

## 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 5ml (1 tsp.) of base or carrier oils.

Available at:

For further information write to us at:

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# 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.

<b>Basil (Tulasi)</b>	Anti Stress, Energising, Aids concentration
<b>Bergamot</b>	Uplifting, Refreshing
<b>Black Pepper</b>	Soft, Spicy, Hot aromatic odour, Sciatica
<b>Cardamom</b>	Lovely, Warm, Soft & Aphrodisiac
<b>Carrot Seed</b>	Anti-oxidant, Before sun
<b>Cedar Wood</b>	Relaxes the mind, Moth repellent
<b>Cinnamon Bark</b>	Antiseptic, Anti-rheumatic, Anti-viral
<b>Citronella</b>	Mosquito repellent, Floor cleaner
<b>Eucalyptus</b>	For colds and flu
<b>Fennel</b>	Anti cellulite, Energiser
<b>Frankincense</b>	Meditative aid, Relieves nervousness
<b>Geranium</b>	Stress care, Relaxing
<b>Ginger</b>	Stimulant, Good for coughs, Sore throat
<b>Jojoba Oil</b>	Moisturiser, Carrier Oil
<b>Juniper Berry</b>	For acne, Aching joints, Eczema
<b>Lavender</b>	Sun burns, Relaxation, Insomnia
<b>Lemon</b>	Refreshing citrus note, Anti dandruff
<b>Lemon Grass</b>	Pleasant deodoriser, Floor cleaner
<b>Neem</b>	For skin problems, Promotes hair growth
<b>Neroli</b>	Sweet wonderful smell, Anti stretch marks
<b>Orange</b>	Sensual, Romantic
<b>Palmarosa</b>	Anti flu, Anti wrinkles, Useful for boils
<b>Patchouli</b>	Sweet & earthy fragrance, Skin rejuvenator
<b>Peppermint</b>	Refresher, Anti nauseous, Mouth ulcers
<b>Rosemary</b>	Anti inflammatory, Reviving & invigorating
<b>Tea Tree</b>	Antiseptic, Anti dandruff, For skin ailments
<b>Vetiver</b>	Relieves tension, Warm woody smell
<b>Ylang Ylang</b>	Extraordinary fragrance, Aphrodisiac
Presentation : <b>AROMANCE</b> Absolutes are packed in 1 ml. amber bottles with dropper outside	
<b>Jasmine</b>	Exquisite floral fragrance, Aphrodisiac
<b>Chamomile</b>	Anti inflammatory, Healing of skin problems
<b>Champa</b>	A rare floral fragrance
<b>Rose</b>	Anti-wrinkles, fluffiness
<b>Vanilla</b> (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.

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