

## Home made cosmetics with essential oils "Aroma Life"

(A handbook for practical use of essential oils "Aroma Life")

### Home application of essential oils "Aroma Life"

Essential oils are precious gift from nature, received with minimal human interference. The ones are strongly concentrated, volatile aromatic mixtures derived from blossoms, leaves, fruit, seeds or roots of plants. The process is made by distillation or cold squeezing. The essential oils contain biologically active substances that resemble hormones, vitamins, antibiotics and antiseptics. Ethereal oils have wide range of use because of their taste, aroma, biological qualities, cosmetic effect and therapeutical resources. When essential oils are used they are always combined with other substances in order to activate their influence and to keep their fragrant nature.

The most precious use of essential oils is in professional aromatherapeutical massages, by which after diluting with base oils, they could be rubbed in the skin. Any qualitative vegetable oil like almond, apricot, sesame, grapes oil, wheat, olive oil is possible to be used as base oil. Depending on the massage area and the effect we are able to represent some types of massage - a whole body massage, point massage and facial massage. Facial massage with massage mixtures containing essential oils is more often used about cosmetic and also healing purpose; it is mainly about embellishment and rejuvenation. Generally, it is used from 10 to 15 drops essential oil per 50 ml base oil for a whole body massage and as to facial massage it is used from 1 to 3 drops per 20 ml base oil. Anybody might delight in the benefits from essential oils at home. A popular way is putting some drops of them in hot water in the bath-tub (15-20 drops per 100-150 l water). Aroma baths are water procedures for treatment, prevention and beauty. It is good baths to be done in the morning or in the evening with temperatures of the water from 28 C to 37 C about 10-15 minutes. We recommend you deep inhalation because the essential oil can have effect also through the mucouse membrane of the nose and the mouth. Another opportunities of using the essential oils at home include inhalations, hot and cold compresses, their adding to finished cosmetic products for body or hair care (5-6 drops per 100 ml product), air refreshing and purification through aroma lamp or different types of natural fragrances (small clay pots without glaze), pieces of log spotted are appropriate for this purpose. The aroma lamps have a container in which you can put some water (usually 20 ml). After the water in the evaporator is being heated, add 5-6 drops of essential oil (pure or mixed). When applied on the body through massage, compresses, baths or added to finished cosmetic products, not only the essential oils easily pass through the skin in the organism, but they are also able to pass through the blood vessels and tissues. Therefore, they are spread all over the body and they affect not only externally, but also internally, as they have an impact on essential functions - exchange, excretory, endocrine, immunological. Thus, the essential oils stimulate blood circulation and metabolism. Vapours from the essential oils breathed through inhalation or an aroma lamp, depending on their content, may have refreshing, clearing, stimulating, relaxing, soothing, strengthening, harmonizing, emotional, antiseptic and other effects. Essential oils are dynamic because they enter the body, give their influence and leave it. One of the reasons of diluting is the necessity of keeping their continuous impact. Regardless of the degree of dilution they are efficient. They might stay approximately 3-4 hours in the organism as they start the healing process which can last a few days or weeks. The volatile oils are active because they work at some levels at the same time - on organs, tissues, fluids, cells and delicate energy. They have rich biological qualities - suppress development and kill microorganisms and parasites (intestinal, the ones that cause scab among people and animals), they have bacteriostatic, antibacterial, virusstatic, antiviral, mycostatic, antimycosidal and antiparasitological effects. The essential oils stimulate tissue recovery, help hair growth and contribute to the quick healing of wounds, ulcers and inflammations. They help the immune processes as stimulating the formation of antitoxins, work on the creation of phagocytes, have impact on the growth of the number of leucocytes

(with the help of massage, inhalation and by mouth). Moreover, the essential oils make the blood circulation better, decrease muscle tension and tumefaction, reduce pains, increase the excretion of urine, they improve the quality of sleep, refresh, have relaxing effect and diminish the level of stress. The essential oils are synergetic-they work together, harmonically. Most efficiently is the mixture from 2-5 essential oils. The experience shows that mixture of more than 5 essential oils reduces the healing effect.

**ATTENTION:** You can reach a maximum impact by the use of essential oils and avoiding some possible side effects but only if you follow these recommendations:

- Please, do not take the essential oils for internal use! Avoid eye contacts between the essential oils and the delicate zone around mouth and eyes.
- Put only correctly diluted essential oils on your skin, as you follow carefully the recipes and the written methods. Lavender and tea tree essential oils are exceptions, thus you are able to use them undiluted unless you are with a very sensitive skin.
- The essential oils should not be used without a consultation by a doctor in advance, as for patients with hay fever and allergic diseases.
- Every organism reveals different sensitivity to the essential oils! If you doubt of any kind of essential oil, do a test putting a few drops of the massage mixture, containing essential oils, on the internal side of your elbow curve, finally wait for 4-6 hours for a reaction of the organism. If you inhale through your nose by chance, wait for a few minutes for side effects. In case you get itching, redness or another reaction, it is better not to use this essential oil.
- In case essential oil gets in your eyes use a little amount base oil for dilution and absorb with a soft towel before washing your eyes with cold water. If there is a serious accident, please seek doctor's help.
- Before sun baths or irradiation with a solarium, do not use bergamot, grapefruit, lemon, sweet orange, mandarine and verbena essential oils. It is essential to know that they are phototoxic and might cause irregular pigmentation of the skin. Please, use these essential oils in the evening or at least 4 hours before exposing your skin under ultra-violet light.
- Essential oils are flammable. Keep away from fire.
- Essential oils are not recommended for people with serious healthy problems, for instance, asthma, epilepsy or oncological illness. They should also be carefully used by adults and weak people.
- Most of the essential oils are not recommended for pregnant women. They are not permitted for 3 year-old children, use them carefully only after a doctor's consultation for 6 year-old children.
- Do not use essential oils for a very long time. Daily spread of one and the same combination of essential oils on the entire body should not be more than 2 weeks, after that you could use another combination. Long use of one and the same mixture of essential oils for face care is possible, because a small part of the body is treated.

