

# AROMAFORCE™



Timeless tradition of scents

## Essential oil Guide



100% Pure and Natural

## Aromatherapy

Aromatherapy is both an art and a science that uses essential oils to maintain and improve health, beauty and wellbeing. Essential oils are extracted by either plant distillation or expression. Each oil has special properties such as: healing, beautifying, calming, purifying, deodorizing or antiseptic. Essential oils are for cosmetic, fragrant, medicinal and spiritual use.

### Suggested use for timeless enjoyment

#### Body Care:

Enjoy a luxurious bath by adding 5-8 drops of essential oil diluted in 1 tsp of base oil. For a cleansing or relaxing facial, add a few drops in your clay or daytime cream. For a body fragrance or your own customized massage oil, add 8 - 10 drops to 1/4 tsp base oil.

### Home Spa experience

#### Aromatic relaxing bath

- 3 drops of Orange essential oil
- 4 drops of Lavender essential oil
- 1 tablespoon of Sweet almond oil

Mix ingredients well and add to bath.



#### Facial mask

Choose your mix of oils according your type of skin. Mix 2 drops of each essential oil with two tablespoons of A.Vogel white or green clay and a little water until a paste like quality is reached. Apply to your face and let sit for 5 minutes. Rinse thoroughly.

#### Sensitive skin

Lavender  
Orange  
Clary sage

#### Oily skin

Geranium, Lemon,  
Ylang Ylang,  
Patchouli, Bergamot

#### Normal skin

Lavender  
Rosemary  
Frankincense

700-095-01

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### Inhalation:

Especially useful if you are trying to decongest your lungs and nasal passages: 1-3 drops of an essential oil into a handkerchief, holding it under your nose, and inhaling deeply or 1-3 drops in a bowl of hot water and inhaling the vapor for 5 to 10 minutes.

**Home ambiance:** Add a few drops on a candle, to a diffuser, on the filter of the vacuum cleaner, on a light bulb or on porous ceramic knickknacks.

### Cooking:

Many essential oils are extracted from favorite fresh cooking herbs. They can be used in cooking if diluted first in a teaspoon of olive oil or honey. 3 drops of essential oil is equivalent to 1 teaspoon of its minced herb.

### How to choose the best essential oil

True essential oils are rare, which is why many products on the market today are not pure, having been cut with compounds that have been modified or even chemically synthesized. Copies of nature's fragrances are generally less expensive, but they react differently in the body. The true therapeutic value of individual essential oils is only applicable to those distilled from fresh plants. To make sure you are getting the full benefits of real essential oils, count on Aromaforce to deliver 100% pure and natural, undiluted (except for Frankincense oil derived from resin), unadulterated and botanically certified.



## Discover AROMAFORCE

### High quality essential oils

- 100% pure and natural
- unadulterated
- undiluted
- botanically certified



### Essential oils and their properties.

NAME LATIN NAME	PRINCIPAL CONSTITUENTS	PROPERTIES, INDICATIONS
Anise <i>Illicium verum</i>	Anethol	Antispasmodic, poor digestion
Balsam Fir <i>Abies balsamea</i>	Pinenes, carene, l-bornyl acetate	Antispasmodic, stimulant, muscular or rheumatismal pain
Bergamot <i>Citrus bergamia</i>	Linalyl acetate, limonene, linalool	Nervousness, insomnia, acne, eczema, psoriasis
Camphor <i>Cinnamomum camphora</i>	Limonene, cineol, pinene, camphor	Congestion, muscular pain
Cedar <i>Thuja occidentalis</i>	Thujone, fenchone, camphor	Household use only, insecticide

