

🌿 Mind, Body & Soul Self-Care Guide 🌿

When we feel sad, tired, in pain, or weighed down by life, it's often linked to our daily habits — what we eat, how much we move, and whether we take charge of our emotions. Small life changes can lead to big results.

Simple Daily Shifts:

- Eat nourishing, fresh foods.
- Move your body every day — even gentle stretching helps.
- Practice mindfulness — notice your thoughts without judgment.
- Be grateful — write down 3 blessings daily.
- Meditate — even a few deep breaths count.

Our Oils & Your Actions

We've meticulously designed essential oils for those who choose nature's gifts over pills or drowning sorrows. But our blends work best when paired with positive mind, body, and soul actions.

Robyn's Family Wisdom

When I was young and facing hard times, my parents and grandfather would remind me:

- *"Don't get resentful, become resourceful."*
- *"God only helps those who work at helping themselves."*
- *"You cannot change or fix others — either love unconditionally and strengthen your coping skills, or limit time with those who drain you."*
- *"Wishing, hoping, and praying is short-lived without an action plan."*

The Action Plan Trick

Draw a line down a page. On the left — wishes, hopes, dreams. On the right — the actions you must take. Then... act.

Plan your happiness. Until it arrives, *fake it until you make it*. Always visualise a beautiful outcome.

Healing Practices That Work:

- Gratitude diaries
- Meditation (or just a few deep breaths daily)
- Chakra balancing
- Reiki
- Acts of kindness

Remember: Nature and self-care work hand in hand. Our oils are the extra nudge your soul needs — but *you* hold the key to the door.

Karoleen Keys Organic Perfumer <https://organicperfumes.com.au>

Welcome to the ultimate destination for healing—naturally.

Let's take a moment to honour your nose — nature's magical gateway to emotional healing. It does far more than smell roses or fresh rain. Your sense of smell connects directly to the limbic system — the emotional centre of your brain. This means that certain scents can ease anxiety, lift low moods, spark joy, calm the nervous system, and even bring back cherished memories.

That's the inspiration behind our Ailment Healers, lovingly called Soothers. These gentle yet powerful blends work through diffusing, direct inhalation, or simply sniffing from the bottle — giving your body what it needs in the most natural way.

At Karoleen Keys Organic Perfumes & Skincare, we craft every product with purpose and purity. Our mission is to support your mind, body, and soul through the healing gifts of nature — delivered with care, backed by aromatherapy science, and wrapped in love by our clinical Aromatherapist Robyn, the daughter of Karoleen

How Smell Therapy & Inhalation Work –

To Gain Better Feelings Sniff These Oils Or Add 3 Drops to a Diffuser.

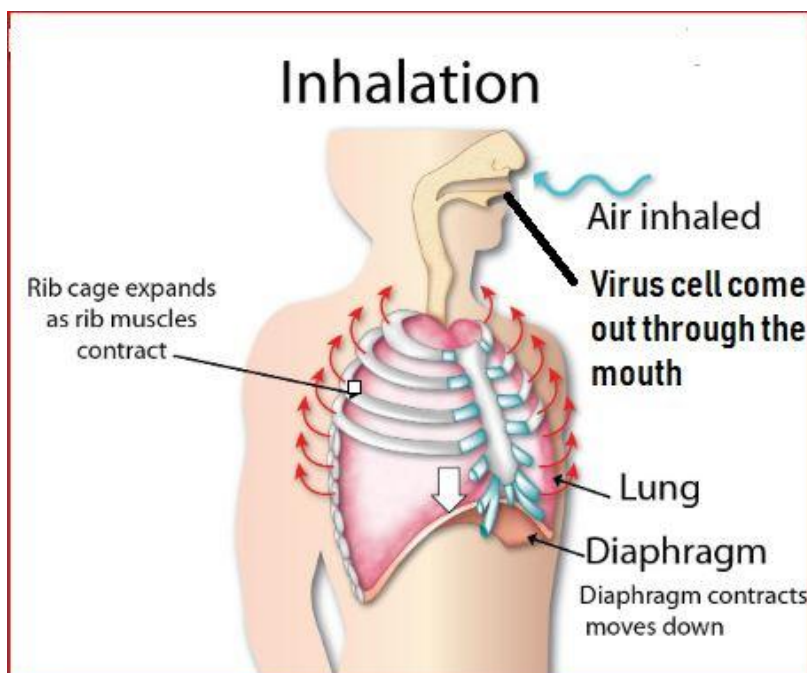
Purpose – Gain Better Feelings	Oils to Sniff or Add To Your Diffuser
Sad Feelings	All Citrus Oils
Relaxation & Anxiety	Patchouli, Lavender, Frankincense, Clary Sage
Neuralgia & Headaches	Frankincense, Chamomile
Study Fog	Sweet Basil
Memory Loss	Rosemary
Morning Sickness & Energy Loss	Peppermint, Lemon,
Elevate Mood & Increase Vitality	Lavender, Sandalwood, Ylang Ylang, Sweet Orange
Cold, Flue Nasal Congestion	Eucalyptus, Lemon
Revitalize	Lemongrass, & All Citrus Oils - Meditate Then Sniff

