



The Fragrant Garden Essential Oils

Product Catalog

Thefragrantgarden.ca

Thefragrantgardenoils@gmail.com

743 Maple Ridge Terr. Martensville, Sk S0K 2T2

306-370-4884

The Fragrant Garden Essential Oils take pride in offering you top quality Essential Oils which are CTEO (Chemotyped Essential Oils). CT (Chemotype) is the chemical composition of the essential oil. This is another way of saying Biochemical Specificity (BS). This is the result after the distiller of the essential oil has sent a batch of essential oils to a laboratory for testing. The laboratory (and there are very few in the world) puts the batch of essential oil through rigorous testing called gas chromatography, mass spectrometry, and magnetic resonance to ascertain the chemical components of the essential.

The information within this catalog is not presented with the intent to diagnose or prescribe. For health related problems please consult your physician. Expressed or implied guarantees regarding effects of essential oil use can not be given nor liability be taken.

Keep Essential Oils out of reach of children and animals. Use with precaution during pregnancy, for children, the elderly, those prone to seizures, and the terminally ill.

Always dilute in a cold pressed vegetable oil base or carrier before using. Do not take internally. For topical application only.

Avoid contact with eyes. Should this occur, put a few drops of vegetable oil on a cotton pad and gently bathe the eye. Do not use water.

Always store essential oils away from heat, light, and electrical frequencies.

Single Essential Oils

(Common name, Botanical name, Chemotypes, Plant part)

Atlas Cedarwood – *Cedrus atlantica*; Himachalenes, atlantones; wood

The tree *Cedrus Atlantica* is a pine, not a cypress such as the Virginian Cedarwood. Used in aromatherapy for topical use and in massage, and in a diffuser.

Balsam Fir – *Abies balsamea*; β -pinene, α -pinene, δ -3-carene, bornyl acetate, limonene; needle

Use topically to help relieve joint and muscle pain associated with sprain, strain and rheumatoid arthritis. It is calming, acts as a sedative, reduces irritability, and increases nerve energy.

Basil – *Ocimum basilicum*, Methyl chavicol, flowering top

Useful for colds, improving memory and digestion. It is a tonic to the nerves. It may help restore sense of smell lost due to chronic catarrh (mucous).

Bay Laurel - *Laurus nobilis*; 1,8 cineole; Leaf

Helps relieve joint and muscle pain associated with sprains, strains and rheumatoid arthritis; by inhalation to help relieve headaches, colds, coughs; calming to the nervous system.

Bergamot – *Citrus aurantium*; Sesquiterpenes, limonene; fruit

Helps relieve acne, eczema, dermatitis and minor skin irritations. Use by inhalation for its calming and sedative properties to relieve nervousness and insomnia, nervous indigestion and loss of appetite due to emotional stress.

Black Pepper – *Piper nigrum*; Sesquiterpenes, limonene; fruit

Aids digestion and is antispasmodic for digestive discomfort. Helps relieve colds, joint and muscle pain associated with sprains, strains and rheumatoid arthritis.

Black Spruce – *Picea mariana*; Monoterpenes, bornyl acetate; needle

Useful for colds, influenza, infections. Helps to relieve congestion, asthma, bronchitis and coughs.

Blue Tansy – *Tanacetum annuum*; monoterpenes, chamazulene; leaf

Useful for digestive conditions; protects against colds, mumps, measles, and influenza. Beneficial for rashes itchy skin and promotes healing of wounds. Use with caution as tansy is a poisonous herb but renowned for medicinal properties.

Cade – *Juniperus oxycedrus*; o-cadinene, cubenol, cardinadienool; branch

Useful for chronic eczema, parasites, scalp disease and hair loss. Can be beneficial for toothaches.

Cajeput – *Melaleuca Leucadendron cajuputi*; 1,8 cineole, limonene; leaf

Useful for skin care, insect bites, circulation, arthritis, respiratory conditions, and influenza.

Caraway – *Carum carvi*; limonene, carvone; seed

Tonic to the nerves, regenerates skin tissues, bruises, boils, wounds, itchy skin and acne. Beneficial for coughs, bronchitis, laryngitis, earache and vertigo.

Cardamom – *Elettaria cardamomum*; 1,8 cineole, terpenyl, acetate; seed

Uses: soothes colic, flatulence, difficult digestion, headaches, nausea and stimulates the appetite.

Carrot – *Daucus carota sativa*; Carotol, α -pinene, β -bisabolene; seed

Useful for skin care, wrinkles and age spots. It is a liver detoxifier and tonic, and is beneficial for constipation, diarrhea, and irritable bowels.

Celery – *Apium graveolens*; Limonene, selinene; seed

Uses: High blood pressure, aids in digestive tract, bloating, cleansing to the liver and spleen and is a blood purifier.

Chinese Cinnamon – *Cinnamomum cassia*, E-Cinnamaldehyde, branch & Leaf

Useful for bronchitis and severe influenza. May be beneficial for diarrhea, impotence, gastric ulcer and warts.

Caution: Extremely potent and should always use diluted. Avoid during pregnancy. Not for long term use.

Cinnamon – *Cinnamomum zeylanicum*; Cinnamaldehyde; bark

Uses: Colds, influenza, congestion; a general stimulant to hypothalamus and thalamus. May be beneficial as a gastrointestinal stimulant, constipation, diarrhea, and difficult digestion. Caution: caustic to skin, use in dilution and avoid during pregnancy.

Citronella, Java – *Cymbopogon winterianus*; Geraniol, citronellol, citronellal, geranial; aerial part

Useful for insect repellent and treatment of bites. Can be beneficial for arthritis, tendinitis and rheumatism.

Clary Sage – *Salvia sclarea*; Linalool, sclareol, linalyl acetate; flowering top

Useful for female reproductive organs, amenorrhea (absence of menstruation), lower back pain at menstruation, peri-menopause, and a hormone balancer. May be beneficial to relieve stress and anxiety, creates dream state, euphoria.