NAME LATIN NAME	PRINCIPAL CONSTITUENTS	PROPERTIES, INDICATIONS
Cinnamon <i>Cinnamomum zeylanicum</i>	Eugenol	Chills, fatigue, flatulence, infections, plantar warts, sexual stimulation
Citronella <i>Cymbopogon winterianus</i>	Citronellal, geraniol, citronellol	Mosquito repellent
Clary Sage <i>Salvia sclarea</i>	Linalyl acetate	Hot flushes, antispasmodic, premenstrual syndrome
Clove <i>Eugenia caryophyllata</i>	Eugenol	Dental pain, stress, anesthetic, analgesic
Cypress <i>Cupressus sempervirens</i>	Pinene, d-carene	Hemorrhoids, varicose veins, excessive sweating, antitussive
Eucalyptus <i>Eucalyptus globulus</i>	Cineol	Congestion, bronchitis and other affections of the respiratory tract
Frankincense <i>Boswellia carterii</i>	Terpenes, 50% ethanol	Healing, tension, skin regeneration
Geranium <i>Pelargonium graveolens</i>	Citronellol, geraniol, linalool	Inflammation, oily skin, perfume, skin regeneration
Pink Grapefruit <i>Citrus paradisi</i>	Limonene	Cellulitis, cholesterol lowering, skin toning, uplifting
Juniper <i>Juniperus communis</i>	Pinenes, limonene	Rheumatic pain, skin inflammation, antiseptic, fungicide
Lavender <i>Lavandula officinalis</i>	Linalyl acetate, linalool	Inflammation, congestion, cough, muscular and rheumatic pain, headache, nervousness, insomnia, sinusitis, wounds
Lemon <i>Citrus limonum</i>	Limonene, citral	Antiseptic, antibacterial, oily skin
Lemon grass <i>Cymbopogon citratus</i>	Citral	Tonic, anxiety, analgesic

NAME LATIN NAME	PRINCIPAL CONSTITUENTS	PROPERTIES, INDICATIONS
Mandarin <i>Citrus reticulata</i>	Limonene	Insomnia, skin irritation, indigestion
Marjoram <i>Thymus mastichina</i>	Limonene, Cineol	Bronchitis, rheumatic and arthritic inflammation
Orange <i>Citrus sinensis</i>	Limonene	Anxiety, cholesterol, wrinkles, infections, insomnia
Patchouli <i>Pogostemon cablin</i>	Patchoulol	Oily skin, perfume
Peppermint <i>Mentha piperita</i>	Menthol, menthone	Headache, tendinitis, muscular and rheumatic pain, digestive, antispasmodic
Pine <i>Pinus sylvestris</i>	Pinenes, carene, l-bornyl acetate	Muscular and rheumatic pain, infections, bronchitis, sinusitis
Rosemary <i>Rosmarinus officinalis</i>	Camphor, pinenes, limonene, cineol, camphene	Muscular and rheumatic pain, congestion, poor blood circulation
Spearmint <i>Mentha spicata</i>	l-Carvone, d-limonene	Poor digestion, inflammation
Tea tree <i>Melaleuca alternifolia</i>	Terpinen-4-ol, terpinenes, cineol	Warts, gingivitis, dental abscess, acne, head lice
Thyme <i>Thymus vulgaris</i>	Thymol, p-cymene	Infections, sore throat, expectorant
Wintergreen <i>Gaultheria procumbens</i>	Methyl salicylate	Antispasmodic, analgesic, muscle and rheumatic pain
Ylang Ylang <i>Cananga odorata</i>	A-Farnesene, benzyl benzoate	Skin tonic, relaxant, aphrodisiac

### Aromaforce - Base Oils

Use as foundation to create your own blend!

#### Avocado oil

Rich and penetrating oil for dry mature skin. Rich in vitamin A, C & E.

#### Grape seed oil

Rich in essential fatty acids. Ideal base oil for massage.

#### Sweet almond oil

Gentle enough for sensitive skin and babies. Rich in vitamin E.

#### Wheat germ oil

Rich in vitamin E and essential fatty acids. Moisturizes and nourishes aging skin.



### Important facts:

**Essential oils cannot be diluted with water.**

Not even in a bath. Essential oils are not water soluble and will stay on the surface of the water. Always mix essential oils with a base oil, honey, syrup, Aloe Vera gel or Epsom salts.

**Essential oils should not be used directly on the skin as a fragrance.**

Aromaforce essential oils are 100% pure and therefore very concentrated. They can cause skin irritation and burns; therefore, it is necessary to calculate a minimum of 1 tsp of base oil for each 5 drops of essential oil.

**Essential oils last a long time.**

Closed tightly and stored in a cool place away from sun they can be used for 2 to 4 years after opening.

### Cautions:

Essential oils should only be used orally for therapeutic purposes when prescribed by a natural health care practitioner. Not all essential oils are appropriate for self-care. They are very potent and may interact with a prescription medication or a condition such as impaired liver function or epilepsy. Seek professional advice. Some essential oils are not safe for use in pregnant and breastfeeding women. Keep away from children and pets. Use essential oils always in an appropriate dilution. Use sparingly.

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