

Organic Perfumes and -Why Purity Matters: GC/MS Testing & Your Blueprint for Natural Healing

This is Your Invitation:- To partner with us in a happier, healthier life. We invite you to feel marvelously alive.

One drop of organic perfume to each wrist is all you need. There are over 600 drops to a 30ml bottle. Each bottle contains almost a years supply.



Why Purity Matters: GC/MS Testing & Your Blueprint for Natural Healing

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Healing Through Scent, Naturally

Since 1889, Karoleen Keys has created perfumes and skincare rooted in nature's healing power. Today, we bring you organic colognes, aromatherapy perfumes, plant-based skincare, and natural remedies designed to nurture your mind, body, and soul. Discover smell therapy that supports your wellbeing—crafted with love, for you.

SAFETY DATA SHEET				
In accordance with 29 CFR 1910.1200				
Product:	Bergamot - Essential Oil (BF) - Calabria, IT ** Bergamot oil, furocoumarin free FPD-2015A-1675			
Version:	1			
Contains:				
Name	CAS	EC	%	GHS Classification
d-Limonene	5989-27-5	227-813-5	20-<50%	FL 3-SCI 2-SS 1B-AH 1;H226-H304-H315-H317
Linalyl acetate	115-95-7	204-116-4	20-<50%	FL 4-SCI 2-EDI 2A;H227-H315-H319
Linalool	78-70-6	201-134-4	10-<20%	FL 4-SCI 2-EDI 2A;H227-H315-H319
beta-Pinene	127-91-3	204-872-5	5-<10%	FL 3-SCI 2-SS 1B-AH 1;H226-H304-H315-H317
p-Mentha-1,4-diene	99-85-4	202-794-6	5-<10%	FL 3-AH 1;H226-H304
alpha-Pinene	80-56-8	201-291-9	1-<5%	FL 3-SCI 2-SS 1B-AH 1;H226-H304-H315-H317
Myrcene	123-35-3	204-622-5	1-<5%	FL 3-SCI 2-EDI 2A-AH 1;H226-H304-H315-H319
p-Cymene	99-87-6	202-796-7	1-<5%	FL 3-AH 1;H226-H304
Terpinolene	586-62-9	209-578-0	0.1-<1%	FL 4-SS 1B-AH 1;H227-H304-H317
Geraniol	106-24-1	203-377-1	0.1-<1%	SCI 2-EDI 1-SS 1;H315-H317-H318

The exact percentage concentrations of components are being withheld as a trade secret.

Photo:- Part of a GC readout

Purity Testing – Why GC/MS Matters for You

Your health matters to us. At Karoleen Keys, **purity means safety, potency, and real therapeutic results.**

GC/MS testing (Gas Chromatography & Mass Spectrometry) is the gold standard for essential oil quality.

- **Gas Chromatography (GC)** separates an oil into its natural compounds and maps them on a graph.
- **Mass Spectrometry (MS)** identifies those compounds and their exact percentages.

This process ensures your oil is **100% pure plant extract**—free from adulteration, chemicals, or fillers.

Why it matters to you:

- ☒ Pure oils deliver the strongest therapeutic benefits.
- ☒ Adulterated oils can cause headaches, allergies, or sensitivities.
- ☒ GC/MS reports show the exact chemical families, helping us blend safely and effectively for your wellbeing.

Every essential oil we use at Karoleen Keys is **fully tested**, with results verified by trusted distillers and suppliers. You can feel confident knowing your products are crafted from oils that meet the **highest standards of purity and therapeutic power.**

Just like prescribed medicine comes with guidelines—such as avoiding alcohol—aromatherapy also asks for your commitment. By choosing natural over synthetic, you support your body’s healing and step into a happier, healthier, more vibrantly alive version of you.

The Blueprint for a Happier, Healthier Life

At Karoleen Keys Organic Perfumes & Skincare, we believe that true healing goes beyond what you put on your skin or inhale from a bottle. Aromatherapy works best when it’s part of a balanced, intentional lifestyle. Just like prescribed medicine comes with guidelines, natural healing thrives when you nurture yourself with healthy daily habits. Here’s your blueprint to living a more radiant, vibrant life:

✦ 1. Sleep Rituals

Keep a regular bedtime and wake-up routine. Avoid alcohol, caffeine, and heavy meals at least **3 hours before bed** for deeper, more restorative rest. Your body heals most powerfully while you sleep.

