



# Verissima Natural Skincare

## Essential Oils

### What is an essential oil?

A concentrated aromatic liquid substance extracted from flowers, fruits, leaves, bark, roots, grasses, seeds & gums.

### How are they extracted?

Usually the oils are extracted by means of steam distillation, expression (cold pressed e.g. citrus) & other methods include the use of volatile solvents & dissolving.

### What can these oils be used for?

In massage, body oils, cosmetics e.g. moisturisers & toners, inhalation, pot pourri, cleaning, disinfecting, deodorizing, bathing, candles, soaps, washing & atmosphere enhancing.

### What are base or carrier oils?

Vegetable, nut or seed oils, many of which have therapeutic properties & a good source of nutrients & energy. It is preferable to use cold pressed oils on your body because of their purity & simplicity of production. Here is a list of the most popular carrier oils available: Sweet Almond, Avocado, Apricot Kernel, Coconut, Grapeseed, Jojoba, Macadamia, Olive, Peach Kernel, Sesame, Sunflower, Wheat Germ. Each oil has its own attributes, they vary in color, viscosity & smell. Use on their own, or blend according to your requirements. Essential oils are natural, precious & potent, only a few drops are needed for most purposes. The amount of oil varies in each plant e.g. Approximately 200kg of fresh lavender flowers produce 1kg of oil. Their simplicity and strength lies within their therapeutic ability to address the mind, body and emotions simultaneously. Each oil possesses anti-viral, anti-bacterial, fungicidal, antiseptic & disinfectant qualities in varying degrees.

Store oils in amber glass away from heat, light & OUT OF REACH OF CHILDREN—toxic if swallowed. Avoid using near or on the eyes.

**MESSAGE OIL:** To 100mls carrier oil add 50 drops of essential oil. You may prefer much less.

**BATHING:** Add 3-6 drops to your bath, soak for 15 minutes. Add oils to a teaspoon of milk for better dispersion.

**INHALATION:** Add a few drops to a bowl of steaming water, place a towel over your head & the bowl & breathe in deeply the healing vapours.

**ROOM VAPORIZATION:** choose an oil to lift your spirit, enhance your activities or to sleep peacefully. Place 2—3 drops in your vaporizer or metal light ring.

### **DIRECT APPLICATION—AS SKIN PERFUME:**

Place one drop of oil of the pulse points, or on your hair to create a natural perfume.

**POT POURRI:** for 2 cups of herbs and flowers, add 5-10 drops of essential oil to 1 tablespoon of fixative (e.g. sandalwood or orris root), mix together then add to the flowers and gently stir.

**ROOM SPRAY:** 50 drops of your chosen essential oil added to 100mls of warm water & put in your spray container. Shake before each use.

Aromatherapy is used to treat infection, to aid skin repair e.g. Pimples, scarring, insect bites or stings, stretch marks. Essential oils should not be used undiluted over large areas of the skin.

### **SPECIFIC STANDARD ESSENTIAL OILS**

These oils meet criteria such as those set down by recognised authorities e.g. British Pharmacopoeia (B.P.) which stipulate a range of designed specifications such that oils from different harvests and years may have to be blended to meet these specifications. Natural seasonal variations are thus smoothed out to produce a product of uniform quality. Some may then require further rectification to improve their quality and odour. These are the rectified or double distilled oils. The oils are marked accordingly.



For oils, price lists, information or courses please contact:

