tonic, promotes peristalsis. Used for Arthritis, asthma, blood pressure (regulates), bronchitis, circulatory disorders, colic, cramps, constipation, insomnia, migraines, menopausal





problems, rheumatism, reduce water retention, whooping cough, muscular cramps and spasms, aches and pains, sprains. **Safety Data:** It is non-toxic, possibly sensitizing. Use in moderation.

NEEM OIL {Azadirachta Indica}

Essential oil by cold pressed method from the neem seeds.

Indigenous to India, the neem tree is mostly grown as a shade tree in a variety of habitats. From the seeds a unique, cold pressed oil is expelled which contains natural constituents which have specific benefits for skin-care. Scientific research has confirmed that Neem seed oil is non-toxic to mammals and may be very effective organic antiseptic, antifungal, antibacterial, antiviral, dermatological and dental agent. It is also widely hailed as a natural insect repellent. This oil has been used for centuries in traditional Indian medicine to aid in the healing of topical skin disorders such as eczema, psoriasis, rashes, burns and acne. It is rich in fatty acids and glycerides and together with its healing properties, provides an excellent natural moisturizing base for skin care formulations. **Safety Data:** Use sparingly due to the strong odour. Considered to be safe in all normal topical applications.





NEROLI OIL {Citrus Aurantium}

This delightfully intoxicating and refreshing pure essential oil comes from the blossom of the orange tree! Concrete & absolute is made by solvent extraction. The essential oil is made by steam distillation from freshly picked flowers.

Its warm and sensuous fragrance is a welcome addition to many romantic massage oils. It is said to be anti-depressant in nature. Neroli has been credited with the ability to help in insomnia when diffused before bedtime. It may also helpful for scars, stretch marks, mature skin, wrinkles, dyspepsia, flatulence, anxiety, PMS depression, stress related conditions.

Safety Data: It is non-toxic, non-irritant, non-sensitizing, non-phototoxic.

NUTMEG OIL {Myristica Fragrans}

Essential oil by steam distillation or water distillation from the dried nutmeg seeds.

May be useful in pains, aches, poor circulations, rheumatism, sluggish digestion, impotence, nervous fatigue, bacterial infection etc. It is said to be very calming. When diffused before bedtime, nutmeg is said to promote dream time. Both oils and oleoresin are used in most major food categories, including alcoholic and soft drinks. **Safety Data:** Generally





non-toxic, non-sensitizing & non-irritant. But use only in moderation only. However, used in large doses it shows signs of toxicity such as nausea, stupor and tachycardia, believed to be due to the myristicin content.

ORANGE OIL {*Citrus Sinensis*}

Essential oil by cold expression (hand or machine) from the outer peel of oranges.

Orange pure essential oil is sweet and uplifting. Orange is known for its anti-depressant qualities. Orange pure essential oil is a wonderful aroma to diffuse when some levity is needed or during the longer, cold days of winter. Nothing can brighten up a room like the fresh and fruity aroma of orange pure essential oil! When diffused during the summer, orange brings joy with its delightful aroma! Orange, like neroli, is said to be helpful in relieving stress, tension, palpitation, water retention, mouth ulcers, chills etc. **Safety Data:** It is non-toxic, non-irritant. Can cause dermatitis in few individuals.

OREGANO OIL {*Origanum compactum*}

It is extracted through steam distillation of leaves.

The benefits of oregano oil go beyond cooking purposes. Its antiviral, antibacterial and immune stimulating properties make it highly effective for many pathogenic infections.





It is Antifungal, antiviral, anti-aging, antibacterial, anti-inflammatory, antiparasitic, immune stimulant and antiseptic. Used for Abscess, anthrax, asthma, bacterial infection, boils, bronchitis, bursitis, cholera, chronic pain, cold sores, cough, corns, diarrhea, digestive problems, diphtheria, dysentery, Epstein Barr, fibroids, flu, food poisoning, fungal skin infection, gallbladder infection, gangrene, ganglion cyst, gonorrhea, immune system, infections, influenza, lyme disease, oral infection, mouth ulcers, rocky mountain fever, pancreatitis, parasites, pneumonia, radiation damage (internally), respiratory infections, scoliosis, sore throat, strep throat, syphilis, ticks, tonsillitis, tuberculosis, typhoid fever, whooping cough, viral and bacterial pneumonia, viral colitis, arthritis and rheumatism, muscles and vaginal yeast infection.

