

ESSENTIAL ESSENCE NEWS



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WHAT'S NEW

Introducing Thai Floral Oud Oil (Argarwood Oil) to our collection. Oud is rare, exotic, very expensive and highly prized around the world. It is used as a base for many commercially made perfumes. The Argarwood is sourced from Thailand and the oil is distilled in Australia.



Thai Floral Oud is produced via distillation of cultivated *Aquilaria Crassna* to create a beautiful, smooth woody, honey-like and floral scent. It is worn as a perfume. It is used to aid spiritual enlightenment during meditation. It is also used to relieve stress and anxiety and to enhance alertness. The fragrance is unusual and very addictive. It is strong, complex, and penetrating. Wearing only one drop of oil on the skin will last a whole day. Thai Floral Oud is now available for purchase via the web site. It is supplied as a 10% dilution in sunflower oil, in an elegant 3mL glass perfume bottle, as shown above. 100mL Middle East Oud hydrosol is also available.

USING YOUR ESSENTIAL OIL ELECTRIC DIFFUSER

Using an essential oil electric diffuser is an excellent way of using your essential oils. You can use it to:

- Help promote good sleep (sandalwood, lavender)
- Reduce stress and anxiety (frankincense, neroli, chamomile)
- Freshen the air in your home (eucalyptus, lemongrass)
- Repel insects (peppermint, cinnamon, citronella)
- Improve respiratory health (tea tree, eucalyptus)
- Help you feel more energized (orange, grapefruit, lemon)
- Help boost memory and concentration (rosemary, basil, spearmint)

No matter what type of diffuser you have, don't be heavy handed and put too much essential oil in your diffuser. For best results add no more than 2-3 drops of pure oil to the water reservoir of your diffuser. Hydrosols or floral waters can also be used in diffusers instead of water. These can be diffused without adding any essential oils.

When diffusing turn it on for 30-60 minutes then off for 60 minutes. This minimises the possibility of sensitization. It also prevents olfactory fatigue. It's important to remember that pure essential oils are very concentrated. If you expose yourself or your family to too much at once it will not have the desired effect and it can make you feel unwell. If you like to turn your diffuser on before you hop into bed, put less water in the reservoir so it automatically switches off after about an hour of operation.

FORMULATION OF THE MONTH

Sinus Decongestant Diffuser Blend:

In an amber glass jar mix together the following pure essential oils:

- 4 mL Eucalyptus
- 4 mL Tea tree
- 3.5 mL Lavender
- 3.5 mL Peppermint

Add 2-3 drops of your blend to the water reservoir of your diffuser to help ease sinus congestion and to purify the air in your home.