

CAUTION

* Essential oils are highly concentrated and potent and hence dosages should be strictly adhered to. During pregnancy specific oil applications should be used only under the guidance of a qualified aromatherapist or medical practitioner.

* Camomile and Lavender are the only oils generally recommended to use for babies (over 12 weeks and under 3 yrs).

* Oils should not be taken internally or applied undiluted to the skin.



* Citrus oils such as Bergamot and Lemon should not be applied to the skin, even diluted in a massage oil, before exposure to strong sunlight or on a sun bed. A skin reaction could occur.

* If irritation occurs using any essential oils or massage oils discontinue use.

* Oils are inflammable and should be kept out of reach of children.

Atlantic Aromatics are an Independent Irish Co. Est. 1984

www.atlanticaromatics.com

Member of the Irish Health Traders Association

MASSAGE & BODY OILS

Everyone has an instinct to stroke a cat, to rub a tense shoulder, or pat the back of an upset child. From this instinct derives all forms of massage. The benefits of massage are many. It stimulates the circulation of blood and lymph fluids, helping to detoxify the body. It helps to relax tensed, overworked muscles and to tone up weaker muscles. The addition of essential oils to massage blends adds an extra dimension.

Atlantic Aromatics Massage & Body oils are created to promote relaxation and health and to help ease discomfort. The blends are ready to use directly from the bottle. Depending on the situation, they can be applied satisfactorily by oneself or by another person. They can also be used as bath oils – for best results apply to the skin first before getting into the bath (avoid using soap, shampoo or bubble bath).

Here are some general guidelines for choosing which blend may suit which person:

Baby Massage

Soothing blend with Camomile and Lavender, suitable for babies (from 12 weeks), the elderly and anyone with sensitive skin.

Balm No. 29

A unique soothing blend with oils from both Mediterranean herbs and the spices of ginger and black pepper.



Clary Sage Blend For Women

Relaxation blend, particularly for women.

Detox Massage

Lively and cleansing - for everyone.

Frankincense Relaxation Blend

Deeply relaxing and meditative in character-for men and women.

Lavender Massage

With organic Lavender, a versatile and relaxing blend for everyone.

Massage Balm

With botanicals including lavender and rosemary, a soothing blend.

Neroli Massage Blend with Rosa Mosquetta

Created for use during pregnancy, with the lively aromas of Mandarin and Orange blossom, it helps to nourish and soothe the skin as it stretches. For maximum benefit apply at least once a day

Atlantic Aromatics massage oils are blended in small batches to ensure freshness, using the finest quality essential oils and cold pressed unrefined sweet almond oil. They are free from alcohol and preservatives. They are not tested on animals.

GUIDELINES FOR USING ESSENTIAL OILS

Aromatic Baths

Essential oils do not dilute in water so it is not recommended to add them directly to the bath.

Using the dilution guidelines above, dilute essential oil in a vegetable oil (fractionated coconut oil is less greasy than other vegetable oils). Apply to the body before getting into the bath.



For a child's bath or those with sensitive skin use 0.5% or less eg approx. 2-3 drops of essential oil in 1 tablespoon of vegetable oil.

Caution: vegetable oils are greasy and can make the bath slippery.

A footbath has many of the benefits of a full bath whilst saving time and water.

Inhalations

Add 2 to 4 drops of oil into a bowl of steaming hot water and inhale. Oils may also be inhaled by putting a few drops on a tissue. Seek professional advice for persons with respiratory complications.

Vapourisation / Oil Burner

In an oil burner the heat from a night light candle can be used to vaporise a few drops of essential oil. Depending on the size of the room and ventilation add between 5 and 10 drops to the bowl of the burner and fill with water. Electrical diffusers are popular, generally it is recommended to diffuse for a maximum of 1 hour and turn the diffuser off for 1 hour.

Note: Never leave a lit candle unattended. Animals should be able to remove themselves from an area where oils are being diffused. Seek professional advice for persons with respiratory complications.

Massage / Body Oil

Massage is an effective and popular way to use essential oils. The actions of the oil and the massage combine as a pleasant way to enjoy essential oils. See blending chart above for quantities.

Perfumes

Some oils, like Neroli, Rose, Patchouli, Sandalwood and Ylang Ylang can be used as natural perfumes. Dilute and apply.