#### **NATURAL ROSE ESSENTIAL OIL**

**/LA ROSE DE LA BULGARIE, ESSENTIELLE DE ROSE/**

**Contents:** 100 % essential oil from Rosa Damascena, Rosaceae Family

**Ingredients (INCI):** ROSA DAMASCENA FLOWER OIL

**Allergens:** Citronellol, Geraniol, Eugenol, Linalool, Farnesol, Citral

**Introduction:** Rose essential oil has a regenerating, soothing and rejuvenating effect on the skin. It helps about the turgor and elasticity. It normalizes the function of the oil-glands. The essential oil is appropriate for any type of skin, especially for sensitive and dehydrated skin. When added to balsams and creams, it has a favourable impact on old, dry, inflamed and sensitive skin, as it makes it look shining and fresh. A special additive to mixtures about massages and baths is widely used in many perfumes.

**Home made cosmetics:**

Facial essential oil, 30 ml: *it is suitable for skin with burst capillaries.*

Jojoba oil - 30 ml

Rose essential oil - 4 drops

Geranium essential oil (Chamomile) - 3 drops

Rose perfume, 50 ml: *it gives you harmony and spiritual comfort, it balances your emotions.*

Rose essential oil - 30 drops

Lemongrass essential oil - 10 drops

Santal essential oil (Ylang-Ylang) - 10 drops

Alcohol - 20 ml

Water - 30 ml

Put the essential oils in the alcohol and dilute with water.

#### **NATURAL LAVENDER ESSENTIAL OIL**

**Contents:** 100 % essential oil from Lavandula Angustifolia, Lamiaceae Family

**Ingredients (INCI):** LAVANDULA ANGUSTIFOLIA OIL

**Allergens:** Linalool, Geraniol, Limonene

**Introduction:** The Lavender essential oil has pleasant lavender aroma with soothing and relaxing effect. It reduces tension caused by mental tiredness, excitement and insomnia. It purifies and moisturizes the skin, supports the microcirculation. It accelerates the nourishment and regeneration of skin cells. This oil is quite efficient against moths.

#### **Home made cosmetics:**

Facial spray, 200 ml: *it recovers loss of water from skin*

Distilled water - 200 ml

Lavender essential oil - 5 drops

Clary sage essential oil - 2 drops

The mixture is kept in a bottle with a pump-pulverizer and it should be shaken before use. Spread it by the pump or a cotton tampon on your face skin two or three times daily. Leave it to dry in a natural way.

Softening cream about coarse hands, 80 ml: *it penetrates deeply through the epidermis and makes the skin hydrated and elastic.*

Almond oil - 20 ml

Grape seed oil - 10 ml

Shea oil - 50 ml

Lavender essential oil - 5 drops

Rosemary essential oil - 5 drops

The base oils are melted at water-bath and being stirred until homogenization. Add the essential oils and stir all of it well. Pour the mixture in a dry jar while it is still warm. When the cream is completely cold, close the jar with a lid.

#### **NATURAL JUNIPER NEEDLE OIL**

**Contents:** 100 % essential oil from Juniperus Communis, Cupressaceae Family

**Ingredients (INCI):** JUNIPERUS COMMUNIS WOOD OIL

**Allergens:** Limonene, Linalool

**Introduction:** Juniper Needle oil controls the fluid balance of organism, it has tightening effect against cellulite and varicose veins (flabby skin), it removes the stretch marks. It has a beneficial effect on greasy, sore and skin prone to acne. This essential oil helps about defacing pigmental spots. When added to hair cosmetics, it makes your hair looks shining and healthy, and contributes to removing scurf. Aroma-lamp with Juniper needle oil has relaxing and strengthening effect.

#### **Home made cosmetics:**

Massage facial cream, 20 ml: *smoothing effect on worn and loose skin.*

Grape Seed oil - 20 ml

Juniper needle oil - 2 drops

Rose essential oil - 1 drop

**Home treatment:**

Oil against cold, 50 ml: *it has warming effect, it stimulates the immune system.*

Almond oil - 50 ml

Juniper needle essential oil - 8 drops

Eucalyptus essential oil - 5 drops

Rosemary essential oil - 3 drops

**NATURAL PINE ESSENTIAL OIL**

**Contents:** 100 % essential oil from Pinus Sylvestris, Pinaceae Family

**Ingredients (INCI):** PINUS SYLVESTRIS OIL

**Allergens:** Limonene, Linalool

**Introduction:** Pine essential oil has tonic, refreshing and aromatizing effect. It clears the air and restricts the spreading of infectious diseases in the air. It clarifies tan. This oil makes skin looks balanced, smooth, renewed and shining. It makes microcirculation better and strengthens hair. Aroma lamp with Pine essential oil clears air from cold and flu.

**Home made cosmetics:**

Bath with energizing effect: *it gives you tranquillity and cheerfulness.*

Put 15-20 drops Pine essential oil in 100-150 ml water at temperature 28 C -37 C about 10-15 minutes.

Hair mask, 50 ml: *it has nourishing and tonic effect.*

Wheat germ oil - 30 ml

Almond oil - 20 ml

Pine essential oil - 8 drops

Rosemary essential oil - 6 drops

**NATURAL CORIANDER ESSENTIAL OIL**

**Contents:** 100 % essential oil from Coriandrum Sativum, Umbelliferae (Apiaceae) Family

**Ingredients (INCI):** CORIANDRUM SATIVUM FRUIT OIL

**Allergens:** Linalool, Limonene, Geraniol

**Introduction:** Coriander essential oil has delicate and flavouring aroma, it carries fine and interesting touch about massage mixtures. It affects in a beneficial way for reducing stress and irritability, it helps about muscle spasms. If overdosage it, your skin might be inflamed. Aroma lamp or bath with Coriander essential oil have refreshing and stimulating effect especially in a combination with coniferous ones (pine, fir-tree essential oil).

