

What is Essential Oils

An essential oil is a concentrated hydrophobic liquid containing volatile aroma compounds from plants, or simply as the oil of the plant from which they were extracted.

What is Aromatherapy

French chemist, Renē-Maurice Gattefossé can be credited with coining the term Aromatherapy in 1928 in an article supporting the use of Essential Oils in their whole without breaking them down into their primary constituents. Aromatherapy can be offered as a complementary therapy alongside standard treatment through topical application, massage, inhalation or water immersion to stimulate a desired response.

Aromatherapy at the Comfort of Home

With Reeds Cosmeceutical Essential Oils, the benefits of aromatherapy can now be reaped from the comfort of your home. It is important to know what's involved when using essential oils at home so you can properly and safely enjoy the benefits it can offer. Practicing home aromatherapy starts with understanding how to handle these powerful oils and which scents you may want to choose.

- ✓ **Oil Burners/Nebulizer Diffuser** – add 6 drops of essential oils in an oil burner or electric diffuser to enjoy the pleasant atmosphere or the therapeutic benefits of the oil.
- ✓ **Steam Inhalation** - good for colds and flu. Add about 2~3 drops of Eucalyptus or Peppermint into a bowl of hot water, then lean over the bowl and cover your head with towel for about ten minutes as you slowly inhale. For children and the elderly, reduce the dosage by half.
- ✓ **Sprays** - Fill 180 ml spray bottle with distilled water and add 10~12 drops of the essential oil of your choice. Shake well and use it to spray around the room. Easiest way to quickly purify and freshens the air in your home or office.
- ✓ **Aromatic Bathing** - Adding essential oils to your bathwater makes bathing a more pleasurable and highly relaxing experience. Add 6~8 drops of essential oils into the bathwater.
- ✓ **Massage** - dilute 6 drops of essential oil in 15 ml of carrier oil, and then applied to the skin. Smoothing this blended aromatic oil into tired muscle is the most pleasurable ways to relax and unwind.
- ✓ **Compresses** - mix 5~6 drops of essential oils into every litre of warm water. Soak a clean cloth in the mixture, rinse and apply to the affected area. Leave it there for 15~20 minutes, repeating as needed. A fast and effective way to speed recovery from muscular pain and strains after a rigorous workout, and a treatment for bruises, headaches, insect bites, toothache, sports and more.
- ✓ **Free-&Easy** - Add 2 drops of Lavender essential oil to your pillow for a relaxing sleep; occasionally inhaling Peppermint or Rosemary from a handkerchief helps concentration when study or driving.

Rose Otto Essential Oil



Common Name:	Rose Otto
Botanical Name:	Rosa damascena
Plant Part:	Flower Petals
Extraction Method:	Steam Distillation
Country of Origin:	Bulgaria
Safety Precautions:	Avoid during Pregnancies

Characteristics

Rose Otto is the highest quality among all Rose Essential Oils. A small, prickly shrub with fragrant blooms. Rich, deep, sweet-floral, soothing and feminine scent.

Rose Otto Oil Uses

Helps balance moisture levels & nourishes the skin, reduces the appearance of skin imperfections, promotes an even skin tone and healthy complexion, emotionally uplifting. Anti-depressant, aids insomnia and poor memory. Ease menopause syndromes.

Suggested Application

A few ways to enjoy the benefits of Reeds Rose Otto Essential Oil:

- ✓ Add 1~2 drops to the moisturizer of your choice & apply to the face, neck, and chest.
- ✓ Apply one drop directly to skin imperfections twice daily.
- ✓ Diffuse in the morning to promote energy and vitality.
- ✓ Rose Otto oils benefits the limbic system when used aromatically. Consider massaging a small amount over the heart daily, inhaling from the hands afterward.
- ✓ Diffuse as desired, inhale from cupped hands, or massage a diluted drop (or less) into the reflex points of the feet daily for peace and relaxation.
- ✓ To create your own perfume, add 25 drops of Rose Otto to 80ml of Vodka.

Precautions

Do not take essential oils internally. Do not apply to broken or irritated skin. If skin sensitivity occurs, discontinue use. Avoid contact with eyes. Seek medical advice before use if you have a medical condition (such as epilepsy, high blood pressure, etc.). Consult your professional aromatherapy practitioner or medical professional when in doubt.

Storage

Keep essential oil away from sunlight. Keep out of the reach of children.

Packed By

Reeds Cosmeceutical Private Limited
 61, Kaki Bukit Avenue 1, #05-25
 Shun Li Industrial Park
 Singapore 417943
 Website: <http://reedscosmeceutical.com>