



ONCE UPON A TIME IN LIVERPOOL THERE WERE THE PUREST AROMATHERAPY ESSENTIAL OILS BROUGHT TO YOU BY LITTLE SATSUMA. THESE AMAZING AROMATIC GIFTS FROM NATURE ARE SOURCED BY A MEMBER of the ATC (AROMATHERAPY TRADE COUNCIL) which is dedicated to seeing that its members abide by their codes of practice, one of which is making sure that its members essential oils are of the purest quality and as such, are subject to random inspections, analysis and verification at an independent laboratory determined at their discretion.

BASIL

Basil has a very positive effect on the mental system. It is a clarifying, energising, soothing and uplifting essential oil. Basil makes an excellent essential oil to take when preparing for exams or whilst taking them, it is a very good memory stimulant and fills your body fully of positivity. Basil blends well with Frankincense, Geranium and all the Citrus Oils. (Can cause skin irritation in some people, so use in 1% dilution).

BENZOIN

Excellent for calming nervous tension and stress relief. Used in the Far East for thousands of years as both a medicine and as incense. Warming for heart, lungs and circulation in general. (Use in 1% dilution as can cause sensitization). Benzoin Blends well with Bergamot, black pepper, clary sage, coriander, frankincense, ginger, geranium, grapefruit, lemon, may chang, jasmine, marjoram, niaouli, nutmeg, orange, patchouli, palmarosa, rose, vetiver, ylang ylang. From a Sumatran co-operative, fortunately for the people this area of Sumatra has remained relatively unscathed from the recent environmental disasters in the region. The benzoin is grown and harvested in traditional ways. We only grow from those suppliers who assure us with their ethical and environmental policy.



BERGAMOT

Bergamot is most widely known as the fruit that gives Earl Grey Tea its distinctive aroma! Uplifting and refreshing; it offers relief from anxiety, stress and depression. Can help to reduce anger & frustration. (Phototoxic so do not use if you will be out in the sun within 12 hours of use).



Bergamot Blends well with: Basil, chamomile, cypress, frankincense, geranium, jasmine, juniper, lavender, lemon, marjoram, myrrh, neroli, patchouli, rose, rosemary, tea tree, thyme & ylang ylang. From a small, family owned plantation, the production of Bergamot is taken very seriously by the family and the harvests involve the local community.

BLACK PEPPER

Black pepper oil can be used to help in the treatment of pain relief, rheumatism, chills, flu, colds, increase circulation, exhaustion, muscular aches, physical and emotional coldness, nerve tonic, and fevers.

Produced in a region of Indonesia directly unaffected by recent tragedies, the plantation provides important employment in the area. The plantation has an environmental charter to prevent exploitation and soil erosion of the land.



Although essential oils blend and mix well aroma wise with one another, Black Pepper oil does go very well with other essential oils such as Bergamot, Clary Sage, Clove, Coriander, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Lavender, Juniper, Lemon, Lime, Mandarin and Ylang Ylang.

CARROT SEED

Carrot seed oil has a detoxifying effect on the liver and cleans the digestive system and the body as a whole. It is helpful for arthritis, gout, edema, rheumatism and the accumulation of toxins in muscles and joints.

Carrot seed strengthens the mucus membranes in the nose, throat and lungs, thus has a beneficial effect on problems such as bronchitis and influenza. Carrot seed oil can be used in vapor therapy for: the liver, the digestive and respiratory systems, for muscle pains.

It releases fluid retention and can be beneficial in cases of anorexia. Carrot seed oil revitalizes and tones the skin, and helps in cases of dermatitis, eczema and rashes.

Carrot seed oil blends well with other oil that includes: Bergamot, Juniper, Lavender, Lemon, Lime, Cedarwood, Geranium, Citrus and spicy oils. Produced in Hungary, Carrot Seed Oil is produced from carrots which are allowed to grow wild and without human cultivation. The area is allowed to naturally reseed by leaving selected plants in each area.

CEDARWOOD

Used widely as incense in Tibetan temples and in traditional medicines. Stimulates circulation, offer relief from arthritis (use in cool compress or massage oil blend). A strong antiseptic that helps to fight infections. Excellent for calming anxiety. Use this to repel moths, ants and other insects.



Morocco has fast become a quality producer of Cedarwood Essential Oil and we are pleased to be able to supply oil from our friends in Morocco. The Moroccan oil has a much better match to the traditional characteristics of Cedarwood than the current crop of North American Cedarwood. Careful management of the Cedarwood forests allow for a bio-diverse environment without soil erosion. Blends well with Bergamot and Rosemary amongst others.

