

## TEA TREE

*Melaleuca alternifolia*

This antiseptic oil is a must for your first aid kit! Treat minor cuts, abrasions, skin infections and fungal complaints. Good respiratory oil, use to relieve sinus and cold/flu symptoms. Excellent natural household disinfectant.

## VETIVER

*Vetiveria zizanioides*

The "tranquillity" oil. Great for burnout and exhaustion. Heals distressing states of mind. Use for PMS and as a hormonal booster. Good skin tonic for dry or mature skin.

## YLANG YLANG 1st

*Cananga odorata*

Seductive oil. Soothes anger and relieves depression. Reputed aphrodisiac if used in small amount, larger amounts will induce sleep. Use to lower high blood pressure. Good scalp oil, promotes healthy hair.

## HOW TO USE OUR ESSENTIAL OILS

Diffusion	5 - 10 Drops in a diffuser
Bath	6 - 10 Drops into milk, 15 mins max
Shower	3 - 5 Drops on cloth to damp body
Inhalation	2 - 5 Drops into a bowl of hot water
Massage	1 - 5 Drops per 10ml carrier oil
Roll on	6 Drops per 10ml bottle @ 3% dilution in carrier oil
Tissue	2 - 6 Drops on a tissue and inhale

## SAFETY CONSIDERATIONS

Essential oils are very potent and we advise you to seek the advice of a trained Aromatherapist for more indepth applications. Undiluted essential oils should not be taken internally or directly applied to the skin unless directed by a qualified practitioner or as per written instructions. Keep out of reach of children. Store in dark, cool place. If medical advice is needed have the container or label at hand and contact POISON CENTRE 0800 764 766

## ANY QUESTIONS?

Visit [www.lotusoils.co.nz](http://www.lotusoils.co.nz) to shop online and to see our full range of premium essential oils and synergy blends. If you are unsure how to use our products please visit our website and refer to our FAQs or feel free to give us a call on 0800 132 075.

This is a sheet of suggestions and no claims about the oils are being made by Lotus Oils Ltd or Staff. Disclaimer. As the ordinary or otherwise use of these products is outside the control of Lotus Oils, no representative or warranty, expressed or implied is made as to the effect(s) of such uses including damage or injury or the results obtained. Lotus Oils Ltd expressly disclaims responsibility as to the ordinary or otherwise uses, furthermore nothing contained herein should be considered as a recommendation by Lotus Oils Ltd as to the fitness of use. The liability of Lotus Oils Ltd is limited to the value of the goods and does not include any consequential losses.

## ABOUT US

*Our ethos in life is to be creative, experiment, have fun and impart knowledge and life experience onto others. We are always learning and evolving.*

Lotus Oils is a family owned and operated business in Central Hawke's Bay specialising in quality 100% pure essential oils and blends. We also supply raw materials and cosmetic containers for skincare and soap, focusing on plantbased, 100% natural products.



## OUR SOURCING

Our products come from countries where native plants and trees grow best climatically and seasonally to bring you the highest quality essential oils and raw materials possible.

## OUR MISSION

Our mission is to help you harness the power of nature, by sourcing the amazing products nature has created. We are firm supporters of embracing sustainability and natural products for our health and wellness.

We strive to supply the highest quality natural products and to use New Zealand sourced products where we can.

## CONTACT US

298 Lindsay Road  
Waipukurau, Hawke's Bay, 4283  
sales@lotusoils.co.nz  
+64 6 858 8954  
0800 132 075

Visit [www.lotusoils.co.nz](http://www.lotusoils.co.nz) to shop online, sign up to our newsletter to receive special offers and news.

 /lotusoils

 @lotus.oils

[www.lotusoils.co.nz](http://www.lotusoils.co.nz)



lotus  
SIMPLY NATURAL

PURE + NATURAL

## Essential Oils

Harness the power of nature with our finely curated range of botanical essential oils. Our 100% pure & natural Essential Oils garner ancient traditions that benefit us in modern day therapeutic uses.



This brochure is made from 100% recycled paper.

Welcome to a brief introduction on the most popular botanical essential oils from our range. To see our full range of products and for more detailed product descriptions please visit [www.lotussoils.co.nz](http://www.lotussoils.co.nz)



MOTHER SAFE



AVAILABLE IN ORGANIC

### BASIL

*Ocimum basilicum*

Mentally stimulating oil, which could assist concentration and reduce fatigue. Used to aid decision making and may relieve symptoms of bronchitis, coughs, colds, headaches and muscular aches. **USE SPARINGLY**

### BAY

*Pimenta racemosa*

Antiseptic, uplifting oil. Used by the Ancient Romans as a symbol of wisdom and peace! Stimulating in small doses, sedating in larger doses. Good appetite stimulant. Discourages hair loss and stimulates the scalp. Pleasing fragrance around the home. **USE SPARINGLY.**

### BERGAMOT

*Citrus bergamia*

Uplifting oil. Balances the emotions. Antidepressant. Aids composure in a crisis. Relieves PMT. Boosts the immune system. Use to treat oily, acne skin. **AVOID EXPOSURE TO SUN.**