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PLANT—OIL	ACTION	USED TO TREAT	POINTS OF INTEREST, OTHER USES & WARNINGS
<b>BASIL</b> Ocimum basilicum Top note	Antidepressant, tonic, antiseptic, uplifting	Concentration & decision making, to relieve mental fatigue, anxiety, headaches, colds, nervous insomnia	Strewing herb, potpourris, sachets, soaps & perfumery, fly repellent.
<b>BERGAMOT</b> Citrus aurantium Spp. Bergamia Top note	Antiseptic, uplifting	Chronic anxiety, skin disorder, stimulates appetite, soothes lung conditions	Vaporize & inhale, do not use externally (can cause over-pigmentation of the skin) photo-toxic
<b>CHAMOMILE ROMAN</b> Anthemis nobilis Middle note	Antispasmodic, calming, sedative, digestive, balancing	Irritability, digestive problems, headache, insomnia, liver & spleen congestion	Sensitive skin, great for appeasing anger & tantrums
<b>CEDARWOOD</b> Juniperus virginiana Base note	Antiseptic, antispasm, astringent, expectorant	Stimulates circulation, dandruff, eczema, respiratory congestion, arthritis & nervous tension	Room sprays, household insect repellent, soaps & cosmetics
<b>CINNAMON</b> Cinnamomum zeylanicum Base note	Antiseptic & antiviral, stimulating, warming, anti-rheumatic	Aids digestion, circulation, exhaustion	Best used in compounds or blends (could cause blisters & burns) potpourris, pillows and sachets, repels moths
<b>CITRONELLA</b> Cymbopogon spp. Top note	Insecticide, antiseptic, deodorizing	Rheumatic aches & pains, bites & stings, stops itching	Cleaning products, insect repellent esp. mosquitoes
<b>CLARY SAGE</b> Salvia sclarea Top note	Nerve tonic, euphoric, warming & soothing	Depression, weak digestion, irritability, sore throats, PMT, headaches, stress, insomnia	Fixative in perfumery, regulator for seborrhea for dry & oily skin, hair growth
<b>CLOVE</b> Eugenia caryophyllus Base note	Antiseptic, pain reliever, stimulant, antispasmodic	Stimulates digestion, tooth ache, intestinal parasites, immune system, mouth & tooth infections	Air freshener and with lavender as insect repellent
<b>CORIANDER</b> Coriandrum sativum Top note	Sweet, uplifting tonic, digestive, carminative, anti-spasmodic	Combat fatigue, rheumatic conditions, toothache, digestion, anorexia & migraine	Said to be aphrodisiac
<b>CYPRESS</b> Cupressus sempervirens Middle note	Astringent, vasoconstriction, anti-spasm	Circulatory problems—varicose veins, broken veins & capillaries, muscular cramps, coughs and bronchitis, cellulite	Mature skin, menopause upsets, deodorant
<b>EUCALYPTUS</b> -leucoxydon —globulus —phellandra —radiata —polybractea Top note	Antiseptic, anti-viral, stimulating, anti-inflammatory, disinfectant	Respiratory problems, colds etc. aches & pains, rheumatic conditions, nervous disorders & fatigue, infectious diseases	Room freshness, laundry & cleaning, main ingredients for inhalants
<b>FENNEL</b> Foeniculum vulgare Middle note	Antispasmodic, diuretic, tonic, detoxifier	Convalescence, aids digestion, nausea, eye inflammation & conjunctivitis, urinary problems	Ingredient in baby gripe water
<b>FRANKINCENSE</b> Boswellia carteri Base note	Warming comforting tonic, rejuvenating, relaxing sedative	Skin disorders, respiratory congestion, ageing skin, wounds & inflammation	Meditation & exercising eg yoga, potpourri, cosmetics, incense
<b>GERANIUM</b> Pelargonium graveolens, P.roseum Middle note	Hormonal balancer, relaxing, antiseptic, astringent tonic	Cleanses & normalises the skin, digestion, menstrual problems, nervous system, general fatigue, shingles	Insect repellent, very important in aromatherapy, potpourri, cosmetics, soaps

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<b>GINGER</b> <i>Zinger officinale</i> Top note	Analgesic, anti-oxidant, antispasm, stimulant, antiseptic	Stimulates circulation, helps cramps, nervous exhaustion, indigestion, nausea	Assists fighting infections, used in cosmetics, perfume, food & drinks
<b>GRAPEFRUIT</b> <i>Citrus x paradisi</i> Top note	Refreshing, uplifting, deodorizing	Sore throats, bites & stings, controls liquid processing, e.g. lymphatic system, cellulite	In combination with eucalyptus for the lungs, photo toxic
<b>JASMINE</b> <i>Jasminum officinalis</i> Base note	Stimulant, antidepressant, uplifting, soothing	Dry & sensitive skin, frigidity, anxiety, menopause	Boosts confidence
<b>JUNIPER</b> <i>Juniperus communis</i> Middle note	Antiseptic, diuretic tonic, detoxifier	Fluid retention, rheumatic aching, joints, acne & skin conditions, depression, respiratory problems	Greasy skin, gin is flavored by juniper, game cookery, room freshener
<b>LAVENDER</b> <i>Lavandula angustifolia</i> Middle note	Refreshing antiseptic, relieves sharp pain, allays irritability	Insomnia, indigestion, head aches, infections, muscular pain, cell renewal & burns	A must in every home & office, may be used directly on skin for insect bites, burns & perfume
<b>LEMON</b> <i>Citrus limonum</i> Top note	Refreshing, invigorating, immuno stimulant, deodorizing, antiseptic	Circulation, respiratory problems, broken capillaries, insomnia, colds etc., cellulite, leukocyte formation	Pore refining, toner for greasy skin, rejuvenating properties
<b>LEMON GRASS</b> <i>Cymbopogon citratus</i> Top note	Stomachic, deodorizer, digestive, antiseptic, astringent	Skin problems, antidote for infectious viruses, circulation, digestion, muscle tone	Ayurvedic medicine in India, oily skins, insect repellent, but skin irritant if used neat
<b>LEMON SCENTED EUCALYPTUS</b> <i>E.citriodora</i> Top note	Anti inflammatory, uplifting, antiseptic	Circulation & respiratory problems, (inhalant & chest rub), arthritic joints, aches & pains	Outstanding multi purpose, a must for every home & office, insect repellent, air freshener
<b>LEMON TEA TREE</b> <i>Leptospermum petersonii</i> Top note	Antiseptic, fungicide, refreshing & invigorating	Respiratory problems, inhalation for colds & flu, headaches	Bush pot pourri, room freshener & cleanser
<b>LIME</b> <i>Citrus aurantifolia</i>	Antirheumatic, antiseptic, anti viral, restorative tonic	Digestive problems, gall bladder congestion, lymphatic stimulant, respiratory antiseptic	Soaps, detergents, cosmetics & perfume, photo toxic
<b>MANDARIN</b> <i>Citrus reticulata</i> Top note	Tonic, stomachic, sedative	Stress & irritability, insomnia, sedates the nervous system	Food & perfumery, aromatherapy oil burners, photo toxic
<b>MARJORAM</b> <i>Origanum marjorana</i> Middle note	Espectorant, sedative, stomachic, antiseptic, vasodilator	Insomnia, migraines, high blood pressure, respiratory problems, nervous fatigue	Strong sedative, use in bath before bedtime or in a sleep pillow
<b>MYRRH</b> <i>Commiphora myrrha</i> Base note	Strengthens, tonic, anti-inflammatory, rejuvenates, antiseptic	Digestion, loss of appetite, expectorant, skin problems, scars, infections, ulcerations	Skin toner, (especially aged skin), incense, good fixative for pot pourri & pomanders
<b>NUTMEG</b> <i>Myristica fragrans</i>	Tonic, stimulant	General fatigue, digestive properties, pre-menstrual pain	Avoid in pregnancy, use with care, very potent, high doses stupefies