Clove - *Eugenia caryophyllus*; Eugenyl acetate, eugenol; flower bud

Use topically to relieve muscular aches and pains; pain due to arthritis, rheumatism, muscle sprains and strains.

Beneficial by inhalation to help relieve the symptoms of colds, flu, sinusitis, and toothache.

Copaiba Balsam – *Copaifera officinalis*; β -caryophyllen; Oleoresin

Useful for intestinal infections, bronchitis, chills, colds, and coughs.

Corriander – *Coriandrum sativum*; Linalool, 2-decenal; leaf

Useful for arthritis, pain, circulation and migraines; tonic against colds, influenza, and measles.

Cornmint – *Mentha arvensis*; Menthol, methone, isomenthone; flowering twig

Beneficial for headaches, neuralgia, toothache, indigestion, colds and bronchitis. It is used in many of the same ways as peppermint, which is the preference.

Cumin – *Cuminum cyminum*; Cuminaldehyde; fruit

Useful for bloating, difficult digestion, flatulence, headaches, colic, and as a detoxifier. It regulates metabolism.

Cumin is also tonic to the heart and nervous system.

Curcuma – *Curcuma longa*; Tumerones, curcumene; rhizome

Useful for arthritis, muscular aches, and pains and rheumatism. Beneficial for sluggish digestion and liver congestion.

Cypress – *Cupressus sempervirens var. stricta*; Pinene, δ -3-carene; branch

Useful for improving circulation; cellulite and acne rosacea. May be beneficial for inflammation of the prostate.

May improve venous circulation and varicose veins.

Dill – *Anethum graveolens*; Limonene, carvone; fruit

Stimulates circulation and kidney function. May aid in expelling excess mucous, and bronchitis.

Egyptian Geranium – *Pelargonium x asperum*; Citronnellol, geraniol; leaf

Useful for acne, acne rosacea, burns, eczema, wounds and impetigo. Beneficial for rheumatism, arthritis and tendinitis.

Elemi – *Canarium luzonicum*; Limonene, elemol, elemiicene, α -phellandrene; oleoresin

Useful for burns, cuts, wounds, insect bites, blisters, lice, infections, cellular regeneration, and is good for all skin conditions. Beneficial for stress related conditions, and nervous exhaustion.

Eucalyptus Dives - *Eucalyptus dives*; Ketones: piperitone; Monoterpenes: alpha phellandrene, camphene; leaf

Useful for symptomatic relief of sinusitis, earache and chronic bronchitis; acne, ulcers, wounds, cellulite; and kidney and bladder infections.

Eucalyptus Globulus - *Eucalyptus globules*; Globulol, pinocarvone, 1,8 cineole; leaf

Useful to help relieve colds and coughs, fevers, influenza, herpes, allergies, epidemics; cuts, wounds, insect bites, lice, burns, and headaches.

Eucalyptus, Lemon - *Eucalyptus citriodora*; Citronella, citronellol, isopulegol; leaf

Useful for arthritis, bursitis, cellulite, and pulled muscles; insect bites and repellent.

Eucalyptus Radiata - *Eucalyptus radiata*; α -terpineol, 1,8 cineole, citral; leaf

Helps relieve joint and muscle pain associated with sprains, strains, and rheumatoid arthritis, headaches, colds and coughs.

Everlasting - *Helichrysum italicum ssp serotinum*; Neryl acetate, diones; flowering top

Helps relieve minor skin irritations, cuts, bruises and burns, joint and muscle pain associated with sprains, strains and rheumatoid arthritis; and symptomatic relief of acne, eczema and dermatitis.

Frankincense - *Boswellia carterii*; α -thujene, α -pinene, incensol; oleoresin

Use topically and/or by inhalation to calm the nervous system. Helps relieve colds and coughs, relieves minor skin irritations, cuts, bruises and burns.

Geranium, Rose – *Pelargonium x graveolens bourbon*; Citronellol, geraniol; leaf

Useful for acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema and for oily complexion; beneficial for nervous tension, neuralgia and stress-related conditions.

German Chamomile – *Matricaria recutita*; Farnesene, chamazulene, bisabolol oxide; flower

Useful for acne, allergies, boils, burns, cuts, chilblains, dermatitis, eczema, rashes and sensitive skin; beneficial also for arthritis, inflamed joints, muscular pain, neuralgia and rheumatism.

Ginger – *Zingiber officinalis*; α -zingiberene, β -sesquiphellandrene; rhizome

Useful for relief of pain, fatigue, poor circulation, sprains and strains, indigestion, loss of appetite, nausea and travel sickness.

Grapefruit – *Citrus paradise*; Limonene; peel

Promotes hair growth, tones the skin and muscle tissues, useful for chills, colds, flu, headache, depression, nervous exhaustion, and performance stress.

Ho Wood – *Cinnamomum camphora CT linalool*; linalool; wood

Useful for acne, cuts dermatitis, stretch marks, scars, wounds and general skin care; also aches and pains caused by inflammation; anxiety, depression, insomnia and nervous tension.

Hyssop, Common – *Hyssopus officinalis var decumbens*; linalool, 1,8 cineole; flowering top

Helps regulate blood pressure and appetite; useful for indigestion, and colic, asthma, chronic bronchitis, coughs and tonsillitis.

Jasmine (10% + 90% apricot oil) - *Jasminum officinale*; (absolute); Benzyl acetate, phetyl acetate, phytol; flower

Calming to nervous system, useful for severe depression, warming and calming to the nervous system, helps restore energy and is revitalizing; beneficial for dry sensitive skin, stretch marks, scarring and all skin conditions.

Juniper – *Juniperus communis*; α -pinene, sabinene; fruit

Useful as a tonic to the digestive system, liver and pancreas, ulcers, gallstones; may be beneficial for arthritis, rheumatism, gout, acne, dermatitis, and eczema.