**Home treatment:**

Warm compress: *healing effect for arthritic and rheumatic pains and sprains.*

Warm water - 2 l

Coriander essential oil - 7-8 drops

Soak a cotton towel with this mixture, press it out well, then put it on the necessary places and finally cover with a dry towel in order to save the warmth. Leave it to have an impact on about 30 minutes. The procedure may be repeated a few times daily.

Natural deodorant, 120 ml: *it reduces secretion of sweat and it has an anti-inflammatory effect (coriander essential oil represses the development of bacteria under the armpits, causing unpleasant smell).*

Coriander essential oil - 5 drops

Cypress essential oil - 5 drops

Geranium essential oil - 5 drops

Spirit /Alcohol/ - 20 ml

Lavender (Chamomile) water - 100 ml

Mix all the ingredients in a bottle by a pump. Shake it well before use.

**NATURAL BASIL ESSENTIAL OIL**

**Contents:** 100 % essential oil from Ocimum Basilicum, Lamiaceae Family

**Ingredients (INCI):** OCIMUM BASILICUM HERB OIL

**Allergens:** Linalool, Eugenol, Limonene, Citronellol, Geraniol

**Introduction:** The Basil Essential Oil has recovering, tonic and refreshing effect. It is a perfect product for improving microcirculation, cleansing the skin from toxins and stimulating cell regeneration. It stimulates skin circulation and improves metabolism, purifies and recover elasticity of the skin, helps about skin regenerating processes. Aroma lamp or bath with Basil Essential Oil is recommended against mental tiredness, stress, nervous strain, sleeplessness.

**Home made cosmetics:**

Massage Oil for body, 50 ml: *it is recommended against cold and flu.*

Almond Oil - 50 ml

Basil Essential Oil - 5 drops

Lemongrass Essential Oil - 3 drops

Eucalyptus Essential Oil - 5 drops

Face mask: *it is recommended against reduced regenerative ability and flabby skin.*

Joghurt - 2 tablespoons

Honey - 1 tablespoon

Grape seeds essential oil - 1 tablespoon

Basil Essential Oil - 5 drops

Spread the mask on your face and let it have an effect for 15-20 minutes.

**NATURAL MILFOIL ESSENTIAL OIL**

**Contents:** 100 % essential oil from Achillea Millefolium, Asteraceae Family

**Ingredients (INCI):** ACHILLEA MILLEFOLIUM OIL

**Allergens:** Limonene, Linalool

**Introduction:** The Milfoil Essential Oil has soothing and regenerative effect on different types of skin irritations. It can be used by adding it to massage mixtures as an additive to water for bath or for cosmetic products about skin or hair. Aroma lamp or aroma bath with Milfoil Essential Oil contributes to tonic and strengthening effect.

**Home made cosmetics:**

Steam-bath for face: *it removes toxins and clears skin.*

Add 6-8 drops Milfoil Essential Oil to 2 litres boiling water. Cover your head with a towel and keep your face above the steam about 10-15 minutes.

Face mask, 30 ml: *it has softening impact on dry, sensitive and irritated skin.*

Hypericum Perforatum extract or Argan Oil -30 ml

Milfoil Essential oil - 5 drops

Geranium Essential oil - 2 drops

**NATURAL SWEET FENNEL ESSENTIAL OIL**

**Contents:** 100 % essential oil from Foeniculum Vulgare, Apiaceae Family

**Ingredients (INCI):** FOENICULUM VULGARE DULCE FRUIT OIL

**Allergens:** Limonene

**Introduction:** The Sweet Fennel Essential Oil has energizing and antioxidant effect, it improves turgor of skin and helps the regenerative processes. Massages with Sweet fennel essential oil have anti-cellulite effect as stimulate detoxication and prevent from retaining liquids. Mouthwash with a few drops from the oil refreshes mouth cavity and has a good impact on inflammation of the mucous membrane and gums.

**Home made cosmetics:**

Face mask: *it is appropriate for dry and ageing skin, it delays appearing of wrinkles.*

Medicinal Clay - 2 tablespoons

Rose water - 4 tablespoons

Apricot kernel oil - 1 tablespoon

Sweet Fennel Essential Oil - 5-6 drops

## **NATURAL CORNMINT ESSENTIAL OIL**

**Contents:** 100 % essential oil from Mentha Arvensis, Lamiaceae Family

**Ingredients (INCI):** MENTHA ARVENSIS LEAF OIL

**Allergens:** Linalool

**Introduction:** The Cornmint Essential Oil has cooling and soothing effect on skin. It stimulates the secretion of sebum which is healthy about the deep cleansing of face. It is suitable for massage of hair roots as it strengthens the rush of blood. Aroma lamp with Cornmint essential oil has stimulating effect; it makes analytic thinking and creation of new ideas stronger.

**Home made therapy:**

*Cold compress: it has good effect against headache.*

Icy water: 1 litre

Cornmint essential oil - 5 drops

Lavender essential oil - 2 drops

Spread a little amount of this mixture on a cotton towel and put it on your forehead about 15-20 minutes. You can repeat this procedure a few times.

*Bath: it has helpful influence on skin irritations.*

Cornmint essential oil - 5 drops

Tea tree essential oil - 5 drops

Bergamot Essential Oil - 5 drops

Add the essential oils in 100-150 litres water at 28-37 degrees temperature about 10-15 minutes.