🍎 2. Eat Whole, Real Foods

Choose unprocessed, organic foods whenever possible. Fill your plate with colourful fruits, vegetables, whole grains, and healthy fats. True nourishment fuels both body and mind.

🧘 3. Move Your Body

Gentle daily activity—walking, stretching, yoga, or dancing—boosts circulation, energy, and mood. Even 10 minutes a day makes a lasting difference.

🌬️ 4. Breathe Deeply

Take several slow, deep breaths throughout the day. This simple practice calms the nervous system, lowers stress, and brings oxygen-rich energy to every cell.

📖 5. Train Your Mind

Keep a gratitude or “happy thoughts” journal. Focus on positives, let go of negatives, and reframe challenges as opportunities. The mind you train becomes the life you live.

🧘 6. Practice Stillness

Learn yoga, meditation, or mindfulness. Just 5–10 minutes a day can reduce anxiety, sharpen focus, and cultivate inner peace.

🍳 7. Cook Clean

Throw away non-stick or coated pans and switch to **stainless steel or cast iron**. Cook on lower heat to protect nutrients and avoid toxins in your food.

💧 8. Hydrate Well

Drink fresh, clean water throughout the day. Hydration supports your skin, energy, mood, and natural detoxification.

🌿 9. Embrace Nature

Step outside every day. Sunlight, fresh air, and green spaces restore your rhythms, lift your mood, and boost natural vitamin D.

🌿 10. Nurture Relationships

Surround yourself with uplifting, supportive people. Healthy connections are a proven key to longevity, happiness, and resilience.

🎵 11. Feed Your Soul

Listen to music, read inspiring words, create something with your hands, or simply enjoy stillness. Soul nourishment is not a luxury—it's essential.

Let's walk this path together.

When you combine these lifestyle practices with pure, organic aromatherapy, you create a life blueprint for healing naturally—mind, body, and soul. Every choice you make brings you closer to a happier, healthier, and more vibrantly alive version of you. That's why we ask you to help us help you. Together, we become a strong force. We have done the in-depth study and built our foundation on both science and soul. Every product we offer is backed by rigorous GC/MS testing, ensuring purity and potency you can trust. But beyond the lab, we've woven decades of wisdom into a lifestyle approach that honors your whole being. This isn't just about what you apply to your skin—it's about how you live, breathe, rest, and connect. When you choose Karoleen Keys, you're not just buying a product—you're joining a movement toward intentional, radiant living. Let's walk this path together.

The Science Behind Pure Essential Oils



1. Inhalation & the Limbic System

When you breathe in essential oils, tiny aromatic molecules travel through your nose to the **olfactory bulb**, which is directly linked to the **limbic system**—the brain's emotional and memory center. This is why certain scents can instantly uplift mood, calm stress, or trigger deep memories. Research confirms that essential oils can influence heart rate, blood pressure, breathing, hormone balance, and stress levels by acting on the limbic system.

2. Absorption Through the Skin

Pure essential oils are made of very small, fat-soluble molecules. When applied to the skin (in safe dilutions), they pass through the epidermis into the bloodstream within minutes. From there, they circulate throughout the body, supporting various systems—such as the immune, nervous, and endocrine systems.

3. Synergy With the Body

Because essential oils are concentrated plant extracts, their active compounds interact with the body's own chemistry. For example:

- **Lavender** (rich in linalool & linalyl acetate) has been shown to reduce anxiety and improve sleep.

- **Peppermint** (menthol) can enhance alertness and ease headaches.
- **Rose Otto & Geranium** help regulate mood and support emotional balance.

4. Mind–Body–Soul Healing

- **Mind** – Oils calm the nervous system, improve focus, and regulate emotions.
- **Body** – They support physical wellness through circulation, immunity, and pain relief.
- **Soul** – The limbic system connection means oils can lift spirit, deepen meditation, and restore inner harmony.

In short: Pure essential oils are not just pleasant fragrances—they are bioactive plant compounds scientifically proven to enter the bloodstream, interact with the brain’s limbic system, and support whole-person wellbeing: mind, body, and soul.

