

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, René-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.

Rosemary Essential Oil



Common Name:	Rosemary
Botanical Name:	Rosmarinus officinalis
Plant Part:	Leaves and flower buds
Extraction Method:	Steam Distillation
Country of Origin:	Spain
Safety Precautions:	Avoid during Pregnancies Avoid if suffering from Epilepsy or heart problems Avoid at night especially where insomnia is present

Characteristics

Strong, woody-herbaceous, stimulating & refreshing with somewhat minty-forest like odour.

Rosemary Oil Uses

Aching muscles, arthritis, dandruff, sagging skin, exhaustion, gout, hair care, menstrual cramps, neuralgia, poor circulation, rheumatism.

Suggested Application

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

- ✓ Rub topically on bottom of feet or stomach to help with digestion.
- ✓ Diffuse Rosemary, or apply topically to help reduce tension, stress, and fatigue.
- ✓ Try adding Rosemary Essential Oil to Eucalyptus Essential Oil & Lavender Essential Oil to relieve muscles aches.

Precautions

Do not take essential oils internally. Do not apply to broken or irritated skin. If skin sensitivity occurs, discontinue use. Do not use undiluted on skin and 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

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