## **NATURAL EUCALYPTUS ESSENTIAL OIL**

**Contents:** 100 % essential oil from Eucalyptus Globulus, Myrtaceae Family

**Ingredients (INCI):** EUCALYPTUS GLOBULUS LEAF OIL

**Allergens:** Limonene

**Introduction:** The Eucalyptus Essential Oil has regenerative and refreshing effect, it makes the microcirculation better and increases the elasticity of flabby skin. It is proper for massages of limp hair and scurf. The Eucalyptus aroma enhances energy and helps about physical weakness and disbalance. It removes the feeling of tiredness and increases mood. Aroma lamp or aromaizers with Eucalyptus essential oil have tonic effect and removes the unpleasant smell in rooms (for example tobacco smoke) and send insects away (for instance mosquitoes).

**Home made cosmetics:**

*Sport massage oil, 50 ml: it is appropriate for massaging of muscle pains.*

Apricot kernel oil - 25 ml

Almond oil - 25 ml

Eucalyptus essential oil - 5 drops

Cornmint essential oil - 5 drops

Rosemary essential oil - 5 drops

*Intensive mask for acne skin: it has tightening effect and reduces varicose pores.*

Medicinal Clay - 1 tablespoon

Water - 1 tablespoon

Eucalyptus essential oil - 2-3 drops

Time for getting effect: 20-30 minutes.

## **NATURAL ROSEMARY ESSENTIAL OIL**

**Contents:** 100 % essential oil from Rosmarinus Officinalis, Lamiaceae Family

**Ingredients (INCI):** ROSMARINUS OFFICINALIS LEAF OIL

**Allergens:** Limonene, Linalool

**Introduction:** Rosemary Essential Oil stimulates cell regeneration, keeps freshness and elasticity of skin, extracts the unnecessary liquids and removes turgidity. It has very good



influence on greasy skin with varicose pores. It stimulates hair growth, tones scalp and makes greasy skin looks alive and shining. It has good anti-cellulite effect.

**Home made cosmetics:**

Massage oil "After work-out", 50 ml: *it helps for slacking tired muscles and tendons.*

Jojoba oil - 25 ml

Sesame oil - 25 ml

Rosemary essential oil - 5 drops

Cinnamon essential oil - 6 drops

Lemon essential oil - 5 drops

Anti-cellulite oil, 50 ml: *it is used in programmes for reducing weight.*

Apricot kernel oil - 50 ml

Rosemary essential oil - 5 drops

Juniper needle oil - 4 drops

Cedarwood essential oil - 5 drops

**NATURAL SWEET ORANGE ESSENTIAL OIL**

**Contents:** 100 % essential oil from Citrus Sinensis, Rutaceae Family

**Ingredients (INCI):** CITRUS SINENSIS PEEL OIL EXPRESSED

**Allergens:** Limonene, Geraniol, Linalool, Citral

**Introduction:** The Sweet Orange essential oil is named " Oil of the sunny smile"- it affects cheerfully and energizingly. It has clearing effect,helps about tightening and toning the skin and increases cell regeneration.It is very efficient for greasy and acne skin. It strengthens metabolism. It is not recommended to be used before exposing to sun. Aroma lamp with Sweet Orange essential oil neutralizes unpleasant smells in rooms and increases mood.

**Home made cosmetics:**

Mask for skin of neck and neckline: *the mask combines the tightening effect of coffee, the nourishing impact of avocado and the tonic effect of the Sweet Orange essential oil.*

1 avocado mashed at puree

Grinded coffee - 1-2 teaspoons

Apricot kernel oil - 1 teaspoon

Sweet Orange essential oil - 5 drops

Spread it on your neck and neckline in the evening as you leave it to affect for 20-30 minutes, after that you can wash it.

**NATURAL GERANIUM ESSENTIAL OIL**

**Contents:** 100 % essential oil from Pelargonium Graveolens, Geraniaceae Family

**Ingredients (INCI):** PELARGONIUM GRAVEOLENS OIL

**Allergens:** Citronellol, Geraniol, Linalool, Citral, Limonene

**Introduction:** The Geranium Essential oil is valuable oil for skin - it regulates the production of sebum, it extracts the toxins and fluids, it flexes varicose pores and delays the appearance of wrinkles. It has fresh flowery pink and warm aroma as it creates good mood and balance. Aroma lamp with Geranium essential oil balances the hesitations in mood and gives you emotional stability.

**Home made cosmetics:**

Cream for dry skin,100 ml: *this cream keeps the skin soft and elastic and prevents it from chapping and exfoliation.*

Beeswax -10 gr

Shea butter - 20 gr

Apricot kernel oil - 70 ml

Geranium essential oil - 10 drops

The beeswax and the base oils should be melted at water-bath (with 60 degrees temperature) as being homogenized. Add the Geranium Essential Oil and stir the whole mixture well. Then

put the mixture in a dry jar while it is still warm. Finally, you can close it with a cap after the cream is completely cold.

*Aromatic bath salts: they remove tiredness and relieve muscles*

Sea salt (sodium chloride) - 1/2 cup

Baking soda (sodium bicarbonate) - 1/2 cup

Geranium Essential Oil - 12 drops

Lavender Essential Oil - 10 drops

Mix the dry ingredients and add the essential oils as shake it very well. You can use from 1/4 to 1/2 cup bath salts for bath for legs and for whole bath use 1 cup bath salts.

#### **NATURAL LEMON ESSENTIAL OIL**

**Contents:** 100 % essential oil from Citrus Limon, Rutaceae Family

**Ingredients (INCI):** CITRUS LIMON PEEL OIL

**Allergens:** Limonene, Citral, Linalool, Geraniol

**Introduction:** The Lemon essential oil has refreshing, energizing and revitalizing effect. It helps about problematic and greasy skin, it has whitening effect, removes freckles, clears suntan and makes the colour of the skin better. It is also used for making light hair much lighter. It is recommended not to spread it on your skin before exposing to sun or using a solarium.

