



The Main Essential Oils used in our Herbal Oils and Serums

Plai - analgesic, anti-inflammatory, antineuritic, - fibromyalgia, diverticulitis, antihistamine, cooling. Emotional support - getting unstuck from trauma or shock (or just stuck in a rut or repeating patterns of behaviour) and back to emotional flexibility, mentally - new perspectives and rational thinking

Palmarosa - joint pain, immune/lymph system support, cardio/vascular tonic, digestive system tonic, PMT/PMS and menstrual problems, antifungal (including candida). Emotional support - calming, feeling secure, helps you to 'let go', uplifting, mentally refreshing and focused.

Frankincense -anti-inflammatory, analgesic, warming and tonic for the circulatory system, immune/lymph system support, antimicrobial, antibacterial, antiviral, antiseptic, sedative and tonic for the nervous system, antioxidant, cell regeneration. Emotional support - relaxing, calming and comforting, helps you to 'let go' of the past.

Patchouli - anti-inflammatory, diuretic, reduces blood congestion and strengthens veins, antiviral/antibacterial/antifungal. Emotional support - sedating, balanced and grounded, antidepressant 'sadness to joy', mental clarity, self-worth and confidence.

Bergamot FCF – skin healing and antibacterial / antimicrobial / antiseptic - may help acne, eczema, psoriasis, scar tissue, rosacea. Emotional support: calming, balancing, uplifting, refreshing. Helps with focus and concentration.



The Main Plant Oils used in our Herbal Oils and Herbal Salve (for pain, inflammation, discomfort):

	Possible conditions that might benefit from topical application (absorbed through the skin)	Cautions for topical application
Nettle in extra virgin olive oil	Inflammation, joint and muscle pain, sprains and strains, tendonitis, insect bites, allergies, eczema and skin issues (antibacterial, astringent, antihistamine)	In rare cases, some people can develop a rash, do a patch test before using. Suitable for all pets over 4 months.
Black Seed Oil	Inflammation, joint and muscle pain, allergies, eczema and skin issues, itching, (antihistamine, insect repelling, anti-fungal, antimicrobial, antibacterial, antiviral)	In rare cases, can cause a severe allergic rash in some people, do a patch test first.
Hemp Seed Oil	Inflammation, joint pain and movement, improved skin and hair condition, reducing skin irritation, acne and skin issues	In rare cases, some people may experience skin irritation, do a patch test before using. Suitable for all pets over 4 months.



The Main Plant Oils used in our Serums:

Jojoba Oil

For your skin

Jojoba Oil is very similar in composition to the skin's oils or sebum, this makes it an **excellent emollient and moisturiser** which is easily absorbed by the skin, and it **balances oil production**.

Known for its **moisturising and protecting** qualities, it is easily absorbed by the skin and can be used on most skin types.

For your hair

An amazing conditioner due to its **nourishing** properties, it is also believed to **help with hair regrowth** when used on the scalp.

Argan Oil

Produced from the fruit of the Moroccan Argan tree (known as the 'Tree of Life'), Argan Oil is one of the rarest and most expensive oils in the world. It contains extremely high levels of Vitamin E and consists of 80% fatty acids which make it ideal for many **skin ailments** as well as protecting against **premature aging**.

Known to help **soothe and reduce joint pain** by slowing down the degenerative process, Argan Oil contains active **anti-inflammatory** compounds called triterpenoids which are known to help with **acne, eczema, and scarring**.

For your skin

It is considered an effective **anti-aging** oil due to its high levels of antioxidant Vitamin E which helps to neutralise free radical damage. It also contains saponins, which are **skin-softening** agents. Besides cooling and soothing inflammation, it is also reputed to help **reduce wrinkles** by restoring the skin's hydro-lipid layer.

For your hair

This is a great product to **calm frizzy ends, add moisture** to dry hair as well as add a little shine. Apply to your hair while it is still damp for an all over treatment or apply just to your dry ends after your hair is dry.