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<b>ORANGE</b> <i>Citrus sinensis</i> Top note	Uplifting tonic, refreshing, digestive stimulant, nerve sedative	Sedative for muscular & nervous systems, eczema & dermatitis, combats wrinkles, good mouth wash	Promotes joyful communication, cleanse open pores kin, photo toxic
<b>PATCHOULI</b> <i>Pogostemon patchouli</i> Base note	Relaxing, antiseptic, antidepressant, sedative	Allergies, burns, eczema, acne, abscesses	Strengthens emotions, perfumery, aphrodisiac properties, rejuvenates skin, natural fixative
<b>PEPPERMINT</b> <i>Mentha peperita</i> Top note	Cooling, pain reliever, invigorating, antiseptic	Cardiac tonic, sedative, blood cleanser, bruises & swellings, cramps, stings or bites, nausea	Mint is digestive, travel & sea sickness, foot massage oil
<b>PEPPERMINT GUM</b> <i>Eucalyptus dives (type)</i> Top note	Antiseptic, invigorating, cooling, insect repellent	Travel sickness, colds & flu, respiratory problems	Bush pot pourri
<b>PINE</b> <i>Pinus sylvestris</i> Middle note	Tonic, antiseptic, expectorant, sedative	Colds & sore throats, urinary infections, respiratory weaknesses, anxiety & stress	Household cleaner, blends well with rosemary, lavender & lemon
<b>ROSE</b> <i>Rosa centifolia/damascena</i> Base note	Cell regenerator, stimulant, aphrodisiac, uplifting	Mature, sensitive skin, eczema, depression, nervous tension	Expresses love, one of the worlds most precious oils
<b>ROSEMARY</b> <i>Rosmarinus officinalis</i> Middle note	Invigorating, antiseptic, stimulant, diuretic	respiratory conditions, circulation, liver problems, asthma	Activates will power & clear thinking, breathing inhalant, healthy hair
<b>ROSEWOOD</b> <i>Aniba roseaodora</i> Base note	Antiseptic, cell regenerator, antidepressant	Acne, dermatitis, sensitive & mature skin, anxiety, headache & nausea	Allays sadness, pot pourri
<b>SANDALWOOD</b> <i>Santalum album</i> Base note	Calming, antiseptic, anti-inflammatory	Fatigue, respiratory problems, softens dry skin, mildly astringent for oily skin, urinary & genital infections	Promotes confidence & well being, meditation & incense, main fixative in pot pourri
<b>TEA TREE</b> <i>Melaleuca alternifolia</i> Top note	Powerful antiseptic, germicidal	Strengthens the immune system, respiratory system, scar regeneration, burns, for nose & throat infections	Essential in first aid kit
<b>THYME</b> <i>Thymus vulagaris</i> Top note	Fortifying tonic, digestive, pectoral & balsamic	Colds & flu, fever, skin infections, rheumatic problems, stings & bites, for tiredness & depression	Acne, PMT, dandruff, pot pourri, sachets & pillows
<b>VETIVER</b> <i>Vetiveria zizanoides</i> Base note	Insect repellent, stimulant, comforting	Arthritis, muscular aches & pains, acne, sprains & stiffness	Generally not used therapeutically, fixative in perfumery
<b>YLANG YLANG</b> <i>Canaga odorata</i> Base note	Sedative, stimulant, antiseptic, antidepressant	Insomnia, anxiety	Soothes away anger & frustration

**TOP, MIDDLE & BASE NOTES** refer to its evaporation rates—top notes evaporate quickly, middle are more mellow and base notes are lasting and usually called fixative.