#### **Home made cosmetics:**

*Water for washing blond hair: it gives the hair golden colour, silkiness and strength.*

Water - 1 litre

Lemon essential oil - 5 drops

Chamomile essential oil - 3 drops.

Shake it before use in order to disperse the oil.

*Steam bath for face: it is used for greasy and dirty skin.*

Add 6-8 drops Lemon essential oil in 2 litres boiling water. Cover your head with a towel and keep your face above the steam about 10-15 minutes.

#### **NATURAL TEA TREE ESSENTIAL OIL**

**Contents:** 100 % essential oil from Melaleuca Alternifolia, Myrtaceae Family

**Ingredients (INCI):** MELALEUCA ALTERNIFOLIA LEAF OIL

**Allergens:** Limonene

**Introduction:** The Tea tree essential oil is the most efficient natural antibacterial product. It contains more than 90 antibacterial ingredients and has antiseptic impact. It has a good tonic impact. It moisturizes, clears and disinfects skin and normalizes the impact of oil-glands. It helps skin which causes problems such like acne, purulent pimples, rashes. The Tea tree essential oil strengthens hair and removes scurf. It soothes itching after biting by insects. It has very strong anti-inflammatory quality and accelerates the healing of wounds as it does not irritate the skin and does not cause allergies. This oil cleans mouth cavity, removes the unpleasant smell and inflammation of gums. Aroma lamp with Tea tree essential oil helps for the reducing of spread of infections in the air.

#### **Home made therapy:**

*Oil for body, 50 ml - it relieves muscles pains after work-out.*

Almond oil - 50 ml

Tea tree essential oil - 7 drops

Juniper needle oil - 5 drops

*Face tonic, 50 ml - it is appropriate for skin apt to acne.*

Chamomile water - 50 ml

Tea tree essential oil - 5 drops

Lavender essential oil - 5 drops

#### **NATURAL YLANG YLANG ESSENTIAL OIL**

**Contents:** 100 % Essential oil from Cananga Odorata, Annonaceae Family



**Ingredients (INCI): CANANGA ODORATA FLOWER OIL**

**Allergens:** Linalool, Benzyl Benzoate, Benzyl Salicylate, Farnesol , Geraniol, Benzyl Alcohol, Eugenol, Isoeugenol.

**Introduction:** The Ylang - Ylang essential oil has strong, spicy, enchanting aroma. It affects in a relaxing and soothing way about the cardio and respiratory systems. It has a very good effect on greasy, dry and combined skin and it also soothes skin irritations and redness. It regulates the sebum production. The Ylang Ylang essential oil affects well on exhausted and dyed hair. It strengthens nails. Aroma lamp with Ylang - Ylang essential oil can be used against anxiety and nervous tension.

**Home made therapy:**

Body oil, 50 ml: *it has relaxing effect*

Base oil (almond or wheat) - 50 ml

Ylang Ylang essential oil - 5 drops

Lemon essential oil - 4 drops

Juniper needle oil - 4 drops

Anti-cellulite mixture: *it has smoothing effect*

Grinded coffee - 2 tablespoons

Almond oil - 50 ml

Ylang - Ylang essential oil - 5 drops

Lemon essential oil - 4 drops

Juniper needle essential oil - 4 drops

**NATURAL BERGAMOT ESSENTIAL OIL**

**Contents:** 100 % Essential oil from Citrus Bergamia, Rutaceae Family

**Ingredients (INCI): CITRUS BERGAMIA LEAF OIL**

**Allergens:** Limonene, Linalool

**Introduction:** The fresh and clear flavour of bergamot has balancing effect, removes melancholy and sleeplessness. It disinfects and aromatizes the air. It is suitable for preparing home made protecting device against mosquitoes and insects. It increases the quality of skin to produce melanin and it is often used for products helping to get complexion but it is possible to cause hyperpigmentation of the skin only if it is used before exposing to sun. Bergamot essential oil is not recommended for light-skinned people and for those with very big nevi.

**Home made therapy:**

Massage oil for relieving the back, 50 ml: *It removes muscles strain.*

Almond oil-50 ml

Bergamot essential oil -8 drops

Geranium essential oil -2 drops

Lavender essential oil -3 drops

Aroma lamp: *it has refreshing and harmonizing effect.*

Bergamot essential oil - 4 drops

Melissa Officinalis leaf oil - 2 drops

Clary sage essential oil - 2 drops

The water should be warmed in the container of the lamp - 20 ml.

**NATURAL CINNAMON ESSENTIAL OIL**

**Contents:** 100 % essential oil from Cinnamomum Zeylanicum, Lauraceae Family

**Ingredients (INCI): CINNAMOMUM ZEYLANICUM LEAF OIL**

**Allergens:** Eugenol, Linalool, Benzyl Benzoate, Cinnamal, Cinnamyl Alcohol, Coumarin.

**Introduction:** The Cinnamon essential oil has warm, spicy, sweet-oriental, specific aroma. It has tonic and stimulating qualities that cheer up the senses. It increases the sweating, warms and relieves the symptoms of cold and flu. It improves the vascularity of skin and hair roots.

Its flavour is a symbol of coziness and warmth. It neutralizes the unpleasant smells. An aroma lamp with Cinnamon oil affects in a tonic and recovering way.