The contraindication chart should be checked.

If you're pregnant or breastfeeding smell from the bottle do not apply blends to your skin until after the 3rd trimester. Even then check with a qualified Aromatherapist.

When you inhale essential oil vapours, tiny aromatic molecules travel through your nose to the **olfactory bulb**, which connects directly to the brain's **limbic system**—the centre for emotions, memory, and mood. This fast pathway can trigger relaxation, improve mood, or support alertness within seconds. Inhalation also allows these molecules to enter the **respiratory system**, where they can have soothing or decongestant effects.

Scientific proof: Studies in journals like *Frontiers in Behavioural Neuroscience* and *Evidence-Based Complementary and Alternative Medicine* show that inhaling certain oils (such as lavender, peppermint, or citrus) can measurably reduce stress hormones, improve sleep quality, and even enhance cognitive performance.



Smell Therapy

Smell therapy has been used for centuries to comfort, heal, and uplift. You can simply **sniff pure essential oils straight from the bottle** or create a warm, soothing inhalation.

When I was a child, we wore a small cotton bag around our neck. Inside was a chip of timber infused with a healing oil—our own little portable remedy. Our parents also prepared warm inhalations to help clear the head, relax the body, and ease discomfort.

To make a healing inhalation:

1. Place a small saucepan in your sink or a large heatproof bowl on your vanity.
2. Fill with hot (not boiling) water and add **3 drops** of the essential oil suited to your needs.
3. Drape a towel over your head and the pan/bowl to trap the vapours.
4. Breathe in the fragrant steam slowly for a few minutes.