CHAMOMILE (ROMAN)

Chamomile is particularly noted for its anti-inflammatory and sedative properties, it is excellent for childhood ailments from peevishness to earache. Also used for allergies, anaemia, menstrual and menopausal problems, rheumatism, toothache and ulcers.

Roman Chamomile blends well with bergamot, cedarwood, geranium, jasmine, lavender, lemon, marjoram, neroli, rose, tea tree, ylang ylang and peppermint.

Made in the UK, Our Roman Chamomile is from Leicester. With annual harvests the Chamomile is turned into oil throughout the year - giving a constant fresh and fruity supply.

CINNAMON LEAF

If used in a massage oil blend and absorbed through the skin it helps to stimulate sluggish digestive



systems and boosts circulation. A very wintery / Christmas time aroma! (Not to be used if you are epileptic or have high blood pressure).

Useful for fatigue and depression, it is also a tonic for the respiratory and digestive systems, especially useful for coughs, colds, flu, stomach ache and diarrhoea. An aphrodisiac, it may also help impotence.

Blends well with basil, benzoin, frankincense, lavender, lemon, myrrh, orange, rosemary, tea tree, ylang ylang.

CITRONELLA

Widely used in 'anti-mosquito' products and preparations. Excellent if used in a blend with Cedarwood to repel insects such as mosquitoes, moths, ants and other insects.

Citronella oil blends well with: Bergamot, Geranium, Lemon, Orange, Lavender and Pine.

CLARY SAGE

Used in massage oil blends it helps to ease painful joints and tired / aching muscles. Strengthening for the immune system and a generally warming oil for the body and the spirits!

Blends well with Lime, Rosemary & Ylang Ylang. From a family run farm in Southern France - Clary Sage is produced along side Sage. No chemicals are used upon the land or in the production and the flowers are picked and processed by hand.

Please note Clary Sage can cause drowsiness and therefore is best not used before driving or drinking alcohol.

CLOVE BUD

Clove bud is a tonic which is a stimulating, revitalising aphrodisiac. The oil is warming and comforting whilst having a purifying effect encouraging activity. Used in massage oil blends it is warming for tired muscles and



excellent in cases of sports injury massage.

Blends well with Rose, Lavender, Clary Sage, Bergamot & Ylang Ylang.

CORIANDER

Coriander oil can be useful to refresh and to uplift the mind. It can help for mental fatigue, migraine, tension and nervous weakness. It gives a warm effect on the stomach and can relieve wind and cramps.

Coriander oil's warming effect is also helpful for alleviating pain such as rheumatism, arthritis and muscle spasms and useful with colds and flu.

Coriander oil blends particularly well with: Bergamot, Cinnamon, Ginger, Grapefruit, Lemon, Neroli and Orange.

CYPRESS

Excellent in massage oil and moisturiser blends for oily skin and cellulite! Believed to control water loss from the skin and regulate sweat production.

Cypress blends well with benzoin, bergamot, fennel, juniper, lavender, lemon, myrrh, orange, pine & rosemary

Not to be used by anyone who suffers from high blood pressure.

EUCALYPTUS

Excellent in steam inhalations for respiratory problems, especially to help ease congestion and other symptoms of colds and flu in winter time. Strengthening for the immune system.



Eucalyptus oil's stimulating and refreshing nature helps overcome sluggishness. During times of emotional overload, it can restore balance, improve concentration and increase intellectual capacity. Eucalyptus oil can cool the heat of anger. After a fight or conflict, diffusing eucalyptus oil through the room will cleanse the environment.

Blends well with Citrus oils, Cinnamon, Clove, Coriander, Frankincense, Lavender, Myrrh & Rosemary.

FENNEL (SWEET)

Fennel is a remedy for digestive complaints such as flatulence, constipation, colic, nausea, vomiting, anorexia, dyspepsia and hiccups. In cases of obesity it gives that 'full feeling' and has a diuretic effect that helps dispersing cellulite. It has a toning effect on the liver that helps with the results of excess drink and food.

Fennel has a cleansing and toning effect on the skin, helps with bruises, oily and mature complexions.

Do not use if you have epilepsy.

Grown in Southern Italy in an organic way - though there is no organic certificate.

Blends well with clary sage, cypress, grapefruit, juniper, geranium, lavender, rose, orange, & ylang ylang.

FRANKINCENSE

Excellent in massage oil and moisturiser blends to help rejuvenate mature / dry skin. Widely burned during meditation to help focus the mind.

Emotionally balancing & supportive in times of grief.