Juniper, Virginian – *Juniperus virginiana*; Thuyopsene, cedrol, cedrene; wood

Useful for acne, dandruff, eczema and psoriasis; may be beneficial for bronchitis, catarrh, congestion, coughs and sinusitis.

Katrafay – *Cedrelopsis grevei*; ishwarane, a-copaene; wood

Useful in massage as it is stimulating and enlightening.

Khella – *Ammi visnaga*; Linalool, esters; seed

Promotes digestion, useful for respiratory conditions such as asthma, bronchitis and coughs.

Labdanum – *Cistus ladaniferus CT pinene*; a-pinene, camphene; twig

Useful for wrinkles, colds, coughs, bronchitis and rhinitis.

Lavandin Super - *Lavandula hybrida CT super*; Linalool, linalyl acetate; flowering top

Calming to the nervous system; helps relieve headaches; antispasmodic for digestive discomfort and aids digestion; relieves colds and coughs; relieves joint and muscle pain associated with sprain, strain and rheumatoid arthritis.

Lavender, True – *Lavandula angustifolia*; Linalool, linalylacetate; flowering top

Relieves stress, anxiety, depression, agitation and insomnia; beneficial for acne, eczema, burns, wounds, sores, acne rosacea; helpful for asthma, digestive spasm, nausea and migraines.

Lavender, Spike – *Lavandula latifolia spica*; 1,8 cineole, linalool, camphor; flowering top

Useful for severe burns, wounds, sores, psoriasis and athlete's foot; beneficial for bronchitis, laryngitis, sinusitis, earache and rhinitis.

Lavender, Stoechas – *Lavandula stoechas*; Fenchone, camphor; flowering top

Useful for colds, flu, headaches, and insect repellent. Very good for aromatic diffusion.

Ledum – *Ledum groenlandicum*; Limonene, selinene; flowering top

Useful for its anti-inflammatory properties, is calming and helps ease feelings of nervousness.

Lemon - *Citrus limomum*; Citrals, limonene; peel

Useful for acne, boils, herpes simplex virus (HSV) infections (i.e. Cold sores) and warts; helps relieve the symptoms of colds, flu and coughs.

Lemongrass India – *Cymbopogon flexuosos*; Neral, geranial; aerial part

This is a great essential oil to use in insect repellent blends. Beneficial for muscular pain, poor circulation and muscle tone. Helpful to headaches, nervous exhaustion and stress related conditions.

Litsea – *Litsea cubeba/citrate*; Neral, geranial, limonene; fruit

Useful for acne, dermatitis, greasy skin, and in insect repellent.

Mandarin - *Citrus reticulata*; Limonene, g-terpinene; peel

Helps relieve symptoms associated with insomnia, nervous tension, hiccoughs and stomach pains, digestive tonic, antispasmodic and calming to the nervous system.

Mastic – *Pistacia lentiscus*; Mycrene, pinene; branch

Useful for boils, cuts, fleas, insect repellent, lice, ringworm and wounds.

Melissa – *Melissa officinalis*; Neral, geranial, B-caryophyllene; aerial part

Useful for allergies, insect bites and insect repellent. Beneficial for treating eczema and other skin problems. Helpful for asthma, bronchitis and chronic coughs.

Moroccan Oregano – *Origanum compactum*; Carvacrol, thymol; flowering top

Useful for bronchitis, influenza, sinusitis, and nervous exhaustion. Beneficial for acne, scabies, ringworm and abscesses.

Myrrh - *Commiphora molmol*; Furanoeudesmadiene, curzerene; oleoresin

Relieves minor skin irritations, cuts, bruises and burns, eczema and dermatitis.

Myrtle – *Myrtus communis*; 1,8 cineole, a-pinene; leaf

Useful for smoker's cough, bronchitis, sinusitis, asthma. Beneficial for varicose veins, insomnia and hypothyroidism (low thyroid).

Neroli – *Citrus aurantium ssp amara*; Nerol, linalool, nerolidol; flower

Useful for scars, stretch marks, tones the complexion and wrinkles. Beneficial for anxiety, depression, nervous tension, shock, and stress related conditions.

Niaouli – *Melaleuca viridiflora*; 1,8 cineole, viridiflorol; leaf

Useful for acne, boils, burns, cuts, insect bites, oily skin, and wounds. Beneficial for asthma, bronchitis, catarrh (mucous), and whooping cough.

Nutmeg – *Myristica fragrans*; Pinene, myristicin; fruit

Useful for arthritis, gout, muscular aches and pains and poor circulation. Beneficial for flatulence, indigestion, nausea, and sluggish digestion. Helps with neuralgia and nervous fatigue.

Orange, Sweet – *Citrus aurantium dulcis*; Limonene; peel

Useful for nervous tension and stress related conditions. Beneficial for colds, flu, bronchitis, constipation, and dull and oily skin.

Palmarosa - *Cymbopogon martini*; Geraniol; aerial part

Beneficial for its calming effect and may be used to help alleviate stress, restlessness and mild anxiety; acne.

Patchouli – *Pogostemon cablin*; Patchoulol, a-bulnesene, a-guaiene; leaf

Useful for acne, cracked and chapped skin, dandruff, impetigo, fungal infections, wounds and wrinkles. Beneficial for nervous exhaustion and stress related complaints.

Pennyroyal – *Menta pulegium*; Polegon; aerial part

Not widely used in aromatherapy. Used as a fragrance material mainly in detergents or low cost industrial perfumes.

Petitgrain – *Citrus aurantium ssp amara*; Linalool, α -terpineol; leaf

Useful for acne, excessive perspiration, greasy hair and skin. Beneficial for insomnia, nervous exhaustion and stress related conditions.

Peppermint - *Mentha piperita*; Menthol, menthone; aerial part

Aids digestion and relieves digestive discomfort; travel sickness, headaches, hiccoughs, flatulence, constipation, muscle aches and pains, lumbago, sciatica, calming to the nerves, hot flashes, and helps relieve colds and cough.