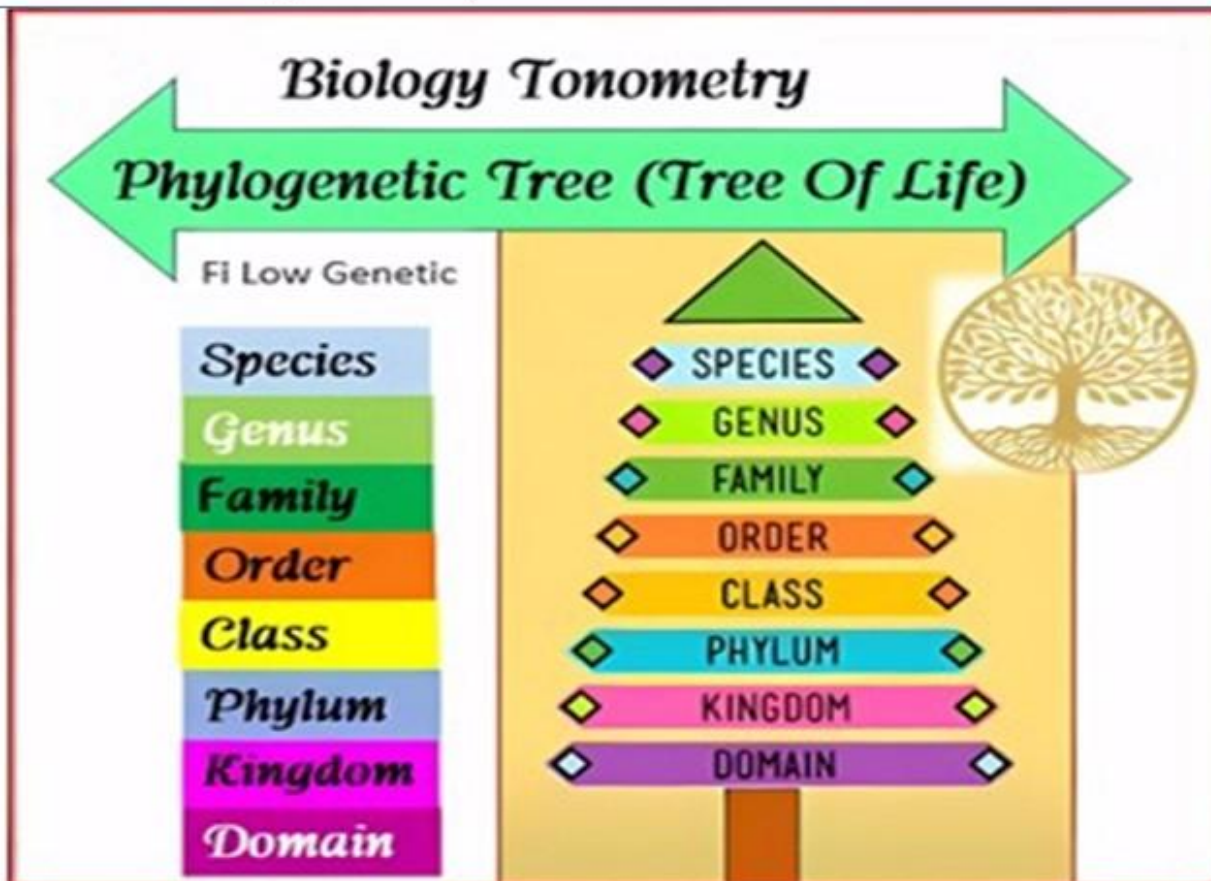
- Lift your head, take a deep, fresh breath, and relax.
- Repeat steps 4 and 5 a few times.
- If needed, gently blow your nose between breaths to help clear your airways.