Can help to fortify a mind burdened with mental anxiety & nervous tension/ stress. It reduces anxiety and revitalizes the body & mind when a person is mentally or physically exhausted. It comforts and soothes the emotions and heals emotional wounds. Frankincense oil can help you sever ties with the past that are hampering your personal growth. By slowing respiration it produces a sense of serenity and calms restlessness. It is a stabilising and centering oil and helps to focus energy.

Blends well with all essential oils.

GERANIUM

Geranium oil helps almost any skin type or skin condition. The stimulating action promotes the regeneration of skin cells and speeds the healing of acne and blemishes. It also soothes dry sensitive skin and helps control excessive oiliness of the skin. When used in a skin lotion, geranium is very good for skin conditions including dermatitis, blotches and eczema.

Because it stimulates both the lymphatic and circulatory systems it helps to combat the kind of sluggish circulation & waste accumulation present with cellulite, and it clears skin that is blemished or dull and dry as a result of the accumulation of toxins.



Inhaling geranium oil eases the anxiety and tension of mentally and physically demanding days. Like most flower oils, geranium oil acts as an

antidepressant. Its uplifting effect frees the mind from negative or depressing thoughts. Almost any stress-related condition responds to a few whiffs of geranium oil. As an added bonus, geranium oil can stimulate feelings of sensuality.

Geranium oil encourages self-expression, improves communication and helps overcome the fear of speaking. It promotes harmony between the sexes and balances aggressive and passive tendencies. Geranium Blends well with most oils, particularly Cedarwood, Cypress, Grapefruit, Lavender, Patchouli & Rosemary.

GINGER

A warm, spicy oil; it's a circulatory stimulant that helps to re-invigorate sluggish systems. If used in a massage oil blend and absorbed through the skin it is an excellent digestive tonic.

Helps to open up feelings, helping to improve communication. Ginger oil sharpens the senses, improves memory and aids in recall. It stimulates energy, yet at the same time is helpful in



cases of nervous exhaustion. Its aphrodisiac qualities may help in cases of impotence, especially when ginger is combined with coriander and rosemary. Blends well with Coriander, Rosemary, Palmarosa, Geranium and Citrus Oils.

GRAPEFRUIT

Used in massage oil and moisturiser; grapefruit has diuretic properties and as such can help against cellulite and general detoxification of both body and mind. Works wonders as a refreshing, uplifting tonic for depression, SAD, lethargy and fatigue. (Can be mildly phototoxic so do not use if you will be out in the sun within 12 hours of use).

Blends well with Vetiver, Rosemary, Ginger, Lavender, Black Pepper and other Citrus Oils.

JUNIPERBERRY

Smells like the forest floor – fantastic when used in a burner at Christmas if you have a fake Christmas tree but still want the authentic smell! A very detoxifying oil that can clear toxins, excess fluid build up and helps clear cluttered / overactive minds. (Not be used if you have kidney disease). Because juniper oil promotes the elimination of cellular wastes and stimulates circulation, varicose veins and cellulite conditions often respond to it. Blends well with Lavender, Rose, Rosemary & Frankincense amongst others.

LAVENDER

Calming and balancing for both body and mind. Excellent to help promote a good night's sleep and unwind after a stressful day. Considered to be the most generally all round therapeutic essential oil.

Our Lavender Oil is grown at altitude in Croatia by a family run business.

High altitude lavender has a richer quality and greater therapeutic effect.

Lavender blends well with most essential oils including Mandarin, Clary Sage, Marjoram, Geranium, Juniperberry & Frankincense.



LEMON

Lemon protects, refreshes, stimulates the body's systems and lifts the emotions, useful as an anti-depressant when inhaled or used in a massage blend.

It stimulates the immune system to produce protective white blood cells. Has excellent antiseptic and astringent properties.

It revitalizes underactive and mature skin and helps with cellulite by improving circulation and encouraging the elimination of wastes. Lemon oil encourages the exfoliation of dead skin and enlivens the complexion. (Phototoxic so do not use if you will be out in the sun within 12 hours of use).

Blends well with Chamomile, Frankincense, Lavender, YlangYlang & other Citrus Oils.



LEMONGRASS

A citrusy aroma; this oil is very stimulating for both the nervous and muscular systems. Great for tonifying tired, aching muscles in a massage oil blend. Used in a homemade insect repellent spray with Tea Tree it can help to keep pets clean from fleas, ticks and lice.

Grown in Guatemala to the highest quality. No chemicals are used on the land to aid the production process.

Blends well with: Basil, Cedarwood, Coriander, Geranium, Jasmine, Lavender, Ylang Ylang & Tea Tree.

LIME

A refreshing, uplifting oil that can offer relief from colds and sore throats when used in a steam inhalation. Great for burning on dark winters days to lift the spirits and bring a bit of summer back!