**Home made therapy:**

Body oil: 50 ml - *it is good for body exhaustion and strengthens the metabolism.*

Almond oil - 50 ml

Cinnamon essential oil - 8 drops

Rosemary essential oil - 5 drops

Sugar mixture with Cinnamon - *it has exfoliating effect, it helps the natural regeneration of skin*

Brown sugar - 5 tablespoons

Honey - 4 tablespoons

Cinnamon essential oil - 5 drops

**NATURAL CLOVE ESSENTIAL OIL**

Contents: 100% essential oil from Eugenia Caryophyllus, Myrtaceae Family

**Ingredients (INCI):** EUGENIA CARYOPHYLLUS FLOWER OIL

**Allergens:** Eugenol, Linalool, Isoeugenol

**Introduction:** The Clove essential oil has strong,spicy and enchanting aroma.It sends the insects away.It has strengthening and tonic effect.It affects very well on greasy,dry and combined skin and helps about skin irritations,redness and biting by insects.It regulates the sebum production and strengthens hair roots.An aroma lamp with Clove essential oil has a strongly disinfecting quality. It is highly recommended for sending moths and mosquitoes away.

**Home made therapy:**

Oil against insect bites, 30 ml: *it removes the insects and relieves the skin irritations from biting by insects.*

Wheat germ oil - 30 ml

Clove essential oil - 2 drops

Eucalyptus - 2 drops

Cornmint essential oil - 2 drops

Refreshing mouthwash water, 300 ml: *it is very good for oral hygiene, efficient for gum inflammation.*

Add the following ingredients in 300 ml water:

Clove essential oil - 3 drops

Thyme essential oil - 3 drops

Cornmint essential oil - 3 drops

Shake it before use!

**N.B.** Smear an ill tooth or apthae with a small amount of cotton which is soaked with 1 drop clove oil-this will relieve pains until waiting doctor's help.

**NATURAL VIRGINIAN CEDARWOOD ESSENTIAL OIL**

**Contents:** 100 % essential oil from Juniperus Virginiana /Virginian Cedarwood/, Cupressaceae Family

**Ingredients (INCI):** JUNIPERUS VIRGINIANA OIL

**Allergens:** No allergens

**Introduction:** The Virginian Cedarwood flavour increases the flow of new energy, it clears and renews the human aura. It has tonic and rejuvenating effect on skin,balances the activity of the sebaceous and sweat glands, relieves the scalp and it is very efficient for removing scurf. The Virginian Cedarwood essential oil is very famous for its anti-cellulite impact. It is quite appropriate for making small aroma bags for a wardrobe.

**Home made therapy:**

Heating oil about cold, 50 ml:

Grape seed oil - 20 ml

Wheat germ oil - 15 ml  
Jojoba oil - 15 ml  
Virginian Cedarwood essential oil - 5 drops  
Eucalyptus essential oil - 5 drops  
Orange essential oil - 5 drops

*Aroma lamp: it has stimulating and antiseptic effect.*

Virginian Cedarwood essential oil - 2 drops  
Basil essential oil - 1 drop  
Orange essential oil - 1 drop  
Warm water - 20 ml

#### **NATURAL CYPRESS ESSENTIAL OIL**

**Contents:** 100% essential oil from Cupressus Sempervirens, Cupressaceae Family

**Ingredients (INCI):** CUPRESSUS SEMPERVIRENS OIL

**Allergens:** Citral, Linalool, Limonene

**Introduction:** The Cypress Essential Oil increases the emotional stability. It has relaxing and soothing effect. It is good for greasy skin and suppresses oversweating. Its directly spreading on skin regulates the metabolism; it has tonic and refreshing effect, it strengthens the veins. The Cypress essential oil has vasoconstrictive, antiseptic, relaxing and detoxing effect; it protects from the appearing of stretch marks because of weight changes.

**Home made therapy:**

*Bath: it tonizes, refreshes body and stimulates the metabolism.*

Cypress essential oil - 7 drops  
Juniper needle essential oil - 6 drops  
Lavender essential oil - 5 drops  
Mix all the ingredients in 100-150 l water at 28-37 degrees about 10-15 minutes.

*Anti-cellulite oil after bath, 50 ml: it activates the metabolism and improves the lymph drainage and the skin tonicity.*

Apricot kernel oil - 20 ml  
Wheat germ oil - 30 ml  
Cypress essential oil - 7 drops  
Patchouli essential oil - 3 drops  
Lemon essential oil - 3 drops

#### **NATURAL LEMONGRASS ESSENTIAL OIL**

**Contents:** 100% essential oil from Cymbopogon Citratus, Poaceae Family

**Ingredients (INCI):** CYMBOPOGON CITRATUS LEAF OIL

**Allergens:** Citral, Geraniol, Limonene, Linalool, Citronellol, Eugenol

**Introduction:** The Lemongrass essential oil has mighty anti-cellulite and tonic effect, it affects very well on greasy skin with plugged pores and refreshes complexion. It lessens the dark circles under the eyes, stimulates the blood circulation and strengthens the connective tissue. When applied through bath or aroma lamp diminishes stress and gives you exhilaration.

**Home made therapy:**

*Body tonic oil, 50 ml: it is applied after work-out in order to lessen the muscle stiffness.*

Apricot kernel oil - 25 ml  
Almond oil - 25 ml  
Lemongrass essential oil - 8 drops  
Rosemary essential oil - 5 drops  
Basil essential oil - 2 drops

*Face oil for soft and shining skin, 20 ml: it is appropriate for greasy skin, not recommended for dry and sensitive skin.*

Wheat germ oil - 20 ml  
Lemongrass essential oil - 2 drops

Ylang Ylang essential oil - 1 drop

### **NATURAL MANDARINE ESSENTIAL OIL**

**Contents:** 100% essential oil from Citrus Reticulata, Rutaceae Family

**Ingredients (INCI):** CITRUS RETICULATA PEEL OIL

**Allergens:** Limonene, Linalool

**Introduction:** The Mandarin essential oil has soothing effect, it affects relaxing of smooth muscularity. It increases the mood. Aroma lamp with Mandarin essential oil gives you cheerfulness and positivism. This essential oil is popular with its quality to protect skin from making stretch marks, meanwhile it improves the state of the formed ones. It is appropriate for greasy and mixed skin, it has a good effect on acne and plugged pores. It is not recommended to be used before exposing to sun because it may cause skin pigmentation. The Mandarin essential oil delays the process of ageing including hair whitening, nourishes and moisturizes the scalp, lessens loss of hair.