PALMROSA OIL {Cymbopogon Martinii}

Essential oil by steam distillation from fresh & partially dried grass.

Skincare - dermatitis, scars, wrinkles, stimulates the cellular regeneration, regulates sebum production, moisturizes the skin. The oil is extensively used as a substitute of attar of roses & as a base for perfumes & cosmetics. **Safety Data:** It is non-toxic, non-sensitizing and non-irritant.





PATCHOULY OIL {*Pogostemon Cablin*}

Essential oil by steam distillation from dries leaves.

May help in skincare- acne, athlete's foot, cracked, chapped skin, dandruff, fungal infections, stress related complaints. An earthy and musk-like fragrance - Patchouli is considered to be anti-depressant in nature. This oil is very beneficial for the skin.

Safety Data: The oil is non-toxic, non-irritant & non-sensitizing.

PEPPERMINT OIL {*Mentha Piperata/ M. Arvensis*}

Essential oil by steam distillation from the flowering herb.

It has a clear & penetrating odour. It may help in dermatitis, scabies, burns, toothache, palpitations, muscular pains, bronchitis, cold, flu, migraines etc. Peppermint might help stimulate and counter insomnia, shock & mental foggy. Its nature is energetic. **Safety Data:** It is non-toxic, non-irritant (except in concentration), use in moderation, possibly sensitizing due to menthol. Avoid prolonged use of the essential oil as an inhalant. Peppermint can reduce milk flow; while breast-feeding.





PETTITGRAIN OIL {Citrus Aurantium}

Essential oil by steam distillation from leaves & twigs of orange tree.

May help in skincare - excessive perspiration, greasy skin, toning. Pettitgrain is valuable for insomnia. This oil is anti-infectious, anti-bacterial and re-establishes nerve equilibrium. A good oil for acne and oily dandruff. Pettitgrain is one of the classic ingredients of eau-de-cologne. Extensively used as a fragrance component in soaps, detergents, cosmetics and perfumes, especially colognes (sometimes used to replace orange blossom). Pettitgrain is employed as a flavor component in many foods, especially confectionery, as well as alcoholic and soft drinks. **Safety Data:** It is non-toxic, non-irritant & non-sensitizing.

PINE OIL {Pinus roxburghii}

Oil is extracted through Steam distillation of needles , twigs & buds

The fresh scent of pine awakens memories of crisp, winter days and past holidays. It used for Asthma, athlete's foot, bronchitis, cellulite, colds and flu, coughs, cuts, cystitis, digestive problems, drowsiness, eczema, fatigue, gall bladder, hangover, nervous exhaustion, prostate problems, psoriasis, rheumatism, scabies, sciatica, sinus congestion, skin





irritations, The health benefits of pine essential oil include its ability to reduce inflammation and associated redness, protect against sinus infections, clear mucus and phlegm, cure skin conditions like eczema and psoriasis, boost the immune system, fight fungal and viral infections, stimulate the mind and body and protecting your home and body from a wide variety of germs. **Safety Data:** Avoid if prone to allergic reactions. Avoid if diagnosed with high blood pressure. Should not be used on the skin of children or the elderly.

ROSE OIL {Rosa Damascene}

Essential oil by water distillation or steam distillation of rose petals. An Absolute & concrete are also produced.

Rose has a beautiful fragrance, known as the "Queen of Oils", it is almost intoxicating and aphrodisiac-like. Most expensive oil. Might help in broken capillaries, dry skin, nausea, irregular menstruation, uterine disorders, depression, insomnia, stress related conditions etc. For many, just smelling the fragrance of a single rose blooming in the garden will lift the spirits and unburden the heart. Just imagine the effect of taking in the aroma of 10,000 roses! That is exactly what you are doing when you inhale pure essential oil of Rose! **Safety Data:** It is non-toxic, non-sensitizing and non-irritant.