### BIRCH TAR

*Betula pendula twig oil*

Typically used for its antimicrobial properties. **DO NOT USE ON SENSITIVE SKIN.**

### CARDAMOM

*Elettaria cardamomum*

Uplifting and refreshing oil. Eases nervous tension and mental fatigue. Warms the senses. Helps nausea and digestive complaints, particularly those caused by nervousness. Strongly scented. **USE SPARINGLY.**



## SUSTAINABLE

We strive to manage an ongoing commitment to follow sustainable habits and methods of working. To achieve our goals, we have created a Sustainability Policy described on our website here [lotussoils.co.nz/sustainability](http://lotussoils.co.nz/sustainability)



### CARROT SEED

*Daucus carota*

Cleansing oil. Relieves weakness and exhaustion. Excellent blood and liver detoxifier. Good for arthritis, oedema and rheumatism. Improves skin complexion and tone, especially mature skin types. Useful in the treatment of eczema and psoriasis. **USE SPARINGLY**

### CEDARWOOD

*Cedarus deodorata*

Balancing and grounding oil. Promotes spiritual connection. Eases nervous tension and anxiety. Restores calm. Helps relieve bronchial complaints. Use to treat oily skin, acne and eczema.

### CHAMOMILE GERMAN

*Matricaria chamomilla*

Balancing oil. Best choice as an anti-inflammatory. Very good for irritated skin and treating menstrual pain and menopausal complaints.

### CHAMOMILE ROMAN

*Anthemis nobilis St*

Gentle and versatile oil. Recommended for children. Antidepressant. Anti-inflammatory. Use for insomnia, headaches and inflamed skin complaints. **USE SPARINGLY.**

### CINNAMON LEAF

*Cinnamomum zeylanicum*

Warming oil. Helps treat exhaustion and debility. Fights flu, coughs, colds and viral infections. **DO NOT USE ON SKIN. BURNER OIL.**

### CITRONELLA

*Cymbopogon nardus*

Powerful, natural deodorizer. Renowned insect repellent. Most

commonly used in a burner to keep away mosquitoes.

### CLARY SAGE

*Salvia sclarea*

Euphoric and sedating oil. Promotes strong dream recall. Use to regulate hormonal imbalance. Relaxes muscles and strengthens the kidneys. **DO NOT DRINK ALCOHOL OR DRIVE AFTER MASSAGE.**

### CLOVE BUD

*Syzygium aromaticum*

Stimulating oil. Anti-rheumatic, excellent for arthritis in a massage blend. Powerful pain reliever. Use to relieve toothache. Spicy oil, good as a room refresher. **USE SPARINGLY.**

### CYPRESS

*Cupressus sempervirens*

Strengthening oil. Helpful in times of crisis. Eases sadness and grief. Gives strength during separation. Good for life transitions. Use to treat varicose veins, broken capillaries, cellulite and fluid retention.

### EUCALYPTUS

*Eucalyptus globulus*

Decongestant oil. Invigorating. Wonderful for winter coughs, colds and respiratory complaints. Antiseptic. Commonly used as a domestic disinfectant or insect repellent.

### FENNEL SWEET

*Foeniculum vulgare*

The 'hangover' oil. It also relieves stomach upsets, helps release toxins and fluid retention from the body. Traditionally used for obesity. Use for hormonal imbalance. **USE SPARINGLY**

### FRANKINCENSE

*Boswellia carteri*

The "letting go" oil. Releases fears and negative influences. Aids meditation and enhances spiritual awareness. Rejuvenating skin tonic, particularly for dry or mature skin. Helpful for respiratory complaints and lethargy.

### GERANIUM BOURBON

*Pelargonium graveolens*

Balancing and stabilising oil. Like Bergamot, Geranium can relax or stimulate depending on the individuals needs. Enhances positivity, communication and humour. Use for menopause, PMT, fluid retention and hormonal imbalance.

### GINGER

*Zingiber officinale*

Warming and fortifying oil for the body and mind. Grounding. Enhance memory. Powerful nerve tonic. Soothes digestive

disturbances. Helpful for poor circulation, arthritic and muscular complaints. Also good for nausea and travel sickness.

### GRAPEFRUIT

*Citrus paradisi*

A sunny oil. Gently releases stored anger and promotes positivity. Use in a massage blend to relieve fluid retention or cellulite. Stimulating on the digestive system.

### JASMINE ABSOLUTE

*Jasminum grandiflorum*

Sensuous and romantic oil. Use to uplift the mind and spirit. Promotes self-confidence and releases inhibitions. Great woman's oil, invaluable in childbirth, treating postnatal depression and hormonal imbalances.

### JUNIPER BERRY

*Juniperus communis*

Powerful cleansing and detoxifying oil. Clears negative energy. Diuretic. Relieves urinary infections. Helpful with loss of appetite. Relieves aching joints.