Pine, Maritime – *Pinus pinaster*; Pinenes; oleoresin

Useful in an insect repellent, lice, ringworm and wounds; relieves muscle aches and pains; laryngitis, bronchitis, coughs, eases breathing and clearing to the sinuses.

Ravintsara - *Cinnamomum camphora*; 1,8 cineole; leaf

Helps relieve colds and coughs.

Rock Samphire – *Crithmum maritimum*; γ -terpinene, methyl-thymol ether; leaf

Used in cosmetic aromatherapy to reduce the appearance of cellulite and for skin firming and revitalizing properties.

Roman Chamomile - *Chamaemelum nobilis*; Isobutyle angelate; flowering herb top

Calming and sedating to the nervous system and helps relieve nervousness, irritability, and insomnia due to stress; relieves eczema; aids digestion and relieves digestive discomfort; headaches and migraines.

Rose – *Rosa damascene*; Citronellol, geraniol, nerol; flower

Beneficial for dry skin, eczema, herpes, sensitive skin, and wrinkles; asthma, coughs, hay fever, liver congestion and nausea; helpful for depression, insomnia, headaches and nervous tension.

Rosemary, Camphor – *Rosmarinus officinalis*; camphor, 1,8 cineole, monoterpenes; flowering tops

Useful for many skin conditions, including acne, dermatitis eczema, lice, and promotes hair growth. Beneficial for asthma, bronchitis, whooping cough, colds, flu, headaches and neuralgia.

Rosemary, Cineole – *Rosmarinus officinalis*; 1,8 cineole, α -pinene, α -thuyene; flowering tops

Relieves respiratory conditions such as sinusitis and bronchitis; general fatigue and exhaustion.

Rosemary, Verbenone - *Rosmarinus officinalis*; Verbenone, bornyl acetate; flowering tops

Aids digestion and relieves digestive discomfort; helps relieve colds.

Rosewood – *Aniba rosaedora*; α -terpineol, linalool oxide; leaf

Useful for skin conditions such as acne, dermatitis, scars, wounds, and general skin care. May be beneficial for colds, coughs, fever, infections, immune stimulant. Helpful for headaches and nausea.

Sage – *Salvia officinalis*; Thuyones, camphor; leaf

Hormone balancer, stimulates lymphatic circulation, rheumatism, arthritis, improves circulation, sweaty feet. Helpful for depression, fatigue, stress and mental strain.

Sandalwood – *Santalum austrocaledonicum*; Cis- β -santalol, cis- α -santalol, lanceol; wood

Useful for healing and moisturizing skin, may be beneficial in diarrhea, nausea, bronchitis, coughs and sore throat.

Savory Thyme – *Thymus satureioides*; Borneol, carvacrol, thymol, terpineol; flowering top

Tonic to the nervous system, nervous inhibition, claustrophobia.

Savory, Winter – *Satureja Montana*; Carvacrol, thymol, p-cymene; flowering top

Aids in digestion, constipation, regulates digestion, immune stimulant, analgesic to the muscles, rheumatism, expectorant; should not be used on the skin without dilution, occasionally used in perfumery.

Scots Pine – *Pinus sylvestris*; Pinenes, limonene; needle

Useful for muscular aches and pains, poor circulation, rheumatism. Beneficial for asthma, bronchitis, coughs, sinusitis, and sore throat.

Spearmint - *Mentha spicata*; carvone; flowering branch

Calming and relaxing to the nervous system, aids in digestion, flatulence, antispasmodic and relief for digestive discomfort.

Spruce, Canadian Hemlock; - *Tsuga Canadensis*; Bomylacetate, camphene, a-pinene; fruit

Used in aromatherapy for muscular aches and pains. Beneficial for asthma, bronchitis, coughs and respiratory weakness. Helpful for anxiety, and stress related conditions.

Star Anise – *Illicium verum*; Trans-anethole; fruit

Useful for muscular aches and pains, rheumatism. Beneficial for colds, bronchitis, coughs, colic, cramps and indigestion.

Sweet Fennel – *Foeniculum vulgare var dulce*; Trans-anethole, limonene; aerial part-seed

Useful for skin care including bruises, oily and mature complexions. Beneficial for anorexia, colic, constipation, flatulence, hiccough and nausea.

Sweet Marjoram – *Origanum majorana*; Terpinene -4-ol, γ-terpinene; flowering top

Useful for chilblains, bruises, ticks, joint and muscle aches and stiffness, beneficial for headaches, nervous tension, insomnia, migraines. Helpful for asthma, bronchitis and coughs.

Tea Tree - *Melaleuca alternifolia*; a-terpineol, g-terpinene; leaf

Useful for venous decongestant, varicose veins, varicose ulcers, hemorrhoids; intestinal infections, candida, parasites, powerful antifungal and antiseptic; influenza, shingles, herpes, colds, fevers; ear, nose, throat and broncho-pulmonary infections, asthma, coughs, sinusitis, whooping cough; antiseptic to the skin, boils, cold sores, abscesses, acne, fungus, wounds, warts, athlete's foot, blisters, burns, rashes, herpes, insect bites.

Thyme, Linalool – *Thymus vulgaris linalool*; linalyl acetate; flowering top

Regulates appetite, intestinal worms; stimulates immune system (especially children), recurring infections in children, general tonic; analgesic to the muscular system, rheumatism; ear, nose and throat infections, earache, bronchitis, coughs in children; relieves stress, fear (children), depressions, mental fatigue.

Thyme, thujanol – *Thymus vulgaris thujanol*; Thujano;, flowering top

Thyme, Thymol – *Thymus vulgaris thymol*; thymo;, flowering top

Useful for skin care such as abscess, acne, bruises, burns, cuts, insect bites. Beneficial for asthma, bronchitis, catarrh, coughs, laryngitis, sinusitis, sore throat and tonsillitis. Helpful for headaches, nervous debility and stress related symptoms.