Compress

Fill a basin with water, sprinkle in 4 drops of oil, dip a cloth in the water,

squeeze out and apply. Compresses may be used hot or cold depending on the situation.

Storage

Essential oils will keep for at least a year (and in most cases longer) provided they are stored in a cool dark place. Heat, light and oxygen can degrade some essential oils over time making them potential skin irritants.

Vegetable oils and Massage oils, should be used within 6 months of opening, store away from direct heat and sunlight.

This information is a general guide and is not intended to treat or diagnose. If you are on medication or suffering from a medical condition seek advice from a qualified aromatherapist or health care practitioner.

ABOUT ATLANTIC AROMATICS

Atlantic Aromatics, established in 1984, is an independent Irish company supplying highest quality pure essential oils, massage oils and associated aromatherapy products, simply packaged and at reasonable prices.

We supply oils derived from plants which are grown as close to nature as possible (preferably in their native regions).

We specialise in oils from plants grown organically or sustainably wild harvested.

Our organic products are certified by Organic Trust Ltd. Dublin, Ireland



PRODUCT GUIDE

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When using essential oils for general well being, choose essential oils whose aromas you like. It is generally recommended not to use an oil whose aroma you do not like unless it is prescribed for a specific purpose.



ESSENTIAL OILS

Bergamot (Bergapten free) - *Citrus bergamia*

From a Mediterranean citrus fruit, with a lively floral/citrus aroma, this oil is calming, uplifting and cheerful in character. It makes a pleasant bath oil.

Camomile Organic (Roman) - *Anthemis nobilis*

From the flowers of the herb, makes a soothing oil in massage blend, suitable for children.

Citronella Organic - *Cymbopogon nardus*

Distilled from grass from Sri Lanka and the Far East, this oil is widely used as an insect repellent. A good oil to dispel odours.

Clary Sage Organic - *Salvia sclarea*

Powerfully relaxing and balancing oil particularly for women. Blends well with Lavender and Geranium. Effectively used in massage or the bath.



Cinnamon Leaf

- *Cinnamomum zeylanicum*

From the Sri Lankan tree, it has a powerful aroma and is suitable for use in an oil burner. It blends well with Orange or Mandarin. A good room freshener, helping to dispel odours.

Eucalyptus Organic - *Eucalyptus globulus*

Distilled from the leaves of the tree which originated in Australia. Ideal for inhalations to clear the head. This unrectified organic oil has a lively and funky aroma.

Caution: max dilution 0.5% for children under 3.

Frankincense - *Boswellia carteri*

From the resin of a North African tree, it helps promote a meditative state of mind – hence its use in religious ceremonies. Calming and grounding. Suitable for dry and mature skin.

Geranium - *Pelargonium graveolens*

With a refreshing floral scent, it is balancing and calming. It is useful in skin care and blends well with most other essential oils in massage blends. For a very effective relaxing bath when feeling “off balance”, combine with Lavender oil.

Jasmin - *Jasminum officinales*

From the fragrant flowers of the climbing plant this oil makes a fine perfume. It is an energising oil and may help to lift the spirits



Juniperberry Organic - *Juniperous communis*

Distilled from the berries of the tree, this makes a reviving and invigorating bath oil. In massage blends it is warming, stimulating, rejuvenating and cleansing. Good for oily complexions in skin care.

Lavender Organic - *Lavandula angustifolia*

From the flowers of the plant grown in Provence. It has a multitude of uses and may be used in a massage oil for children and babies from 12 weeks (diluted appropriately).



Lavender in an evening bath is extremely relaxing. A drop of oil under the pillow promotes restful sleep. It is a fortifying and rejuvenating oil when feeling poorly.



Lemongrass Organic - *Cymbopogon citrates*

Used in an oil burner, Lemongrass will freshen, deodorise and purify.

Lemon Organic - *Citrus limonum*

Pressed from the lemon zest, this light and stimulating oil adds a cleansing character to massage blends. Lively and fresh in a burner, it will deodorise and purify. Most people like the aroma of lemon oil.

Orange / Mandarin Organic

- *Citrus avarantium / Citrus reticulata*

These oils may be used in massage, in the bath or in an oil burner, for a cheerful and stimulating effect.