**Home made therapy:**

Water for washing dark hair: *it tonizes, refreshes and lessens loss of hair.*

1 litre water

Mandarin essential oil - 6 drops

Rosemary essential oil - 6 drops

Shake it before use in order to disperse the oil.

Face oil, 20 ml: *it has good effect on acne and plugged pores.*

Wheat germ oil - 20 ml

Mandarin essential oil - 2 drops

Geranium essential oil - 2 drops

### **NATURAL PATCHOULI ESSENTIAL OIL**

**Contents:** 100% essential oil from Pogostemon Cablin, Lamiaceae Family

**Ingredients (INCI):** POGOSTEMON CABLIN OIL

**Allergens:** No allergens

**Introduction:** The Patchouli Essential oil gives elasticity to skin and regulates the fatty secretion. It has a tightening effect on pores. This essential oil is recommended about variety of skin complaints-chapped skin, acne, burning and helps about erasing old scars. It has draining effect and it is used about treating cellulite. Aroma lamp with Patchouli essential oil copes with sadness and anxiety.

**Home made therapy:**

Oil for erasing scars, 30 ml: *it has good effect on acne skin.*

Jjoba oil - 30 ml

Patchouli essential oil - 3 drops

Lavender essential oil - 3 drops

Rose essential oil - 1 drop

Spread it in the morning and in the evening on clear skin about a period of 6 months.

Relaxing bath:

Patchouli essential oil - 10 drops

Ylang Ylang essential oil - 7 drops

Mix the essential oils in 100-150 l water at 28-37 degrees temperature about 10-15 minutes.

### **NATURAL CLARY SAGE ESSENTIAL OIL**

**Contents:** 100% essential oil from Salvia Sclarea, Lamiaceae Family

**Ingredients (INCI):** SALVIA SCLAREA OIL

**Allergens:** Linalool, Geraniol, Limonene

**Introduction:** The Clary Sage essential oil has a soothing effect and increases the mood. It is very good product against cheerlessness and anxiety. Aroma lamp with Clary Sage essential oil is healthy for strong nervous tension. The essential oil is appropriate for greasy skin and hair. It regulates the production of sebum, helps for lessening of scurf, reduces cellulite.

**Home made cosmetics:**

Hair nourishing oil, 50 ml: *it has a good effect on greasy hair and scurf.*

Argan oil - 25 ml

Wheat germ oil - 25 ml

Clary Sage essential oil - 6 drops

Basil essential oil - 5 drops

Rub this mixture in the hair roots and leave it to have an effect for 30 minutes, after that you can wash your hair.

Massage body oil, 50 ml: *it is used for muscle pains as a result of physical training.*

Almond oil - 50 ml

Clary Sage essential oil - 5 drops

Basil essential oil - 5 drops

Lavender essential oil - 5 drops

**NATURAL THYME ESSENTIAL OIL**

**Contents:** 100% essential oil from Thymus Serpillum, Lamiaceae Family

**Ingredients (INCI):** THYMUS SERPILLUM OIL

**Allergens:** Linalool, Geraniol, Limonene

**Introduction:** The Thyme essential oil refreshes and disinfects the air. Massages and baths with thyme essential oil have warming effect, help about fast recovery from cold, physical and mental tiredness, also contributes to increasing capacity for work and the concentration of attention. The Thyme essential oil has an impact on inflamed and irritated skin.

**Home made cosmetics:**

Warm compress for face: *it makes skin circulation better and clears the pores of skin from pollutants and toxins.*

Warm water - 300 ml

Thyme essential oil - 3 drops

Lavender essential oil - 2 drops

Lemon essential oil - 1 drop

Dip a cotton towel in the mixture and put it on your face. A dry towel should be put above in order to keep the warmth for longer time. Leave it to have effect for 10-15 minutes. The procedure might be repeated a few times consistently.

Massage body oil, 50 ml: *it has tonic and stimulating effect against cold.*

Grape seed oil- 50 ml

Thyme essential oil- 6 drops

Eucalyptus essential oil- 4 drops

Lavender essential oil- 4 drops

**NATURAL MELISSA OFFICINALIS LEAF OIL**

**Contents:** 100% essential oil from Melissa Officinalis, Lamiaceae Family

**Ingredients (INCI):** MELISSA OFFICINALIS LEAF OIL

**Allergens:** Citral, Citronellal, Linalool, Geraniol

**Introduction:** Melissa Officinalis Leaf Oil is produced by distillation with water steam of fresh overground part of Melissa Officinalis plant. It is often used collaborative distillation with lemon, lemongrass and citronel oil because of its high price. The names of these oils in trade are known as Lemon Melissa, Melissa Indicum or Melissa Citratum. The pure Melissa Officinalis leaf oil clears and vitalizes skin and regulates the production of sebum. It has tightening and tonic effect. Thanks to its fresh lemon aroma it is desirable additive to mixtures for massage, bath and aroma lamp.

**Home made cosmetics:**

Massage body oil, 50 ml: *it has relaxing and tonic effect and increases the mood.*

Grape seed oil - 50 ml

Melissa Officinalis leaf oil - 6 drops

Cinnamon essential oil - 3-4 drops

Moisturizing face lotion, 60 ml: it is appropriate for dry and sensitive skin.

Floral water (rose, lavender water) - 50 ml

Glycerine - 10 ml

Melissa Officinalis leaf oil - 5-6 drops

Stir the mixture and spread it on skin with a piece of cotton.