Amazingly uplifting when used in massage blend with Rosemary.

(Phototoxic so do not use if you will be out in the sun within 12 hours of use).

Blends well with Rosemary, Vetiver, Neroli, Lavender, Clary Sage, Ylang Ylang & other Citrus Oils.

MANDARIN (GREEN)

Refreshing, soothing and relaxing. Great for helping to ease the effects of nervous exhaustion, anxiety and depression. Also used in combination with Neroli and Lavender in Rosehip or Jojoba Oil base to lessen stretch marks and scarring.

(Can be mildly phototoxic so do not use if you will be out in the sun within 12 hours of use).

Blends well with Basil, Bergamot, Black Pepper, Chamomile, Grapefruit, Lavender, Lemon, Lime, Marjoram, Neroli, Palmarosa, Petitgrain and Rose.

MARJORAM (SWEET)

Marjoram has a beneficial effect on rheumatism, arthritis, sprains and cramp. It is often used in massage blends to warm the circulation and soothe muscles. A useful aid to clear confusion, calming to nervous system, balance PMS mood swings, lessen stress and slow down hyperactivity.

Blends well with Bergamot, Cedarwood, Chamomile, Cypress, Lavender, Mandarin, Rosemary & Ylang Ylang.

MYRRH

Can help to stimulate & invigorate lethargic bodies and minds, combating apathy and general lethargy. Excellent in a cooling compress on leg ulcers / wounds. Marvellous for relief of symptoms of respiratory infections.



It stimulates the regeneration of skin cells, reduces inflammation, fights infection and helps to heal wounds. It improves circulation, imparting a healthy glow to the complexion and helping skin look smoother and more youthful. Myrrh oil also helps heal blemishes, skin ulcers and wounds.

Myrrh blends well with Frankincense, Orange, Geranium and Pine.

NIAOULI

Niaouli promotes good local circulation, antibody activity, increased leukocyte production and in general is fortifying to the immune system. Niaouli's many attributes as an antimicrobial, anti-infective, antiseptic agent avail the oil to many uses dealing with infection.

Useful with Tea Tree and Lemon in a soak or cream for athletes foot.

Blends well with Basil, Eucalyptus, Sweet Fennel, Juniperberry, Lavender, Lemon, Lime, Orange, Peppermint & Tea Tree.

ORANGE (SWEET)

Orange oil restores balance to dry or oily skin. It maintains healthy youthful skin by promoting the production of collagen. It reduces puffiness and discourages dry wrinkled skin. Orange oil stimulates circulation to the skin surface and softens rough skin. It also clears blemishes and improves acne-prone skin.

Orange oil has a warm, happy and light influence that prevents extreme seriousness. It calms the nerves and can combat anxiety and insomnia.

Orange oil brightens gloomy feelings, dissipates depressing thoughts and subdues tension and stress, particularly in wintertime or if the stress is related to premenstrual syndrome or menopause. It eases fear of the unknown and encourages a more adventuresome attitude. It brings a more positive outlook, replacing sadness with warmth and happiness. Orange oil awakens creativity, inspires harmony and promotes self-awareness.

Blends well with Ginger, Frankincense, Lavender, Rosemary, Ylang-ylang, Palmarosa & Geranium.



PALMAROSA

Also referred to as Indian or Turkish Geranium Oil. Excellent in massage oil and moisturiser blends for balancing and moisturising the skin. A tonic for the nervous system and hormonally balancing.

Palmarosa restores water balance and stimulates natural secretion of sebum, therefore is a useful oil for dry skin. It also helps skin regrowth by aiding cell regeneration. Palmarosa has a reputation for eradicating wrinkles and should really be put to the test! Palmarosa helps with general skin infections. Blends well with Geranium, Mandarin, Sweet Orange, Bergamot, Rosemary, Lime & Ylang Ylang amongst others.

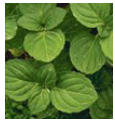
PATCHOULI

It cools and calms inflamed skin and sunburn; it soothes and smoothes rough, dry and cracked skin. At the same time, it regulates the oiliness of skin and hair and helps control acne and scalp disorders such as dandruff and seborrhea.

By reducing fluid retention and tightening saggy skin, patchouli oil helps combat cellulite. Patchouli can be used in homemade sprays and blends to repel insects. It can sharpen intelligence, improve concentration and provide insight. It cools and calms during physically or emotionally hot situations. It is a stabilising and balancing oil with aphrodisiac attributes that can heighten libido. Blends well with Spicy Oils, Palmarosa, Clary Sage, Sweet Orange, Sweet Fennel, Rose, Frankincense, Benzoin, Ginger, Ylang Ylang & Lime.