### LAVENDER NZ

*Lavendula grosso*

The most versatile and widely used oil, a first-aid kit in a bottle! Relaxes, soothes and heals. Excellent for treating burns and scarring, insomnia, headaches, inflammation, coughs and colds. Boosts the immune system. Good room odouriser and insect repellent.

### LEMON

*Citrus limonum*

Uplifting and fortifying oil. Relieves mental fatigue. Provides courage for goal setting. Use for tissue toning and to strengthen when convalescing. **DO NOT USE BEFORE EXPOSURE TO SUN.**

### LEMONGRASS

*Cymbopogon flexuosus*

An energising oil. Use in a burner to remove negativity from room. Relieves anxiety and exhaustion. Helps tone muscles, relieve sprains, strains and torn ligaments. Good all over body tonic.

### LOTUS ABSOLUTE

*Nymphaea capensis*

Beautiful fragrance, mainly spiritual use as helps open crown chakra. Believed to attract good fortune and increase magical powers. Good for self acceptance and self confidence. Use in menopause.

### MANDARIN

*Citrus madurensis*

The "childrens" oil. Clears anxiety and gently uplifts. Mildly sedative. Gentle on upset digestive systems.

### MANUKA NZ

*Letospermum scoparium*

Antiseptic with soothing aroma. For wounds, acne, boils, ulcers, bedsores and skin infections. Fungicidal used for treating thrush and ringworm. Pain relief for arthritic conditions, aches and pains.

### MARJORAM

*Marjorana hortensis*

A warming oil. Powerful relaxant. Relieves anxiety and loneliness. Calms shock. Use for muscular spasms, sprains and strains. **USE SPARINGLY.**

### MAY CHANG

*Litsea cubeba*

Most renown as heart and respiratory tonic. Reduces high blood pressure. Very uplifting and stimulating. Good for acne and indigestion.

### MYRRH

*Commiphora myrrha Africa.*

A releasing oil. Allows you to move forward. A drying oil, excellent for treating persistent respiratory complaints. Good for treating wet skin infections like athlete's foot and ringworm.

### MYRTLE

*Myrtus communis*

The "clearing out" oil. Clears out on all levels. Cleanses and uplifts the spirit. Good for urinary infections and respiratory conditions. Its low irritability makes it suitable for children.

### ORANGE SWEET

*Citrus sinensis*

The "happy" oil. Induces joy and communication. Dispels anxiety and fear and settles the nerves. Aids indigestion and balances bowel movements. Good for dry or irritated skin.

### PALMAROSA

*Cymbopogon martinii*

Wonderful skin oil. Stimulates skin regeneration. Use to treat skin infections in a dilution no more than 3% to carrier oil.

### PATCHOULI

*Pogostemon cablin*

Lovely scented eastern oil. Helps relieve anxiety and uplift the spirit. Low dose stimulating, high dose sedating. Reputed aphrodisiac. Use for treating thinning hair and dandruff.

### PEPPER BLACK

*Piper nigrum*

A warming oil on all levels. Excellent for relieving colds, chills and muscular aches, pains and arthritic complaints. Use for severe bruising. Blends well with Ylang Ylang. **USE SPARINGLY**

### PEPPERMINT

*Mentha piperita*

A cooling oil. Clears the head. Excellent in a massage blend to cool down the body. Gives relief from travel sickness, nausea, fatigued muscles, sinus, headaches and flatulence.

### PETITGRAIN

*Petitgrain bigarade*

The poor man's Neroli! Calms and balances the overburdened nervous system. Good oil for convalescence. Use to treat oily skin conditions and excessive perspiration.

### PINE SCOTCH

*Pinus sylvestris*

Antiseptic oil. Use for bronchial complaints. Good expectorant when used in steam inhalation or diffusers. Also helpful for arthritic complaints. **MAY IRRITATE SENSITIVE SKIN.**

### ROSE ABSOLUTE

*Rosa centifolia*

The Queen of the oils! Warming (especially the heart) and embracing. Comforting on all levels. Excellent for treating all woman's complaints including PMT, grief, frigidity and stress related complaints. Beautiful fragrance.

### ROSEMARY

*Rosmarinus officinalis*

The "remembrance" oil. Stimulant for the mind and body. Will wake you up. Helps memory recall, apathy and mental fatigue. Helpful for treating migraines, low blood pressure and palpitations. Blends well with Basil. **DO NOT USE WITH HIGH BLOOD PRESSURE OR EPILEPSY.**

### SAGE

*Salvia officinalis*

The Native Americans use this astringent herb extensively to cleanse homes and auras. Use in a burner. **USE SPARINGLY. DO NOT USE WITH HIGH BLOOD PRESSURE OR EPILEPSY.**

### SANDALWOOD

*Santalum Spicatum*

The "courage" oil. Elevating. Protects and strengthens. Helps restore balance. Use to treat urinary tract infections and skin problems. Relieves dry coughs. Reputed aphrodisiac.

### SPEARMINT

*Mentha spicata*

Similar to Peppermint, but milder, making it better suited to pregnancy or children. Wonderful for relieving nausea, vomiting, digestive disorders and respiratory condition.