Verbena, Lemon – *Lippa citriodora*; Neral, geranial, limonene; leaf

Relieves cramps, indigestion, and liver congestion. May be beneficial for anxiety, insomnia, nervous tension and stress related symptoms.

Vetiver – *Chrysopogin zizanoides*; Vetivene, vetivenol; root

Useful for skin conditions, arthritis, aches and pains, debility, depression and insomnia. Helpful for nervous tension as it is deeply relaxing.

Wintergreen - *Gaultheria procumbens*; Methyl salicylate; leaf

Analgesic to the Musculo-skeletal system; rheumatic pain, joints and muscles, inflammation of the muscles and tendons, sprains; relieves stress.

Ylang-Ylang - *Cananga odorata*; Germacrene-D; flower

Aids the circulatory system, antispasmodic, palpitations, stress, tonic, helps regulate blood pressure; muscle aches and pains, increases circulation; balancing to hormones; skin conditions, regenerating to skin, dry eczema, psoriasis, mature skin, dandruff, tones skin, restores radiance, balances sebum, dry skin, oil skin, tonic to scalp, stimulates hair growth.

Hydrosols *Organic*

What is a Hydrosol?

A true aromatic hydrosol contains the active properties of pure plant essences suspended in water from the steam distillation process. Hydrosols provide botanical hydration and toning with healing benefits for face, skin and hair. Pranarom's Hydrosols include micro filtering and UV filtering for an extended shelf life. Due to their delicate nature, please store in a cool, dry place. Hydrosols should not be stored in the refrigerator. They like a cool, stable environment and temperature fluctuations disturb them. If you do refrigerate yours, or if it is exposed to extreme temperatures, bring your hydrosol to room temperature gradually and gently.

Hydrosols are the water co-product produced during the distillation of essential oils. Every essential oil creates a hydrosol. A common misconception about hydrosols is that they are water with essential oils added to them. They are not and have different properties than their essential oil counterparts.

Hydrosols hydrate, tone and refresh your skin naturally. They are most commonly used as facial toners to firm and balance the complexion and can help to cool the skin on hot days or during hot flashes. Especially if kept in the refrigerator! They also make your hair super soft. Hydrosols are extremely gentle, so they are safe to use while pregnant or nursing and around babies and pets.

Hydrosols make great bases for blending your own sprays; for room spritzers, aftershave, bug repellent, linen refreshers, yoga mat cleaners, bathroom, room, or car freshening sprays, sunscreens, and the list goes on.

Frankincense Hydrosol - helps to rebalance the pH and soothe acne, blemishes, cuts, wounds or sores. With the antimicrobial properties suspended in water, it's safe with sensitive skin. Spritz Frankincense hydrosol liberally on the face to promote balance and soothe blemishes and irritations.

As one of the most valued resins of Biblical times, Frankincense is often used to prepare the body and mind for prayer and meditation. Spray yourself and your space to clear, ground and restore.

Skin: Normal | Blemish prone | Sensitive

Helichrysum Hydrosol - Helichrysum, also known as "Immortelle" and "Everlasting", contains high levels of antioxidants and is an excellent facial toner to repair mature and/or sun damaged skin. Use as a deeply restorative treatment for any area of the skin in need of repair. Combine with Rose oil and any of the Pranarom organic vegetable oils.

Skin: Normal | Mature/Repair

Lavender Hydrosol - Fresh, light and herbaceous, Lavender is an ideal toner for all skin types. Lavender hydrosol promotes cell repair for treating aging skin and is an excellent coolant for minor burns, sunburns, rashes, irritation, sores and generally sensitive skin.

It is the most relaxing, balancing and hydrating hydrosol of the collection. Gentle and soothing, it can be used as an all-purpose facial mist, body spray and deodorant.

Skin: Normal | Blemish prone | Sensitive | Mature/Repair | Oily/Combination

Neroli Hydrosol - In the 17th century, Princess Nerola of Italy introduced the essence of orange blossoms as a fashionable scent. Today, Neroli is the common name for this flower.

Especially good for oily and mature skin types, Neroli is a natural astringent and antibacterial tonic for supporting the detoxification of congested and/or blemished skin. Its regenerative properties promote hydration, toning and cellular regeneration. Neroli has a refreshing and distinctively spicy aroma with sweet, flowery notes.

Skin: Normal | Blemish prone | Mature/Repair | Oily combination

Rose Geranium - provides a soft, delicate and fresh botanical fragrance. This is an excellent toner for combination skin types where restoring balance is needed.

Rose Geranium is a natural humectant with astringency and antiseptic characteristics. It can be used in almost any cosmetic application: toners, compresses, masks, and moisturizers.

Skin: Normal | Mature/Repair | Oily combination

Rose Otto - a beautiful toner for all skin types, helps to rebalance the skin's pH after cleansing and before moisturizing.

With its hydrating benefits for mature and sun damaged skin, Rose Otto also supports emotional balance and healthy stress-response. This is a classic aphrodisiac, as well as an ingredient used for over a thousand years in the highest quality skin care products and Middle Eastern cuisine.

Skin: Normal | Blemish prone | Sensitive | Mature/Repair | Oily/Combination

Aromavita Blends

(These blends are undiluted)

Aromavita 1 – Infection

Helps relieve the symptoms of colds and coughs. Tea tree and Narrow - leaf Peppermint essential oils are used in aromatherapy to help relieve the symptoms of the flu.

Aromavita 6 - Cold & Cough

Help relieve colds and coughs.

Aromavita 7 – Digestion

Helps relieve digestive upsets and disturbances including nausea, vomiting, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative).

Aromavita 8 - Resistance

Narrow - leaf peppermint, Siberian fir, Cajeput, Lemon, Clove and cinnamon essential oils help relieve colds and coughs. Grapefruit and Lemongrass essential oils are calming and sedating to the nervous system.

Aromavita 13 - Hemorrhoids & varicose veins

Helps relieve hemorrhoids & varicose veins.