May Chang Summer Blend

A unique, lively blend of pure essential oils for use in a diffuser or an oil burner to freshen and deodorise the air.

Neroli Organic - *Citrus aurantium bigrade*

From the flowers of the bitter orange tree this is an essential ingredient in many perfumes. With a sweet and mysterious fragrance it is a gentle and supportive oil.



Peppermint Organic - *Mentha piperita*

Traditionally associated with the digestive system this oil can also be inhaled to help clear the head. A reviving oil, it is stimulating and may help with mental fatigue. It has a cooling action when applied topically.

Caution: avoid use in children under 3 years.

Rosemary - *Rosmarinus officinales*

Distilled from the bush which grows around the Mediterranean. It is a stimulating oil, reputedly aids concentration and memory. Used in massage or in the bath, it warms and refreshes.

Note: Maybe unsuitable for those with epilepsy or high blood pressure.

Rose Absolute

- *Rosa damascena (solvent extract)*

With a beautiful sweet perfume, good in skin care for all skin types.

Rose Otto - *Rosa damascena*

(steam distilled)

Used in massage it makes an excellent all-round balancing and fragrant oil. Good in skin care for all skin types.

Sandalwood - *Santalum album*

Distilled from the heartwood of the tree. It has a calming protective quality and can help reduce stress and fear. Moisturising and nourishing in skin care.

Study Blend

With essential oils of Rosemary and Basil, aids concentration and memory for study or work. Use in diffuser/oil burner or inhale from tissue.

Tea Tree Organic - *Melaleuca alternifolia*

The leaves of the Tea Tree have a long history of use in the folk medicine of the aboriginal people of Australia. Our oil comes from a single farm where native Tea Tree has been growing for over 36,000 years. The trees there are naturally high in terpinen-4-ol, the most important component of the oil.

Winter Magic

Our unique blend for use in burner/diffusers with pure essential oils including Cinnamon, Orange and Frankincense to help create a warm cheerful atmosphere.

Ylang Ylang Organic - *Cananga odorata*

From the flowers of a tropical tree. With a sweet aroma, it may help to lift the spirits and soothe anger.

CARRIER/BLENDING OILS

Sweet Almond Oil

- (cold pressed and unrefined) *Prunus dulcis*

This rich nourishing oil makes an ideal base, in which to add essential oil for body massage.

Jojoba Oil Organic - (cold pressed and unrefined) *Simmondsia chinensis*

Long shelf life, excellent facial and body oil, protective of dry skin.

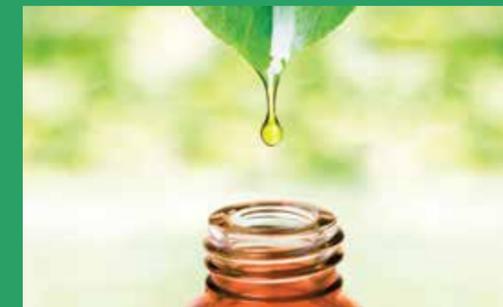
Rosehip Seed Oil Organic - *Rosa Mosquetta C02 (low temperature extract from seeds of Rosa Canina)*

It contains nutrients which are most helpful in tissue rejuvenation.



Essential Oil Dilution Guidelines For Skin Applications:

50ml carrier -	For 1% blend add 25 drops
	For 2% blend add 50 drops
	For 3% blend add 75 drops
100ml carrier -	For 1% blend add 50 drops
	For 2% blend add 100 drops
	For 3% blend add 150 drops



Note: When oil is already diluted e.g. Jasmin in Light Coconut, add a minimum of 25 drops to 10ml of carrier.

Note: Different dropper types give different drops. These guidelines are only for Atlantic Aromatics dropper type.

Massage blends should be between 0.5% and 3% depending on the application.

For children, the elderly, during pregnancy and when dealing with sensitive skin use 1% or less. For babies (12 weeks and older) dilute at 0.5% or less.

Some essential oils may potentially irritate the skin and the lower dilutions of 0.5% is generally recommended for healthy adults:

Angelica Root, Cinnamon, Clove, Lemongrass, Lemon Myrtle, May Chang, Melissa, Oregano, Spearmint, Thyme thymol, Ylang Ylang. This is a guideline and not a comprehensive list.