Essential Oil Contraindications Chart	
Contraindications	Avoid-Do Not Use
Alcohol consumption more than 2 drinks	Clary Sage
Antidote To Homeopathy Remedies:	Eucalyptus, Peppermint, White Camphor, Black Pepper
Asthma	Avoid oils high in 1,8 cineole Eucalyptus globulus and radiata (Eucalyptus globulus; Eucalyptus radiata), Helichrysum gymnocephalum, Laurel Berry. Laurel Leaf (Laurus nobilis), Niaouli ct. 1,8 cineole (Melaleuca quinquenervia ct 1,8 cineole), Saro (Cinnamosma fragrans), Ravintsara (Cinnamomum camphora ct), Tea Tree.
Babies under six months	Avoid all essential oil and scented products Unless prescribed by Doctor or certified practitioner.
Bleeding Strong menstrual flow	Basil, Cedarwood, Fennel, Clary Sage, Myrrh, Marjoram, Sage, Peppermint, Thyme.
Blood Pressure (Hypertension per = high)	Eucalyptus, Peppermint, Rosemary, Thyme, Sage, Basil (all varieties)
Blood Pressure (Hypotension po=low)	Lavender, Clary Sage, Melissa, Marjoram, Ylang Ylang, Lemon.
Blood thinners medications Aspirin Warfarin And Barbiturates	1,8 cineole containing oils Ravintsara, all Eucalyptuses, Rosemary camphor/ 1,8 cineole, Cardamom, Helichrysum, Laurel Leaf, Myrtle, Spike Lavender) should not be used with barbiturates. Methyl Salicylate (Birch, Wintergreen), Peppermint and Eugenol (Clove, Basil ct eugenol) Citrus Oils
Cardiac Fibular	Peppermint and Rosemary Thyme essential oil.
Epilepsy	Basil, Eucalyptus (Globulus, Radiata & Polybractea), Fennel, Peppermint, Rosemary, Sage & Thyme.
Estrogen Patch Wearer:	Avoid Geranium, Clary sage, essential oil.
Gastric Problems:	Avoid Cinnamon, Clove and Oregano essential oil.
Inhalations, Douches, Enemas	Cajuput, Cassia, Cinnamon Bark, CO2s, Costus, Clove Bud, Elecampane, Fennel, Oreganum, Pine, Resins and Savory, Tea tree, Thyme,
Insomnia:	Avoid - Peppermint, Basil, Lemon Verbena essential oil and Rosemary essential oil.
Lactation: - Oils that interfere or dry up milk flow during Lactation	Clary Sage, Peppermint, Sage (blocks the milk duct)
Liver, Kidney & Urinary problems	Avoid Juniper Berry essential oil, Eucalyptus essential oil and Black Pepper essential oil.
Medications - Barbiturates A therapist must prescribe suitable oils to use safely.	When on medications avoid all Citrus essential oils, citrus fruits. & citrus juices for 4 hours after taking medication.
Mucous Membrane Irritants	Thyme, Cajuput
Pregnant.	Basil, Cedarwood, Fennel, Clary Sage, Myrrh, Marjoram, Sage, Peppermint, Thyme.
Puberty In Males- May increase breast size	Lavender, Tea tree all varieties.
Sensitive Skin	Basil, Cedarwood, Cypress, Eucalyptus, Fennel, Lemon, Lemongrass, Lime, Peppermint, Pine, Tea Tree, Thyme, Ylang Ylang
Spa Baths	Avoid Massage & all Essential oils until 30 minutes after spa
Sun and Sun Lamps - Photosensitive to most skin types.	Lemon, Lime, Orange, Verbena, Tangerine, Mandarin, Bergamot, Angelica, Lemongrass, Grapefruit. All citrus oils.
Boys and young men under 25 years of age.	Lavender as it causes increased breast size.
Homeopathic Cures	It is best not to mix two treatment. Avoid essential oils while on a homeopathic recipe.
Chemotherapy and Radiation Therapy.	Wait until the chemo treatment has been completed. Or seek advice from a clinical Aromatherapist. However smell therapy is considered to be fine.
Aromatherapist Robyn Ji Smith www.beautyschoolbooks.com.au	

Smell Therapy -The Miracle Healer



Inhalations- fix most chest and head issues. Research the ailments list. Add 2 drops of essential oils to a bowl of warm water. Put a towel over your head and the bowl. Breath in the vapours for a few minutes. Smell therapy is an amazing healer.



Biology Tonometry & the Essential Oil Tree of Life

Biology Tonometry refers to the measurement of pressure or tone within biological systems. In aromatherapy, it relates to how essential oils influence the tone and balance of body systems—such as the nervous, circulatory, and muscular systems—helping restore natural harmony. **The Essential Oil Tree of Life** is a concept that connects each essential oil to specific body functions, emotions, and energy centers. Like branches of a tree, each oil plays a role in nurturing the whole person—mind, body, and soul. When used wisely, these oils support biological balance (tonometry), emotional well-being, and spiritual connection. Together, this framework helps us blend oils with deeper purpose—tailored to the individual's needs for true holistic healing.

<https://organicperfumes.com.au> Aromatherapist Robyn Ji Smith