Aromavita 15 - Relaxation

Used in aromatherapy as a nerve/calming to help relieve nervousness and irritability as well as to promote relaxation and restful sleep.

Aromavita 16 - Headache

Sweet Basil and Bitter Orange essential oils help relieve headaches. Calming and sedating to the nervous system.

Aromavita 49 - Sinus & earache

Spike Lavender and Tea Tree essential oils are used in aromatherapy to help relieve earaches. Tea Tree, Peppermint, Rosemary (CT verbenone), Bay Laurel and Clove essential oils are used in aromatherapy to help relieve sinus congestion.

Aromavita 55 - Muscle & Joint pain

Helps relieve joint and muscle pain associated with sprains, strains and rheumatoid arthritis.

Aromavita 59 - Cellulite

Helps reduce the look of cellulite.

Aromavita 80 - Bruises, blows & injuries

Helps relieve minor bruises and sore muscles associated with minor trauma, pain, inflammation and bruising associated with injuries such as sprains, strains and contusions; and to relieve muscle and joint pain.

Aromavita 82 -Antimicrobial

Used as an antimicrobial.

Aromavita 93 - Immunity +

Helps relieve colds and coughs. Tea Tree is an antimicrobial.

Aromavita 95 - Fatigue

Helps relieve fatigue, nervous tension, calming and sedating to the nervous system.

Aromavita 98 - Insect bites

Helps relieve symptoms related to insect bites.

Aromavita 99 - Pediculosis, lice

Helps relieve head lice.

Aromavita 100 - Fresh breath

For fresh breath.

Aromavita 101 - Skin irritations & burns

Relieves minor skin irritation and minor burns.

Diffusers & Diffuser Blends

Bulle | Dry nebulization principle (no water)

Dry diffusion of essential oils – Nebulization – Wood and glass



Pure essential oil diffuser, water-free and easy to use. Beautifully designed with its effect of mist and light!

Hiko Diffuser

HIKO is a quality high-tech essential oil diffuser.



The ultrasonic vibrations disperse the essential oils in suspension in the water, creating an aromatic mist, enriched in tiny oil particles. HIKO evokes a return to nature. It is made of noble materials of glass and wood. Its natural drop-like shape brings to mind the element “Water”. The HIKO diffuser symbolizes the harmony and balance between “Man” and “Nature”. Discover all the benefits of essential oils for body and mind.

Diffuser Blends

Add 1-6 drops undiluted into the diffuser (ultrasonic, atmospheric).

The duration and the intensity of diffusion vary according to the size of the room.

Place the diffuser in order to avoid contact with the face and the eyes.

Always follow the instructions of the diffuser used.

Citronnel’Plus

Think of this synergy as a pleasant olfactory bouquet. Citronnel’Plus can be used in a diffuser, but proves equally effective in a perfume burner, on a handkerchief or on the corner of the pillowcase.

Citrus

Orange, mandarin, grapefruit and lemon marry their subtle fragrances with the noble and refined perfumes of petitgrain, to provide an atmosphere that is at first stimulating and revitalizing, evolving towards relaxation and well-being.

Eucaly’Pure

With the signature airy freshness of Eucalyptus, this blend is ideal for transporting you to large, natural green spaces or for moments when you want to take deep and calm breaths of fresh air.

Imm ’Plus

Source of energy and vitality, this organic blend takes all the invigorating energy of Ravintsara and big trees (Pine) and concentrates them into a powerful aromatic harmony.

Meditation

Deep, resinous and spicy, our Meditation diffusion blend evokes the dry, arid desert from which our Frankincense comes. Rich notes of Patchouli, Frankincense, Cinnamon Leaf and Spikenard are balanced with Bergamot, Sweet Orange and Lime to create an aroma that is perfect for prayer or meditation.

Provence

Delicate aromatic notes of Lavender and Rosemary heightened by the warm and woody bouquet of Cypress. Cleanse your mind and spirit by taking flight into a bright sky worthy of the Mistral winds.

Zen

This balanced and subtle blend features mixed notes of Orange and Cedar that provides a soft, relaxing atmosphere and a sensation of well-being.

Holiday Cheer

An aromatic blend typical of this special time of the year. Composed of warm and spicy notes, reminiscent of the gourmet scents that surround the holiday season.

Love

Pure olfactory pleasure that awakens our senses and invites romance. Combination of noble oils (Rose and Frankincense) and gourmet essences that sublimate our well-being and create a sensual atmosphere.

Warm Welcome

A blend of Grapefruit and Bay Laurel to promote exchanges and sharing in a welcoming atmosphere.

Home Sweet Home

Moments of relaxation and well-being “just like at home” thanks to the warm notes of Ylang-Ylang and Rose.

Sleep

Subtle soothing scents of Chamomile and Mandarin to fall asleep in complete serenity and enjoy the benefits of a peaceful sleep.

Pranacaps & Oleocaps

Aromanocis Pranacap

Beneficial to help relieve mild symptoms of mental stress and exhaustion, and to help sleep. Helps you manage the stress of everyday life and relax at the end of the day. Also beneficial for use of mild digestion discomfort.

Digestarom Pranacap

Used to aid digestion and relieve digestive discomfort like bloating and flatulence.

Immunessence Pranacap

Provides antioxidants that help fight the oxidative damage caused by free radicals.

Intestinal Health Oleocaps

Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia, digestion, relieve nausea and vomiting.

Menstrual Comfort Oleocaps

Beneficial in helping to relieve menstrual pain and relieve nausea and vomiting.

Oregano + Pranacap

Provides antioxidants that help fight the oxidative damage caused by free radicals.

Mini-caps Oral Use – Essential Oil Pearls

Each therapeutic and chemotyped mini-cap as essential oil and is perfectly diluted in certified organic sunflower oil, encapsulated in a vegetable glycerin and tiny gelatin soft gel. This format allows for easy digestion, and a quick delivery of the essential oil's components into the bloodstream, to provide a unique therapeutic action.

