

# PROVENCE ESSENTIAL OILS

PRODUCER OF PURE ESSENTIAL OILS TO THE COSMETIC & AROMATIC INDUSTRIES

## ESSENTIAL OILS : GUIDE OF USE IN PERSONAL CARE AND AROMATHERAPY

Essential Oils	Massage	Bath	Skin Care	Diffusion	Inhalation	Oral	Cooking	Home
Clary Sage	X	X	X	X		X		
Helichrysum	X		X			X		
Juniperus	X	X	X			X	X	
Lavandin	X	X	X	X	X	X	X	X
Lavender	X	X	X	X	X	X	X	X
Oregano			X				X	
Peppermint	X	X	X	X	X	X	X	X
Rosemary	X	X		X	X	X		
Scots Pine	X	X		X	X			X
Thyme	X	X	X	X	X	X	X	X

### HOW TO USE ESSENTIAL OILS

Essential oils are pure and concentrated ingredients obtained from aromatic plants. They are not soluble in water. It is therefore essential to dilute them in an adequate substance, depending on the use, internal or external. You can use alcohol of 70-90%, vegetable oils, honey, emulsion, etc.

Direct application onto the skin or through oral use is possible. In this case, only a few drops are enough to trigger the action benefactress of the essential oil.

### EXTERNAL USE

#### - Compresses and masks of clay :

A few drops of essential oil on the compress, pure or added to hot water, alcohol or vegetable oil. It is also possible to use clay masks : add 5 to 10 drops of essential oil for skin care as well as in case of sprain or contusion. Essential oils moisturize the skin and keep it healthy.

#### - Massage oils :

Nothing is quite relaxing as receiving a great massage with essential oils. It is a truly rejuvenating experience, at the same time it removes tensions. For the face, we recommend generally 1% to 3% essential oils of your choice and 5% to 10% for the body, diluted into a complex of skin-friendly vegetable oils. The skin retains the aroma of absorbed essential oils. When these natural, lovely aromas are inhaled during a massage, people stay relaxed for longer periods of time.

#### - Baths :

This is a very nice way because it provides very efficient and overall body relaxation. Essential Oils allow the dilation of the pores and rejuvenating action on skin. Just put 20-30 drops on a non-perfumed washing base and add it to the hot water.

#### - Skin, Hair and Body care :

Add 1-3% of oils of your choice to creams, serums, body lotions, shower gels or gentle baby shampoos. Most essential oils have active properties for rejuvenating and revitalizing the tired or damaged skin. They promote tissue regeneration, reducing scar tissue and stretch marks. The skin can easily absorb essential oils. Lavender and Lavandin can help scars heal from harsh skin conditions.

#### - Inhalations :

Essential oils have many respiratory benefits. It is a simple and effective remedy in the case of bronchitis, sinusitis, rhinitis, cold... Put 2 to 3 drops in a bowl of hot (but not boiling) water. You inhale the steam by covering your head with a towel for 10-15 minutes for 2-3 times a day.

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## - In diffusion and evaporation :

Essential oils are particularly appropriated to create a relaxing atmosphere. There are different ways to evaporate the plant species. You can place them on a humidifier on the outputs of mechanical ventilation (vacuum cleaners...), in saunas, on a round of ceramics for electric bulbs or on a cotton handkerchief, etc. There are also specialized electric broadcasters who have the ability to spread the oils such a little smoke.

## ORAL USE

The absorption of essential oils by mouth is the fastest way and the most effective, but the most delicate. Avoid with children and preferably consult a doctor or aromatherapist.

Usually it is recommended to dilute the essential oil into water or tea. It is possible to replace the water or herbal tea with honey, sugar, milk or tinctures. In some cases the direct taking of essential oil (2 drops on a spoon of honey or a sugar) can be performed 3 times per day, but never more than 5 days.

In the kitchen, you can also flavor your recipes with a few drops of essential oils mixed with vegetable oils.

## HOME CARE

Some essential oils have powerful deodorizing, disinfecting, antimicrobial and antibacterial properties. They can be easily used for cleansing floors, toilets, windows, linen, etc.

Add 5 drops in your cleansing recipe and then adjust according to the volume or the scent you want to obtain.

## SOME MEASURES FOR ESSENTIAL OILS

Water : 1 cc = 1 g

Essential oils : 1 cc = less than 1 g

So depending on the density, it takes between 20 and 35 drops of essential oil to get 1cc on average.

## STORAGE

Pure essential oils are stable and do not go rancid when stored properly. They have optimal shelf life of min. 3 years. In any case, keep them in a dry room away from heat and light in unopened containers below 25°C.

## PRECAUTIONS FOR USE

Essential oils are active and powerful, so they are not harmless. We must learn to know them and use them as needed. Each essential oil has specific powers. It is therefore important to respect medical prescriptions and warnings on certain oils.

- Keep away from children.
- Never put pure essential oil in the ears.
- No essential oil should come into contact with the eyes (very painful irritation).
- Oral : never take more than 3 to 5 drops per day (5 days maximum).
- Don't proceed by intra-muscular injection.
- Never put pure essential oils in the bath without knowing the possible contraindications.
- Not recommended during pregnancy.
- It is always advisable to consult a specialist.