Water, prepared through distillation of essential oils of different plants, is named hydrosol or floral water. It is perfect for clearing and refreshing the skin. Instead of this, it is also possible to use herb infusions, for instance rose, lavender, chamomile, calendula officinalis, ones. In this case the lotion has shorter period of durability (about a week).

#### **NATURAL HYPERICUM PERFORATUM OIL**

**Contents:** 100% essential oil from HYPERICUM PERFORATUM, Hypericaceae Family

**Ingredients (INCI):** HYPERICUM PERFORATUM OIL

**Allergens:** No allergens.

**Introduction:** The Hypericum Perforatum Oil has regenerating, soothing and rejuvenating effect on skin. It improves the turgor. It is appropriate for all type of skin, especially for sensitive and dehydrated. When added to lotions and creams it has beneficial effect on skin.

#### **Home made cosmetics:**

Home made cream with Hypericum Perforatum oil, 100 ml: it is appropriate for burnings, also sun burnings.

Beeswax - 10 gr

Shea butter - 20 gr

Cocoa oil - 10 gr

Olive oil (Apricot kernel oil) - 60 ml

Hypericum Perforatum Oil - 10 drops

The beeswax (grinded) should be stirred together with the olive oil, the cocoa oil and the shea butter at water bath until its complete homogenization. The heating is finished and the essential oil is added as you can shake it well. Pour the mixture in a dry jar until it is still warm. Put the tap after the full cooling of the cream. The Hypericum Perforatum oil has cleansing and refreshing impact, it stimulates the production of epithelial cells. It is appropriate for greasy skin with dirty pores.

#### **NATURAL GERANIUM MACRORRHIZUM HERB OIL**

**Contents:** 100% essential oil from Geranium Macrorrhizum, Geraniaceae Family

**Ingredients (INCI):** GERANIUM MACRORRHIZUM HERB OIL

**Allergens:** Geraniol

**Introduction:** The ingredients that consist in Geranium Macrorrhizum herb oil like azulenes have anti-inflammatory and soothing effect on skin. When added to cosmetic products and massage mixtures strengthens their effect and give them fresh flavour.

#### **Home made cosmetics:**

Before use warm the glass bottle at water bath at 40-45 degrees in order the oil to be dosed at drops.

Old recipe for anti-wrinkle cream, 100 ml: it helps about preventing the appearing of wrinkles and the removing of the old ones.

Cocoa oil - 30 gr

Coconut oil - 30 gr

Wheat germ oil - 40 ml

Rose water - 20 ml

Geranium Macrorrhizum herb oil - 6 drops

Geranium essential oil - 5 drops

Put an utensil with the cocoa, coconut and wheat germ oil at a water bath. Stir the mixture as it should not boil. Add the rose water and continue stirring. Remove it from fire and add the



essential oils. Firstly, warm the Geranium oil at 40-45 degrees temperature until it gets liquid texture. You can shake the cream as long as it is cool and pour it in clear, glass jar with a screw cap.

#### **NATURAL GERMAN CHAMOMILE OIL (MATRICARIA RECUTITA OIL)**

**Contents:** 100% essential oil from Matricaria Recutita, Asteraceae Family

**Ingredients (INCI):** MATRICARIA RECUTITA FLOWER OIL

**Allergens:** Limonene, Linalool

**Introduction:** The German Chamomile Oil has a soothing, moisturizing and regenerating effect on skin which is due to the containing alfa bisabolol and azulenes (azulen, verbazulen, hamazulen). It is excellent as an additive to masks and lotions for sensitive skin.

**Home made cosmetics:**

*Lotion for sunburn, 50 ml: it is applied not only to red skin but also after sunbaths.*

Argan oil - 25 ml

Wheat germ oil - 25 ml

German Chamomile oil - 6 drops

Hypericum Perforatum oil - 5 drops

*Regenerating oil, 50 ml: it supports the skin elasticity and helps about the regeneration of collagenic ligaments, about galling and skin irritations.*

Almond oil (olive oil) - 50 ml

German Chamomile essential oil - 5 drops

Basil essential oil - 5 drops

#### **NATURAL ROMAN CHAMOMILE OIL**

**Contents:** 100% essential oil from Anthemis Nobilis, Asteraceae Family

**Ingredients (INCI):** ANTHEMIS NOBILIS FLOWER OIL

**Allergens:** Farnesol

**Introduction:** The Roman Chamomile Oil has a similar effect as the German Chamomile Oil, the only difference is that it contains less azulenes. It calms red and irritated skin as it moisturizes and regenerates it. When added to hair products, it gives hair golden colour, strength and gloss.

**Home made cosmetics:**

*Oil for shining hair, 50 ml: it makes hair looks beautiful and takes care for skin scalp.*

Argan oil (Jojoba oil) - 25 ml

Almond oil - 25 ml

Roman Chamomile oil - 7 drops

Clary Sage essential oil (Rosemary) - 5 drops

Rub this mixture in hair roots and leave it to have effect for 30 minutes, after that wash your hair. Massaging scalp stimulates blood circulation and regulates fatty secretion. Regular use (once weekly) of the oil makes hair looks shining and elastic.

*Lotion after shaving, 50 ml: refreshes and soothes discomfort of skin after shaving.*

Chamomile or other essential oil (floral) water - 50 ml

Wheat germ oil - 20-30 drops

Roman Chamomile Oil - 7 drops

Lavender Essential Oil (Cornmint or Tea tree essential oil) - from 4 to 5 drops

Homogenize the mixture and pour it in a bottle (you might do it with a pulverizator). Shake it before use and spread it or spray it on skin, massage it gently and leave it to have effect for a few minutes and dry it with soft towel with a little pat.