Journal Gratitude



Buy one of my books or use these examples

Example 1: A Peaceful Morning

Date: August 23, 2025 Mood: Calm and content

Three Things I'm Grateful For:

The quiet stillness of the early morning.

My cozy blanket and warm cup of tea.

A good night's sleep that left me feeling refreshed.

Moment That Made Me Smile: Watching the sunrise paint the sky in soft pinks and oranges.

Someone I Appreciate: My sister, who sent me a funny meme just when I needed a laugh.

Challenge I'm Grateful For: Learning to slow down and not rush through my morning routine.

Intention for Tomorrow: To stay present and notice the small joys throughout the day.

Example 2: A Tough Day, Finding Light

Date: August 22, 2025 Mood: Tired and overwhelmed

Three Things I'm Grateful For:

My friend who listened without judgment.

The comfort of my favourite hoodie.

A hot shower that helped me reset.

Moment That Made Me Smile: My dog wagging his tail like I was the best part of his day.

Someone I Appreciate: My coworker who offered to help with a task I was struggling with.

Challenge I'm Grateful For: Navigating a difficult conversation—it reminded me I'm stronger than I think.

Intention for Tomorrow: To be gentle with myself and ask for help when I need it.

Example 3: A Day of Wins

Date: August 20, 2025 Mood: Energized and proud

Three Things I'm Grateful For:

Finishing a project I've been working on for weeks.

The encouraging feedback from my manager.

Celebrating with a delicious dinner.

Moment That Made Me Smile: Getting a spontaneous compliment from a stranger.

Someone I Appreciate: My mentor, who believed in me even when I doubted myself.

Challenge I'm Grateful For: The long hours and setbacks—it made the success even sweeter.

Intention for Tomorrow: To celebrate small wins and keep momentum going.

Gratitude Diary Entry

Date: Saturday, 23 August 2025 Time: 7:02 AM Mood: Hopeful and reflective

Three Things I'm Grateful For:

1. The soft morning light streaming through my window—it feels like a quiet promise.
2. The sound of birds outside reminding me that life keeps moving, gently.
3. A good cup of coffee that made waking up feel like a small celebration.

Moment That Made Me Smile: Stretching out on the balcony and feeling the cool breeze brush past me—it felt like nature saying hello.

Someone I Appreciate: My friend who sent a thoughtful message last night. It reminded me that I'm not alone, even when things feel heavy.

Challenge I'm Grateful For: Feeling uncertain about the future—it's pushing me to reflect, reset, and realign with what truly matters.

Intention for Tomorrow: To notice the beauty in small things and let gratitude guide my choices.

Quote to Carry With Me:

“Gratitude unlocks the fullness of life. It turns what we have into enough.” — Melody Beattie

Chose your headings

I find it best when my headers run vertically

Date	A Person I'm Grateful for	
Why they matter to me		
A fear I faced		
Steps I took towards a better me.		
A Win (Big or Small)		

Personal Growth & Reflection

| Date | Lesson Learned Today | A Thought I Want to Explore | A Fear I Faced | A Win (Big or Small) | What I'm Letting Go Of | Next Step Forward |

Relationships & Connection

| Date | Person I'm Grateful For | Why They Matter to Me | A Kind Gesture I Received | A Conversation That Stuck With Me | How I Can Show Appreciation |

Mindfulness & Wellbeing

| Date | Mood Check-In | Body Sensations | What Helped Me Feel Grounded | A Moment of Stillness | Self-Care Action Taken | Breathing or Meditation Practice |

Goals & Intentions

| Date | Focus for the Day | Top Priority | Distraction to Avoid | Energy Level | Progress Made | Tomorrow's Intention |

Creativity & Inspiration

| Date | What Inspired Me Today | Creative Idea or Spark | Something Beautiful I Noticed | Art/Music/Book I Enjoyed | What I Want to Create |

Nature & Environment

| Date | Weather Today | Nature Moment I Loved | Outdoor Time | Sound or Smell I Noticed | Eco-Friendly Action Taken |

Evening Reflection

| Date | Best Part of My Day | What I Learned | What I'm Grateful For | What I'm Releasing Tonight | Sleep Intention |

Ready to feel marvelously alive? Explore our GC/MS-tested aromatherapy products and begin your healing journey today.



Our website <https://organicperfumes.com.au>





Karoleen Keys Organic Perfumer