ROSEMARY OIL {Rosmarinus Officinalis}

Essential oil by steam distillation from fresh flowering tops.

Use in bath, bodycare, massage, diffuser, perfume, inhalation. Might be useful in hair care, skin care, pains, palpitations, poor circulations, hypotentions, mental fatigue etc., **Safety Data:** It is non-toxic, non-irritant & non-sensitizing. Avoid during pregnancy. Not to be used by epileptics, Contra indicated in case of high blood pressure.

SANDALWOOD OIL {Santalum Album}

Essential oil by water distillation or steam distillation from the roots & heartwood, powdered & dried.

May help in cracked & chapped skin, greasy skin, moisturizer, bronchitis, diarrhea, nausea, depression, nervous tension, insomnia, stress related complaints. Traditionally, it was used for skin regeneration, yoga & meditation. Use in bath, skincare, diffuser, perfume, massage, inhalation, compress. Sandalwood has a delightfully delicate musky aroma that is both sweet and pungent. Some people find the aroma absolutely euphoric, while others would characterize it as simply relaxing. Sandalwood makes an excellent addition to any romantic massage blend. Its sensual aroma helps to reduce stress and anxiety. **Safety Data:** It is non-toxic, non-irritant & non-sensitizing.





SPEARMINT OIL {*Mentha Spicata*}

Essential oil by steam distillation from the flowering herb.

The property of spearmint resembles those of peppermint but the effects are less powerful.... it is better adapted in children's maladies. This oil has been known to increase overall metabolism and soothe the intestines, relieve the respiratory system and bring about a feeling of well being. Spearmint is used as a fragrance component, mainly in soaps and colognes and as a flavoring ingredient in products such as toothpaste, chewing gum, confectionery, alcoholic and soft drinks. **Safety Data:** It is non-toxic, non-sensitizing & non-irritant.

TEA-TREE OIL {*Melaleuca Alternifolia*}

Essential oil by steam distillation from leaves & twigs.

An all rounder oil, active against all three varieties of infectious organisms, bacteria, fungi & virus. May help in acne, blisters, burns, colds, colds, dandruff, herpes, insect bites, rashes, warts, wounds, whooping cough, vaginitis, fever, flu etc., Tea Tree Oil may be beneficial for respiratory and infectious diseases, and may aid in healing wounds and candida. It is a very powerful immuno-stimulant. A must have oil ! **Safety Data:** It is non-toxic, non-irritant, possible sensitization in some individuals.





THYME OIL {Thymus Vulgaris}

Essential oil by steam distillation or water distillation from the fresh or partially dried leaves & flowering tops.

May help in muscular pains, insect bites dermatitis, cellulite, tonsillitis, infectious diseases, insomnia etc., The aroma of thyme is very strong and powerful. Simply inhaling this highly anti-bacterial pure essential oil boosts the immune system.

Safety Data: Use sparingly. Do not make a habit of using thyme. Avoid therapeutic doses of thyme and thyme oil in any form during pregnancy because the herb is a uterine stimulant. Thyme oil can irritate mucous membranes. Always dilute it well before use.

TURMERIC OIL {Curcuma Longa}

This oil is extracted through steam distillation of turmeric roots. Turmeric has been known for thousands of years for its amazing health promoting properties. It is very powerful and packed with rare compounds as it is extracted from such a powerful healer herb.

It stops formation of gas in gastrointestinal tract., good for liver. Turmeric oil is known to have anti-cancer properties. in and hair: turmeric oil is also known to help in preventing hair loss, especially male pattern baldness. This action is also attributed to its anti-oxidation and anti-inflammatory properties. Other





health promoting properties of turmeric oil: As with turmeric, turmeric oil is also anti-allergic, antibacterial, antimicrobial, antifungal, anti-parasitic, antiviral and antiworm. It is also considered to be good antivenom. **Safety Data:** dilute & use, turmeric has potential irritating and toxic effects when used in large concentrations.

VALERIAN OIL { *Valariana Officinalis* }

Essential oil by Steam distillation from the rhizomes.