Cinnamon – Cinnamomum aromaticum (Cinnamomum Cassia bark essential oil, branch bark)

Traditionally used in Herbal Medicine to aid digestion and relieve digestive discomfort; for digestive disturbances, such as mild spasms of the gastrointestinal track, bloating and flatulence.

Eucalyptus – Eucalyptus globulus (Eucalyptus globulus essential oil, leaf)

Traditionally used in Herbal Medicine as a mild stimulant to help relieve catarrhs of the upper respiratory tract, including bronchitis, laryngitis and coughs associated with colds and flu.

Ginger – Zingiber officinalis – (Ginger essential oil, rhizome)

Helps prevent nausea and vomiting associated with motion sickness and seasickness. Traditionally used as an expectorant and cough suppressant to help relieve bronchitis, coughs and colds; to help relieve digestive discomfort, including loss of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic.

Lavender – Lavandula angustifolia (Lavender essential oil, herb top flowering)

Useful to help sleep, traditionally used to help relieve mild symptoms or mental stress and exhaustion as well as to help relieve mild digestive discomfort.

Oregano – Origanum vulgare (Oregano essential oil, leaf)

Used to help relieve catarrhs of the upper respiratory tract, especially coughs associated with colds.

Peppermint – Mentha x piperita (Peppermint essential oil, leaf)

Beneficial to help digestion, relieve flatulent dyspepsia and relieve nausea and vomiting.

Sprays

Aromanoctis Relaxing Sleep Spray (Ready to use aerosol preparation)

Used at bedtime to achieve full relaxation and a restful sleep. Sprayed in the air or on textiles, the essential oils of Petitgrain, Mandarin and Roman chamomile are deemed to facilitate sleep, relaxation and prevent nighttime awakenings as well as negative thoughts.

Also Includes oils of: Sweet Orange, Lavender, Bergamot and Lavandin

Purifying Spray for Mattress, Pillows and Carpet (Ready to use aerosol preparation)

For any support: mattress, pillows, carpet, duvets and curtains. Spray at 30 cm for a few seconds (10 to 15 seconds for a mattress for example). Leave the room after spraying.

After 8 hours, vacuum if possible and ventilate the room. Repeat once a week if necessary, otherwise 1 time per month for maintenance. Wash hands after handling the product.

150 ml of this product can cover a surface area of 15 m² of fabric. 360° orientation

Fresh Air Spray (Ready to use aerosol preparation)

Eliminates tough lingering odors and freshens the air. This fresh air spray guarantees a healthier air thanks to rigorously selected essential oils. With Pranarom's proprietary spray technology, particles remain suspended in the atmosphere for targeted efficiency.

Fragrant Garden Exclusives

Respiratory Blend

This proprietary blend is beneficial for the whole respiratory system. Useful for all respiratory conditions including colds, sore throat, sinus conditions, flu, bronchitis and pneumonia. 100% pure essential oils.

Add 5 drops to 10ml of cold pressed carrier oil and massage on feet and/or chest, back and neck. Facial steaming: add one or two drops to a bowl of hot water. Cover head with towel while face is over bowl of hot water.

Oil of Thieves

100% Pure essential oils. Includes oils of Clove, Lemon, Cinnamon, Eucalyptus and Rosemary.

Protect from colds and influenza with 2 drops of blend in 5ml of cold pressed vegetable oil. Massage onto bottoms of feet once or twice daily.

Add 3 to 5 drops Oil of Thieves to 10 to 15 drops of lemon or other essential oil of choice in your diffuser.

Cleaning, making a spritz using Oil of Thieves, witch hazel and distilled water. Use on counters, in bathrooms etc.

Hand Sanitizer

Protection for the whole family! It is antiseptic, anti-viral, antibacterial, viricide and a bactericide. It will effectively protect from viruses and bacteria. This waterless hand sanitizer is infused with soothing aloe and includes oils of Lemon, Clove, Lavender, Eucalyptus and Cinnamon.

Headache Relief Roller Bottle

Beneficial in relieving headaches and tension. Contains essential oils of Lavender, Peppermint, and Rosemary. Cold Pressed Sweet Almond Oil is the base.

Joint & Muscle Ease

Helps to relieve pain associated with strains, sprains and sore muscles. Pre-blended in a Cold Pressed Sweet Almond Oil or in a beautiful lotion base.

Mother's Day Blend

This blend is calming, uplifting, relaxing, and evokes feeling of joy. It includes Bergamot, Geranium, Clary Sage, and Patchouli.

Put a drop or two on the lava beads on bracelet or use 2 to 3 drops in 5ml carrier oil for massage. 100% pure essential oils.

Bracelets

These bracelets are made of beautiful beads and lava beads. The lava beads are made from volcanic rock and are highly absorbent. When you add essential oils to them, they hold the oils throughout the day. They slowly release the essential oil scent all day long acting as a diffuser. Lava beads come from the center of the earth, which means they are very grounding. Each bracelet is uniquely made with crystals, which also enhances healing properties.

Put one or two drops on the beads before wearing the bracelet.

A few suggestions:

Headache – Peppermint or Lavender

Depression or anxiety – Lavender or Jasmine can soothe you and keep you relaxed

Digestion – Citrus oils help give a metabolism boost

Insects – Citronella, Lemon eucalyptus may help keep those pesky bugs away

Travel sickness – Peppermint, ginger and/or lemon

Silk Seduction Hand Lotion

Both men and women enjoy the light and pleasant aroma as well as its skin healing benefits. Silk seduction includes oils of Bergamot, Clary Sage, Cypress, Lavender, Lemon, Lemongrass, Rosewood, Spearmint and Tea Tree. Use for mature skin, skin irritations, itching, tonic to the skin, promotes new cell growth, dry skin, regenerates skin, inflammation, softens scar tissue, as well as many other skin conditions.

