

ESSENTIAL ESSENCE NEWS



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WHAT'S NEW

Four new products are now available, three of which are shown in the image below:



- Castor oil is a popular & widely used cosmetic oil rich in anti-oxidants. Its anti-inflammatory properties can help reduce swelling and calm itchy skin
- Witch Hazel Extract is a natural skin toner that helps to promote clear fresh skin whilst assisting moisturiser and make up performance
- Natural Insect Repellent has a pleasing aroma and works really well. It contains essential oils dispersed in rosemary hydrosol
- Unscented massage oil is light, water soluble and is perfect for massage therapists. Refer to the web site for further details

Welcome to the first newsletter for 2018. Can you believe it's almost March already? I'm really excited about the year ahead. I've been busy undertaking some online study learning more about fixed oils e.g. jojoba, shea butter, olive oil etc. After completing this course I hope to have a much better understanding of the internal and external applications of fixed oils and their chemistry. I will share some of newly acquired knowledge with you in future newsletters.

Over the past 12 months I've also been working closely with some Victorian farmers and small scale distilleries to source some more Australian made essential oils and hydrosols. As their batch sizes increase I will start stocking their products. GC-MS spectra will also be available on request.

By the end of April I aim to have my own large copper still set up. This will mean I'll be able to start making bigger batches of my own hydrosols and essential oils. I thought it will be nice to start this project as we progress into the cooler months. If you happen to have any large amounts of excess herbs etc. that are suitable for distillation, please let me know and I'll be more than happy to distill a batch for you. Best Regards Jacinta

FORMULATION OF THE MONTH

Witch Hazel & Rosewater Face Toner

- 15mL rose water
- 15mL witch hazel
- 4 drops tea tree essential oil
- 4 drops lavender essential oil

Instructions:

Add all ingredients to a clean 30mL or 50mL glass bottle and mix thoroughly. Apply the liquid to a cotton pad and gently apply to the skin, avoiding the eye area. Alternatively, if you have access to scented rose petals you can infuse pure witch hazel with rose. Pick a few petals and place them in the witch hazel. After a few minutes of infusion the witch hazel will change to the same colour as the rose petals. It will also absorb the scent from the petals. Discard the petals after infusion. Both methods listed above are a great way of making a toner with no artificial dye or ingredients.