Might help in insomnia, indigestion, migraine, restlessness & tension states. Valerian root has been used for a thousand years for its calming, relaxing, grounding and emotionally balancing influences. **Safety Data:** The oil is non-toxic, non-irritant possible sensitization. Use in moderation only.

VETIVERT OIL { *Vetiveria Zizanoides* }

Essential oil by steam distillation from the roots and rootlets.

It has a heavy, earthy fragrance similar to patchouli with a touch of lemon. Distilled from roots of a scented grass, native to India. May help in oily skin, stiffness, pains, debility, insomnia, nervous tension, etc., Used in Massage, perfume, diffuser, skincare, bath. Being a root oil, Vetivert is very grounding to the mind body and spirit. **Safety Data:** It is non-toxic, non-irritant & non-sensitizing.





WINTERGREEN OIL {*Gaultheria Procumbens*}

Essential oil by steam distillation from the leaves; previously macerated in warm water.

This oil may help in muscular pains, rheumatic pains, staunch bloody wounds, applied to dog bites, snakebites and insect bites. Swellings, ulcers etc., Also used as flavouring agent in soft drinks. **Safety Data:** Pure oil of wintergreen can cause irritation and must be used cautiously & in very small amounts. Essential oil is highly toxic; due to methyl salicylate content. Absorbed through skin, harms liver and kidneys. Wintergreen should never be used during pregnancy.

YLANG-YLANG OIL {*Cananga Odorata*}

Essential oil by steam distillation or water distillation from freshly picked flowers. Different grades of oils are available.

It may be extremely effective in calming and bringing about a sense of relaxation. It's a wonderfully exotic and enticing floral pure essential oil. Ylang Ylang has a sweet, rich and somewhat spicy aroma that has been called hypnotic and euphoric. Might help in stress related conditions, soothing oil - excellent to diffuse during bedtime. **Safety Data:** It is non-toxic & non irritant. Use in moderation, since its heady scent can cause headache or nausea





CARRIER OILS

Carrier oils facilitate the penetration of essential oils into the body. They are rich in natural fatty acids and can contain a number of vitamins including A and E which help keep the skin supple, regenerated and nourished. The nut oils generally contain potassium and magnesium while sesame seeds are a source of calcium.

ARGAN OIL [Argania Spinosa]

Argan oil is made from the kernels that grow on the argan trees native to Morocco. Argan oil has traditionally been used both topically and orally to improve the health of skin, hair and nails. It contains a number of different beneficial properties and vitamins that form a powerful combination to boost skin health.

It Protects from sun damage, moisturizes skin. It contains a large number of healing properties, including antioxidant and anti-inflammatory properties. Both help reduce symptoms for a number of different inflammatory skin conditions like psoriasis and rosacea. For best results, apply pure argan oil directly to patches of skin affected by psoriasis., Treats acne, Heals skin infections, Improves wound healing, Has anti-aging effects, Reduces skin's oiliness , Prevents and reduces stretch marks





SWEET ALMOND OIL [Prunus Amygoalus]

The classic quality carrier oil for massage, Sweet Almond oil has long been valued for this purpose in the East. It is non-irritating and so can be used on sensitive skin types. It gently lubricates and softens the skin and is said to give it elasticity, helping to prevent wrinkling. Contains some B vitamins.

APRICOT KERNAL OIL [Prunus Armeniacas]

Nourishing oil of a light consistency, well suited for massage. Suitable for body oils and lotions, blends well with other more expensive oils. This oil may help to maintain healthy skin and surface tissue. Its lightweight quality allows it to penetrate quickly and effectively to soften rough skin. It contains Vitamin A, essential for all skin types.

AVACADO OIL [Persea Americana]

This is one of the best penetrating oils and is excellent to use for dry and mature skin types. A large number of vitamins and minerals, including B complex, A and E, makes it a very nourishing oil as well. To increase the penetration power of Grapeseed or Almond oil, up to 10% of Avocado oil can be included. Avocado oil is beneficial to fatty tissue.





EVENING PRIMROSE OIL [*Oenothera Biennis*]

This oil is taken from the seeds of the flower and is rich in polyunsaturated fatty acids such as linoleic acid (GLA) - an important fatty acid that helps maintain healthy skin and repair sun damaged skin. It is known for its ability to help reduce the rate of blood clotting. It is effective for a number of skin conditions including eczema and psoriasis. A small amount can be included as part of a massage blend or cream for allergic skin problems.