Digestion Relief Roller Ball

Beneficial to help relieve digestive upset and disturbances including nausea, vomiting, digestive spasms, indigestion and flatulent colic. Includes oils of Lemon, Peppermint, Cardamom, Rosemary, Carrot and Ginger. Blended and ready to use in Cold Pressed Almond Oil.

Insect Bite Relief Roller Bottle

This blend is beneficial to prevent pain and the disabling swelling after an insect bite. Including bites/stings from wasps, horseflies, mosquitos, stinging plants and even vipers. Anti-septic, analgesic and anti-inflammatory properties. Includes oils of Spike lavender, Lavandin, Lemon Eucalyptus, East Indian Lemongrass, and Bay Laurel.

Relaxation/Stress Relief Roller Bottle

Helps relieve symptoms of stress, such as nervous tension, insomnia, anxiety and irritability. As used to promote relaxation and restful sleep. Includes oils of Mandarin, Lavandin, Ylang-Ylang and Roman Chamomile.

Other

Tumeric Oriental Elixir

This Elixir provides antioxidants for maintaining good health. It reduces all states of inflammation in the body, helps to relieve pains associated with arthritis. Accelerates the body's ability to heal by improving cellular repair and assists tissue repair by removing inflammatory toxins. Take 1 tablespoon orally 1-2 times per day. Medical ingredients include: Cinnamon, Turmeric, Cardamon, Ginger, Nutmeg, Black Pepper. Non-Medical Ingredients: Red wine (Sulfite free), alcohol 10%, honey.

Colloidal Silver

A formidably effective antiseptic for all and for use throughout the house.

Known since antiquity for its remarkable anti-infectious virtues, colloidal silver was widely used until the discovery of modern antibiotics. Abandoned for a while, it has returned as a treasured natural solution that is particularly useful in the elimination of bacteria, viruses, parasites, microbes, fungi, and molds. Source of silver, a trace mineral.

Tonifies – Hydrates – Strengthens.

Bio – Gestic

Temporarily relieves aches and pains of muscles and joints associated with backache, lumbago, muscle contusion, strains and sprains (involving muscles, tendons and/or ligaments), carpal tunnel syndrome and arthritis pain.

Bio-Gestic is a unique topical formula for the relief of pain and arthritic symptoms. This formula has a heating and cooling effect on the local area, helping increase blood flow allowing for a quicker response. The dual action provides deep penetrating heat to the sore, achy muscles and joints, and then a cooling effect to promote pain relief.

Wood Carrying Case

Two sizes holding either 20 or 60 essential oil bottles of 5 and 10ml sizes.

Neutral Tablets

Tablets specially designed to absorb essential oils.

Therapeutic advice: place the recommended quantity of essential oil on the tablet before chewing and/or swallowing. Do not exceed more than 3 tablets per day. Do not use if pregnant or breastfeeding or with children under the age of 6.

Vegetable Oils – 50ml

Apricot Kernel Oil – *Prunus armeniaca*

Softens and smoothes skin without a greasy feel. Replenishes and rejuvenates mature skin. Excellent massage oil for dry, poorly nourished skin anywhere on the body.

Argan Oil – *Argania spinosa*

Suitable for sensitive, dry and mature skin.

Used in skin, nail, and hair treatments to deliver deep hydration, strengthen brittle hair and nails, and prevent/reduce stretch marks.

Borage Oil – *Borago officinalis*

Suitable of all skin types.

Replenishes and restores dry, wrinkled or ageing skin. Makes the skin suppler and improves elasticity.

Calendula Oil – *Calendula officinalis*

Suitable of all skin types.

Traditionally used in Herbal Medicine to aid in wound healing and to help relieve skin inflammations and irritations.

Calophylla Oil – *Calophyllum inophyllum*

Suitable for dry, mature, sensitive skin.

Repairs dry skin. Reduces the appearance of stretch marks and scars. Absorbs readily into the skin, leaving the skin smooth and soft.

Castor Oil – *Ricinus communis*

For hair and nail beauty.

Fortifies and revitalizes the scalp and gives volume and radiance to your hair.

Helps repair damaged and brittle nails.

Evening Primrose Oil– *Oenothera biennis*

Suitable for all skin types, dry and sensitive.

Reduces the signs of aging, smoothes wrinkles and improves elasticity. Strengthens hair and nails, nourishes the skin.

Hemp Oil – *Cannabis sativa*

Rich in Omega 6 essential fatty acids that are involved in the skin's hydration process, this is the "softness" oil par excellence.

Naturally nourishing, it is perfectly suited for mature and dry skin: it protects against dehydration and leaves the skin satiny and supple.

It's very penetrating power also makes it an oil of choice for massages.

Jojoba Oil – *Simmondsia chinensis*

Suitable for mixed and oily skin.

Softens and moisturizes dry, dehydrated and sensitive skin. It can be massaged into the hair and scalp for healthier looking hair.

Macadamia Oil – *Macadamia ternifolia*

Rich in palmitoleic acid (Omega 9), a rare fatty acid that gives it its repairing and nourishing properties, particularly appreciated by dry and fragile skin. Very pleasant body oil, it is very penetrating and does not leave a greasy sensation on the skin, which makes it an excellent base for preparing a massage oil.

Rosehip Oil – *Rosa rubiginosa*

Use as a face serum after cleansing, as a general body oil to soften and revitalize skin, and to nourish hair. Best used as a moisturizing day or night oil. Suitable for all skin types.

St. John's Wort – *Hypericum perforatum*

Anti-inflammatory, especially soothing to the nerves. Antiseptic and/or antimicrobial to help treat and heal minor skin wounds, cuts, burns and bruises. Suitable for all skin types.

Sweet Almond Oil – *Prunus amygdalus dulcis*

It is moisturizing, nourishing and easily absorbed into the skin. Used in haircare, body and massage oils; suntan oils; and skin care. Suitable for all skin types.

Wheat Germ – *Triticum vulgare*

Soothes and softens dry skin. Reduces the signs of aging. Suitable for all skin types.