PEPPERMINT



Used to relieve headaches in cooling compresses. Cool, refreshing and can help to reduce fevers. If used in a massage oil blend and absorbed through the skin it is an excellent digestive tonic.

Also very good at repelling mice!!! Ideal for use either if you have an unwanted mouse in the house or in horse stables to ward off mice. (Not to be used if you are epileptic).

Peppermint isn't really an oil for blending as it overpowers other oils.

PETITGRAIN

A sedative of the nervous system, its relaxing properties are an aid to anxiety when accompanied by rapid heart beat or insomnia. Seems to slow the body down, eases breathing and relaxes muscle spasm. Petitgrain is reputedly helpful with painful digestion by calming stomach muscles, when used in a massage blend and massaged into the stomach and back area.

Blends well with any other of the citrus oils, Cedarwood, Clary Sage, Geranium, Lavender, Palmarosa, Rosemary & Ylang Ylang.

PINE

Pine oil encourages the elimination of toxins from the skin, making it useful for clearing dull dry skin as well as acne. It improves oily scalp conditions, dandruff and seborrhea. As an insect repellent, it protects against bug bites. It also reduces excessive perspiration.

Pine oil is refreshing and revitalises a body and mind suffering from general malaise or mental fatigue. It restores strength after physical weakness or during convalescence. Very spiritually cleansing.

Blends well with Cedarwood, Clove, Cypress, Eucalyptus, Lavender, Marjoram, Niaouli, Peppermint, Rosemary, Tea Tree, Vetiver and some of the Citrus oils.



ROSEMARY

A warming, invigorating and stimulating oil. Helps to ease tired muscles and is great for clearing cluttered minds. Great to burn whilst revising or studying to help you concentrate and may even improve your memory!!

It improves circulation and can reduce the appearance of broken capillaries and varicose veins. Rosemary oil nourishes the scalp and keeps hair looking healthy and shiny.

(Not to be used if you are epileptic or have high blood pressure).

Blends well with Basil, all Citrus Oils, Black Pepper, Cedarwood, Frankincense, Geranium, Ginger, Juniper berry Peppermint & Tea Tree.



TEA TREE

Effective against bacteria, fungi and viruses. Known as an all-round 'First Aid' oil.

Clinical studies in Australia have shown that tea tree oil rivals benzoyl peroxide for effectiveness in fighting acne, but without causing dryness, itching, stinging, burning, redness of the skin or other side effects.

Men can prevent skin irritation from shaving and the infection of ingrown hairs by applying tea tree oil after shaving.

(Can cause skin sensitization on rare occasions).

Usually used alone or as the 'silent partner' (i.e. just a couple of drops) in massage blends to help fight infections etc without overpowering the whole blend.

VETIVER

The 'Oil of Tranquility' a grounding oil, helping to release mental and physical tensions. Excellent in muscle rub blends to ease muscular aches and pains. Can help to balance the emotions in cases of anger, jealousy, possessiveness and also depression.

Very balancing for male hormones and can help with over-angry or stressed out people, when used regularly in massage blend or in an inhalation / on a radiator diffuser.

Blends well with Frankincense, Myrrh, Geranium, Grapefruit, Lavender, Lemon, Rose, Patchouli, Ylang Ylang & Lemongrass.

YLANG YLANG

An aphrodisiac! Promotes positive emotions and is soothing in times of stress.

Helps to regulate the flow of adrenaline which can help to reduce stress, anger and panic. Antidepressant properties. It is also believed to help feelings of resentment, guilt and jealousy. It has a balancing effect on the hormones and is a tonic for the uterus when massaged in a blend onto the stomach and back area.

Blends well with Clary Sage in treating PMS and menopausal mood swings.

Recent research indicates that inhaling Ylang Ylang before the onset of a seizure may help control epilepsy.

Blends well with Citrus Oils (especially Lemongrass), Clary Sage, Geranium, Lavender, Lemon, Cedarwood, Vetiver & Frankincense.



SAFETY ADVICE & GUIDELINES FOR USING ESSENTIAL OILS

- Never take oils internally
 - Never use oils neat/undiluted on the skin
 - Avoid inhalation of oils if you are asthmatic
 - Keep away from children, pets and your eyes
- Do not use in conjunction with homeopathic products - the two can cancel the beneficial effects of one another
- Oils should not be used during pregnancy. Mandarin oil is the only oil considered to be safe for use in massage blends after the first trimester. Seek the advice of your doctor before using any products.
- If you have a medical condition you should seek the advice of a professional aromatherapist or your GP before using any oils.
 - Store oils away from direct sunlight, in a dark and cool place