Kukui Nut Oil

Kukui is the official state tree of Hawaii. The oil has been used for centuries, to protect the skin from the harsh Pacific sun, salt water and drying winds. It is excellent for eczema, dry skin, psoriasis or any severe skin condition.

For your skin

Easily absorbed by the **deepest layers** of the skin, this oil forms a **protective barrier** on the skin that protects **against environmental damage**. A light and natural oil, it is used today in all high-quality skin preparations due to its ability to **quickly penetrate the skin**, leaving it silky smooth.

It can leave even the driest, dullest, aging skin looking healthy and radiant. It also works well as an under-eye treatment for the prevention and softening of crow's feet.

For your hair

When applied to dry, brittle or damaged hair, this oil adds **suppleness and softness**. Kukui Nut Oil can be used as a scalp treatment as it is non-comedogenic. It can also be used as a **serum or moisturizer and detangles hair while reducing frizz**.

Abyssinian Oil

For your skin

It has excellent moisturising properties which **help promote skin suppleness, softness and wrinkle reduction**. Abyssinian oil **adds lustre** to dull and lifeless skin, helping to give your skin a **more youthful appearance**. Its unique properties help to form an effective barrier against your skin drying out, but it doesn't clog the pores.

For your hair

It is easily absorbed, giving a boost to shine and helping condition. With a high percentage of Omega-9 fatty acid, it helps to give hair a **glossy feel**, making it a **great oil for dry hair**. With its **heat-resistant properties**, this oil is the perfect pre-hair straightener treatment, too.



Andiroba Seed Oil

Harvested from the seeds of the South American Andiroba Tree, Andiroba contains beneficial **anti-inflammatory** compounds.

For your skin

The highly emollient oil is effective at moisturising dry cracked skin and is used in products intended to heal **eczema and psoriasis**. Calms acne, soothes pimples, replenishes dry skin and tackles wrinkles. Andiroba penetrates the skin quickly. It is **naturally high in limonoids and triterpenes which are anti-inflammatory**, which is why Andiroba is often found in formulations **for muscular aches and pains and products intended to reduce swelling**; indeed, the Brazilian football team are known to use Andiroba after every football match to aid muscular recovery. Andiroba has a beneficial effect of not being liked by insects, thus provides a formulation with anti-insect protection.

For your hair

Andiroba is known to promote healthy hair. Andiroba comes into its own on dry curly hair and Afro-Caribbean hair where it helps moisturise the hair without leaving a greasy feel or a look of greasiness. For optimum results Andiroba oil is best applied to the hair warm.

Grapeseed Oil

For your skin

Due to its high linoleic acid value (greater than most other carrier oils), the oil is **highly moisturising and is light** for use in skin care. The oil **absorbs very quickly** into the skins pores and is useful for skin types that do not absorb oils too well, and it does not leave a greasy feeling. Grapeseed has natural **non-allergenic** properties.

For your hair

Linoleic acid **stimulates hair growth**, maintains a **healthy scalp** conditions, and will **control water loss** in your hair. Also rich in Oleic acid which also controls water loss while making your hair **softer and more pliable**.



Lemon Seed Oil

For your skin

A beautifully rich oil that has the slightest hint of Lemon in scent. The rich texture and **superb hydrating nature** make it ideal for use in skin care.

The rich Omega Oil, Vitamin and Mineral content makes Lemon Seed very useful for the skin. It helps skin retain moisture and is ideal for treating **irritated** skin. Excellent for use on **sensitive skin**.

For your hair

Lemon Seed is **intensely moisturising and penetrates the hair shaft**, helping to give dry hair moisturisation and **renewed vitality**.

Macadamia Nut Oil

For your skin

Antioxidant and highly emollient, it is deeply moisturising with a high level of omega 7; its **healing and regenerative properties** makes it perfect to add to a blend for skin care and hair care.

When mixed with a cream, it is ideal for reflexologists as it is **highly nutritious** but slow absorbing.

For your hair

Very moisturising and **regenerative** for the scalp and helps **balance the scalp's natural oils**; it smooths down hair follicles and gives a **healthy shine** to hair.