



### Aromatherapy Products

Aromatherapy draws on the healing powers of plants. Essential oils, extracted from plants, will work to re-establish harmony and revitalise those systems or organs where there is a malfunction or lack of balance.

The effects of essential oils are many and varied but they are noted, in particular, for their antiseptic properties and their ability to restore balance to both body and mind.

Amanita has developed its own aromatherapy range to meet the specific needs of its customers. These contain the finest quality natural ingredients, expertly formulated by professionals under stringent quality standards in Australia.

Sourced around the world from trusted growers and producers, our range of professional quality 100% pure and natural essential oils are tested to ensure purity and authenticity. All our oils come with a use by date and a batch number.

Aromatherapy, with massage, is particularly suitable for those who have a profound need for the caring and loving touch of gentle hands. For these people, the use of essential oils to enhance the massage can relieve some of the anxiety in a caring way and perhaps bring about a deeper, more relaxed sleep. Remember; always dilute essential oils in an unscented carrier oil (such as our massage oil), lotion or cream, before applying to the skin. Do not apply directly to the skin.

### Rich Massage Oil

The rich and luxurious blend of vegetable oils is made from specially selected, superior quality, cold pressed carrier oils including jojoba, rosehip and vitamin E oils. Our massage oil has been specially created for women undergoing cancer treatment

#### **Amanita**

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where the skin can be left irritated, red and undernourished. This oil leaves your skin feeling moisturized and nourished. Our aromatherapist recommends it for use on scars. You just need to massage the oil into the healed wound twice a day to reduce the effect of scarring.

It is absorbed quickly without leaving a sticky residue. Some types of treatment for cancer may leave your skin extremely dry and itchy. Apply our massage oil each day to prevent or relieve these symptoms.

Add 4-6 drops of your favourite essential oil or essential oil blend to 10ml of rich massage oil or use unscented.

#### **Amanita 'Balance for Women' Essential Oil**

Balance blend is formulated for women using essential oils, which help alleviate PMS, fluid retention, menopause etc. Dilute in carrier oil and massage affected area, dilute in a bath or use in aroma burner.

##### ***Contains:***

Lavender, bergamot, geranium, clary sage, sage, jasmine

#### **Amanita 'Breathe Easy' Blend**

Breathe Easy blend eases congestion of the lungs and nose and can help bring relief for coughs and colds. It is best recommended to use as a steam or tissue inhalation or dilute in Amanita massage oil and use as a chest rub. When diffused in an aroma-burner or used as a room spray, the strong antiseptic properties of the essential oils will help to destroy microbes in the air.

##### ***Contains:***

Eucalyptus, myrtle, tea tree, sea pine, peppermint, spearmint and lemon

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### **Amanita 'Peaceful Sleep' Essential Oil Blend**

Peaceful Sleep blend has been formulated to assist those who have problems sleeping. Use the burner to diffuse oil an hour before sleeping or dilute using Amanita's solubiliser, mix with water and use as a pillow spray.

#### ***Contains:***

True lavender, rose geranium, ylang ylang, sandalwood, lemongrass, cedarwood atlas, benzoin, clary sage, petitgrain.

### **Amanita 'Circulation' Blend**

If suffering from lymphatic and circulatory infection, congestion, fluid retention or oedema, circulation blend stimulates the blood vessels to retract and expand thus, releasing the build up of fluids. Lymphoedema is the swelling in an area of the body due to blockage of the lymphatic vessels usually developed after surgical removal of lymph nodes. Circulation blend will be helpful accompanied by lymphatic drainage massage.

#### ***Contains:***

Cypress, Cajeput, geranium, sandalwood, patchouli, lemon

### **Amanita 'Tranquility' Blend**

This fragrant blend will help relieve nervous tension, stress, mild anxiety and depression, insomnia and tension headaches. Use with massage oil or in a warm bath.

#### ***Contains***

Lavender, mandarin, petitgrain, bergamot, ylang ylang, sandalwood, marjoram, yarrow and roman chamomile.

*Store all oils in a cool dark place*

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<u>Description</u>	<u>Product</u>	<u>Method of Application</u>
<i>Energizing</i>	Eucalyptus Lemon Peppermint Rosemary Breath Easy Blend	Vaporize, inhalation, shower, massage bath/footbath
<i>Relaxing</i>	Bergamot Lavender Rose Geranium Rose 3% in Jojoba Tranquility Blend Balance Blend  Lavender Room Spray Rose Geranium Room Spray	Vaporize, inhalation, bath, massage
<i>Balancing Hormones</i>	Balance Blend Rose Geranium	Vaporise bath, massage, shower
<i>Insomnia</i>	Lavender Peaceful Sleep Blend Peaceful Sleep Room Spray Lavender Room Spray	Vaporize, inhalation, bath, massage
<i>Stimulate Circulation Hair Growth</i>	Circulation Blend Eucalyptus Blend Lemon Blend Rosemary Blend	Bath, shower, massage, shampoo
<i>Nausea</i>	Peppermint	Inhalation

<i>Cross Infection</i>		
	Eucalyptus Lemon Tea Tree Breath Easy Blend Clean Air Room Spray	Vaporize
<i>Immune System</i>	Eucalyptus Lemon Tea Tree Breathe Easy Blend	Vaporize, shower, bath, massage, inhalation
<b><u>WAYS OF APPLICATION</u></b>		
Massage	For every 10ml (Rich Massage Oil)	4-6 drops for adult 2 drops for children
Bath bath	Dilute in half teaspoon of Solubiliser	4 – 8 drops to full  4 drops to foot bath
Inhalation	To a bowl of hot water on a tissue	2 – 4 drops 1 – 2 drops
Vaporization	On a vaporizer, preferably with hot water	4 – 8 drops
Shampoo Conditioner Shower Gel	Mixed into 250 ml of unscented, natural shampoo	15 – 25 drops

- Note:**
1. For people in convalescence, children and elderly reduce drops by half.
  2. Do not apply pure essential oils directly to the skin.
  3. Do not take orally
  4. Store all oils in a cool dark place