

ESSENTIAL ESSENCE NEWS



Issue 1 / April 2017

WHAT'S NEW

After many months of research & development our new product range is about to be released. This will include new diffuser blends and exciting new ways of using them. Other new products include a natural face mask and hydrating body spray. Look out for these products on the web site May/June 2017.

Essential Essence product labels will be changing. Labels will have a slightly different appearance, be more durable and will be less prone to ink running if oils are accidentally spilt on them. The logo will be slightly different too, as per the picture at the top of this newsletter.

Please take note of our new web and e-mail addresses:

web site:

www.eearomatherapy.com.au

e-mail:

enquiries@eearomatherapy.com.au

Our web site now features an easy to use shopping cart and a set shipping fee of \$8.00 per order to any location in Australia. Pick-up and delivery (to certain areas) is still available on request. The web site is also where you will find blogs on different aromatherapy related topics

We hope you enjoy the first issue of Essential Essence News. Each month this newsletter will be distributed to all customers on the mailing list. It will contain updates about new products and general information about aromatherapy. You can add your name to the mailing list via the link on the web site.

A NOTE ABOUT INGESTING OILS

Recently there has been a lot of discussion on social media about people swallowing essential oils, often with disastrous side effects. The International Federation of Aromatherapists Code of Ethics States:

"No aromatherapist shall use essential oils for internal ingestion application nor shall any aromatherapist advocate or promote such use of essential oils unless the practicing aromatherapist has medical, naturopathic, herbalist or similar qualifications and holds an insurance policy which specifically covers the internal application of essential oils"

You really need to have a thorough understanding of aromatherapy before ingesting essential oils. If you ingest essential oils or know someone who does, I urge you to reconsider the need. In most situations using the essential oil for topical application and/or inhalation and using the plant for ingestion will be more beneficial.

FORMULATION OF THE MONTH

Essential oils can be used to make your own natural, chemical free household products. Best of all they will save you money. This month's formulation is: LEMON AIR FRESHENER.

- 1) In a 250mL spray bottle add 50mL vodka, 40 drops of bergamot essential oil, 20 drops of clove essential oil and 15 drops of lemon essential oil.
- 2) Shake thoroughly to disperse the oils. Add 200mL water and shake again to thoroughly combine all of the ingredients.
- 3) Leave for a few days to mature then spray this delicious smelling air freshener whenever and wherever you feel the need

www.eearomatherapy.com.au