GRAPESEED OIL [*Vitis Vinifera*]

This is an exceptionally fine textured oil which allows for easy flow and so it is very good for use as a carrier oil for general massage. As it has virtually no odour of its own, it does not obscure the scent of the essential oils. This makes it a good carrier oil to use with top note essential oils. Its light consistency facilitates the penetration of essential oils into the skin without leaving an oily residue. Grapeseed is also a relatively inexpensive oil to use.

JOJOBA OIL [*Simmondsia Chinensis*]

Jojoba is very similar to the sebum produced by our own skin, it is particularly beneficial in facial and body oils. A fine penetrating odourless oil which has the consistency of a liquid wax. It is stable and long lasting. It is a good conditioner for all





skin types, especially mature skins. Jojoba is also effective for dryness and dandruff and can be massaged on its own into the hair and scalp. It is the best choice to use as a perfume base because it is the least greasy of the carrier oils.

SESAME SEED OIL [Sesamum Indicum]

A very light and penetrating massage oil, which is a good source of calcium. This oil is sometimes found to be strong smelling by some, yet is a good source of vitamins E and B complex and minerals such as calcium, magnesium and phosphorus. Sesame oil further contains protein as well as lecithin.-Although it is a thick oil it is used for eczema, psoriasis and mature skin and it contains excellent moisturizing properties. It is best mixed with another carrier oil, such as almond or grape seed to make it a bit lighter. Sesame massage oil has great moisturizing, soothing and emollient qualities which makes it a good choice to include when mixing a massage oil or preparing a carrier oil blend. It is beneficial for dry skin. It does not stain sheets.

WALNUT OIL [Juglans Regia]

Being much unsaturated, walnut oil presents good moisturizing, anti-aging, regenerative and toning properties. It's used in anti-wrinkle products for around the eyes, creams for dry, normal and mature skin, creams for dry hands, body oils & hygiene products, massage oil, lip balms. Walnut oil can





be used in any cosmetic product as an active principle or as a carrier in the oily phase, without any proportion limit.

WHEATGERM OIL [*Triticum Vulgare*]

Wheatgerm oil is high in Vitamin E, which gives it powerful healing properties. Often included in a blend for its preserving and antioxidation properties. For this purpose up to 10% wheatgerm oil may be added to a blend. Helpful for ageing and dry skin types as well as broken capillaries. It is also an anti-scarring agent and can be used to reduce scar tissue after injury or operations. It can be helpful for facial scarring caused by severe cases of acne. Because of its thick, sticky quality it is best to use blended with either almond or grapeseed oil. Safety Data: There are a number of people who are allergic to wheat, in which case wheatgerm oils should not be used.





BLEND - For Your Personal Enjoyment

Use these blends in bath, wear as perfume or use in massage.

There is a vast difference between essential oils that simply smells good with those that are 100% pure, therapeutic grade oil.

APHRODITE Helpful in balancing body, mind & spirit. Good for depression, PMS and menopause. Created for all goddess's filled with love & beauty. (Diffuse / massage / bath)

CHEERFUL (PMS Blend) A blend to cheer and uplift the mood. For HER - to help provide relief during pre-periods (Diffuse/Bath/Massage)

CHRISTMAS CHARM To create a joy of festivity, especially during Christmas time. Warming oil during winter. (Diffuse)

COMFORTING For HER. To provide pain relief during periods. A balancing and calming oil. (Massage)

FAT BURNER This blend helps tones the skin simultaneously, while burning those excess, unwanted fat / cellulite. (Massage)

FOCUS Helps in improving concentration and memory power. (Diffuse)





