




AROMANCE™

NATURAL ESSENTIAL OILS

Romance the
fragrance
of earth



Welcome to The Amazing World of Aromatherapy

Aromatherapy is the use of natural essential oils in healing, relaxation and stress. Aromatherapy simply put is therapy using smell. It has been used since thousands of years for a direct and profound effect on the mind and emotions. It is an extremely pleasant and holistic way to promote positive health and beauty.

Range of **AROMANCE** Essential Oils

Presentation: **AROMANCE** essential oils are packed in 10 ml amber bottles with dropper plugged inside.

Basil (Tulasi)	Anti Stress, Energising, Aids concentration
Bergamot	Uplifting, Refreshing
Black Pepper	Soft, Spicy, Hot aromatic odour, Sciatica
Cardamom	Lovely, Warm, Soft & Aphrodisiac
Carrot Seed	Anti-oxidant, Before sun
Cedar Wood	Relaxes the mind, Moth repellent
Cinnamon Bark	Antiseptic, Anti-rheumatic, Anti-viral
Citronella	Mosquito repellent, Floor cleaner
Clove Bud	Antiseptic, anti-inflammatory for oral/tooth pain
Eucalyptus	For colds and flu
Fennel	Anti cellulite, Energiser
Frankincense	Meditative aid, Relieves nervousness
Geranium	Stress care, Relaxing
Ginger	Stimulant, Good for coughs, Sore throat
Jojoba Oil	Moisturiser, Carrier Oil
Juniper Berry	For acne, Aching joints, Eczema
Lavender	Sun burns, Relaxation, Insomnia
Lemon	Refreshing citrus note, Anti dandruff
Lemon Grass	Pleasant deodoriser, Floor cleaner
Neem	For skin problems, Promotes hair growth
Neroli	Sweet wonderful smell, Anti stretch marks
Orange	Sensual, Romantic
Palmarosa	Anti flu, Anti wrinkles, Useful for boils
Patchouli	Sweet & earthy fragrance, Skin rejuvenator
Peppermint	Refresher, Anti nauseous, Mouth ulcers
Rosemary	Anti inflammatory, Reviving & invigorating
Tea Tree	Antiseptic, Anti dandruff, For skin ailments
Turmeric	Antibacterial/antifungal, anti-inflammatory, skincare
Vetiver	Relieves tension, Warm woody smell
Ylang Ylang	Extraordinary fragrance, Aphrodisiac

Presentation : **AROMANCE** Absolutes are packed in 1 ml. amber bottles with dropper outside

Jasmine	Exquisite floral fragrance, Aphrodisiac
Chamomile	Anti inflammatory, Healing of skin problems
Champa	A rare floral fragrance
Rose	Anti-wrinkles, fluffiness
Vanilla (2 ml.)	Reduces Anxiety

METHODS OF USE

1. Scent your bath :

Add 6-8 drops of any **AROMANCE** essential oil (s) to make an invigorating bath. Your body absorbs the oils through the skin and the hot water intensifies the vapors as you breathe in the benefits.

2. Massage on pulse points :

Here add 4-5 drops of **AROMANCE** essential oil (s) to carrier oil base and gently massage for a soft supple glowing skin and relaxed muscle. The aroma massage can be refreshing or relaxing depending on the oils used.

3. Rub :

A more concentrated form of massage. Add 6-8 drops of **AROMANCE** essential oil(s) to carrier oil and gently rub a little quantity on the desired area. Ideal usage method for headaches, muscle ache / stiffness, indigestion, sprain.

4. Compress :

Add a blend of 6-8 drops of **AROMANCE** essential oil(s) to a bowl of warm or cold water agitate the water vigorously. Immerse a clean hand towel in water squeeze out excess water and apply to desired area. Compress is good for youthful looking skin and glowing complexion or for easing aches and pains & swelling.

5. Fragrant your Clothes :

A few drops of **AROMANCE** essential oil(s) to the last rinse of the washing machine has your clothes exquisitely fragrant.

6. Refresh your Rooms :

A few drops of **AROMANCE** essential oil(s) onto a cotton ball or a potpourri, placed in drawers, closets and cupboards leaves them fragrantly fresh.

7. Facial Saunas :

For deep cleansing the skin, have a facial sauna once or twice a week. Add 6-8 drops of desired **AROMANCE** essential oil(s) in a bowl of hot water. Cover your head with a towel over the bowl. Close your eyes and maintain safe distances. The effect is two fold as the essences in vapor form are absorbed through the delicate membranes of the nasal passage as well.



8. Diffuser Pots :

Diffuser pots have been used since Roman times for their therapeutic benefits or simply to create a pleasant fragrant atmosphere.

Pour water on diffuser top, add a few drops of essential oil(s) of your choice & light the tea candle for a pure natural Aromatherapy experience.

9. Base or Carrier Oils :

Vegetable oils like Almond oil, Jojoba oil, Fractionated Coconut oil, Aloe vera gel, are called as Base or Carrier oils. These are used to dilute essential oils. Unlike essential oils that evaporate quickly and have a strong aroma, base or carrier oils do not evaporate or impart their aroma as strongly as essential oils. These base or carrier oils contain certain benefits themselves. They also act as balancing and stabilizing agents. Generally 2-3 drops of essential oils are added to 5 ml. (1 tsp.) of base or carrier oils.

Aromatherapy works best only if natural essential oils are used. **AROMANCE** range of essential oils and absolutes are always pure and natural.

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