- HAIR-CARE** A unique blend for all types of Hair problems (hair loss/dandruff/graying/ promoting growth) (Massage)
- LEG CARMPS** Helpful for people having painful legs & varicose veins (to be massaged in upward direction only towards the heart). (Massage)
- MENTAL PEACE** A blend created mainly for meditation. Ideal during yoga.(Massage/Diffuse)
- PAIN KILLER** The very name suggests its purpose. Effective blend for Muscular/ rheumatic & bone pains. Massage towards heart in one way direction. (Massage)
- FAT BURNER** This blend helps tones the skin simultaneously, while burning those excess, unwanted fat / cellulite.(Massage)
- RELAX** An Essential oil blend that helps calm anxious minds and make you feel at ease. Very relaxing the nervous system. Do not plan to drive after using this blend. (Diffuse, Massage, Bath)
- ROMANCE** A sensual & mesmerizing blend is to help create that sensual mood, it's calming and relaxing and an aphrodisiac. (Bath / diffuse / massage)
- SATIN TOUCH** A fantastic & soothing Blend for all. A treat to your skin. Rejuvenates the skin, to make it look shining & feel soft & silky. (Massage)





SERINTIY

This blend is created to help us relax, calm the mind and sleep (Diffuse/Bath/Massage)

SLEEP WELL

Helps people who suffer from sleeplessness. place few drops on a tissue and place bellow the pillow or use in diffuse. Do not use this blend and drive. (Diffuse)

SPICY

Ablend of Spice Oils - . To be used with Safety Data and not to be used by people suffering from high blood pressure. Helps bring a feeling of warmth on a cold day. To be used in baths, massages and diffuses. (Massage / Bath)

SPOT-LESS

A very special blend, especially for ladies, to banish /lighten those ugly looking stretch marks on the skin. Helps to make skin soft & elastic during pregnancy. (Massage)

TIGER OIL

A century old formula with special mixture of oils to provide immediate relief from headaches, neck pains, and nasal congestion. (Massage)

UPLIFT

For HER. This blend helps tone /firm & improves the breasts. (Massage)

WINTER BLUES

This blend helps compact mood swings of depression during the winter / Rainy days. It helps uplift the sprit. (Diffuse)





ALSO AVAILABLE SWASTIK'S

100% Pure & Natural Products

AROMALAMPS / DIFFUSERS: -

These are handmade from clay, marble, stones and metal: Used for the purpose of aromatherapy. Available in many shapes, colours, designs in brass, stones, ceramic, terracotta etc., Looks good - attractive show-piece. Being used from the ancient ages.

DIAG3:- A 100% Natural & Very Effective Diabetic Drink.

A Diabetic natural health drink pack - for diabetic persons, Scientifically formulated food supplement, enriched with natural antioxidants. DIAG3 - a good glucose governor, can be consumed while taking other medicines for diabetics. This health drink, upon regular usage, helps to maintain proper & healthy glucose levels & body immune system. DIAG3 is enriched with herbal nutrients that are ESSENTIAL for healthy life in diabetic conditions.

FLOOR WASH CONCENTRATES:-

Made with natural essential oils, is highly effective as natural cleanser, repels insects, mosquitoes, de-odorizes the rooms, toilets, halls etc., (combination of eucalyptus, citronella, lemongrass, basil & citriodora oil).





STEVIA:-

It is 25 times sweeter than common sugar. Its is safe, natural & does not contain any calories. (Zero Calorie product). Used in place of sugar and other sweetening agents in tea/coffee, juices, bakery products, jams, jellies, food etc.,

NATURAL FLORAL WATERS :-

Lavender water

Lavender water is made from the steam distillation of lavender flowers, which leaves behind a beautiful scent and various properties of the herb. It aids in concentration and in scholarly pursuits--make yourself a nice compress with lavender water as part of a study break. It is nice for sprinkling on sheets, especially for those with insomnia, and on clothes when you know you are going to face an especially trying day.

Rose water

Rose Water is known to help emotional strength. Rose water benefits emotional processing, balance and improves ability to love. The rose water also offers a soothing property to the nerves and emotional /psychological state of mind. The rose water is regarded as a mild sedative and anti-depressant. The rose water is increasingly used in treatments for conditions of stress, nervous tension , skin toning, moisturizing, cleaning, etc.





INSTANT GREEN COFFEE - Losing weight can be incredibly difficult. For this reason, people have turned to all sorts of supplements in order to make things easier. Green Coffee Bean Extract is one of them.... it is currently among the world's most popular weight loss supplements. It contains a substance called Chlorogenic Acid, which is believed to be responsible for the weight loss effects. Chlorogenic acid also functions as an antioxidant. Bottom Line: Green coffee bean extract may improve glucose metabolism and reduce blood pressure. This may have benefits for people who are at high risk of diabetes and heart disease

INSTANT GREEN TEA - Make this - your daily cup of good health. It is one of the richest source of antioxidants. They are important in fighting free radicals. Green Tea helps in Reducing the risk of heart diseases, stroke, blood clot, cholesterol, high blood pressure, blood sugar & harmful effects from cigarettes smoking. Its Antioxidants -removes free radicals in human body, Preventing osteoporosis, allergy, cold and flu. It boosts the immune system, Reducing arthritis and rheumatoid arthritis, Aiding in cancer prevention and reducing tumor growth Its natural fluoride-helps prevent cavities and tooth decay. Available in Plain & Bergamot, Cardamom, Mint & gingerlemon Natural flavours.





OOTY TEAS

ORGANIC TEAS

GREEN TEA Org.

MINT GREEN TEA Org.

JASMINE GREEN TEA Org.

BLACK TEA CANISTER Org.

WHITE TEA CANISTER Org.

BLACK DIP TEA BAGS Org.

CHAMOMILE DIP BAGS Org.

OOLONG TEA CANISTER

TULSI DIP BAGS Org.

GREEN DIP TEA BAGS Org.

EARL GREY TEA

PEPPERMINT TEA DIP BAGS





OOTY TEAS

NATURAL TEAS

BOP - Broken Orange Pekoe Tea

LEMON TEA DIP BAGS

FROST TEA CANISTER

MASALA TEA DIP BAGS

WHITE TEA DIP BAGS

4-IN-1 GIFT PACK (Green/black/masala/chocolate)

FRUIT TEA GIFT PACK (Raspberry/strawberry/black currant/peach)

ELACHI TEA

CHOCOLATE TEA

MASALA TEA

MASTER BLEND (Assam Blend)

GINGER DIP TEA





OUR HOMEMADE COOKIES

Try Once & try to stop at one !

COOKIES

Butter Cashew Cookies

A blend of cashew, butter and vanilla. Revel in it.

Coconut Cookies

Taste the coconut with every crunchy bite.

Butter Cookies

A feel of fresh butter melting in the mouth

Kesar Badam Pista Cookies

The king of cookies, it has a perfect mix of saffron, almonds and pistachios.

Salted Cookies

The tea time companion with just a tinge of Indian spices

Vanilla Cookies

The all time favourite flavour beckons

Ginger Cookies

Cookies with fresh ginger destined to warm your heart

Chocolate Chips

Yummy crunchy cookies with chocolate chips in it





OUR HOMEMADE CHOCOLATES

CHOCOLATE

Fruit and Nut Chocolate

Figs, raisins, cashew & butterscotch, all bundled in one chunk

Cashewnut Chocolate

A nutty chocolate full of cashew nuts

Almond Chocolate

Almonds roasted & coated with melt-in-the-mouth chocolate

Butterscotch and Raisins Chocolate

This chocolate will delight you by the crunch of butterscotch and the soft feel of raisins

Date and Almond Chocolate

Bite into chocolate, date and almond together, a sensation you will never forget.

Fig and Honey Chocolates

A concoction of figs, fresh honey and chocolate.





NILGIRI SPICES :-

Pepper, Cloves, Cinnamon, Nutmeg, Staranise, Nutmace, Vanilla, Shajeera & etc.,

Dried Herbs of Nilgiris :-

Rosemary, Thyme, Oregano, Sage, Parsley etc.,

Bath Salts & Soaps :-

We have a range of Aromatherapy Bath Salts & Natural Soaps, having therapeutical properties of essential oils.

Our soaps are made in the traditional way using a blend of plant based oils & butters, that moisturize & hydrate the skin. They are all palm free, coloured naturally & scented with pure essential oils only.





**We can courier our products
directly to you.**

*You can Call or e-mail us
for your requirements*







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