Origins of Aromatherapy

For thousands of years ancient cultures including the Greeks, Egyptians and Chinese have known of the beneficial properties of certain aromatic plants. Precious plants were burned in rituals, or used in preparations for healing and beauty.

The experiments of French chemist René Gattefossé in the 1920’s led to the development of Aromatherapy as the modern art and science of using natural aromatic essences. These essential oils are extracted from select plants to balance, harmonise and promote the health of body, mind and spirit.

Essential oils are natural aromatic chemicals that readily evaporate. These molecules can enter the body through 3 main pathways:

- **Nose** - When an essential oil is inhaled, molecules are absorbed into the nasal cavity and the olfactory bulb (the part of the brain involved in the sense of smell).
- **Lungs** - Inhaling essential oils also send molecules into the lungs, which then pass into the bloodstream.
- **Skin** - When essential oils are applied to the skin, their healing components are absorbed into the bloodstream through the pores and hair follicles.

Why do some essential oils cost so much?

It takes approximately 20,000 Bulgarian roses to produce just 10ml of pure essential oil.

For this reason, Gumleaf Essentials offer Rose as a dilution of 3% in Jojoba (a liquid plant wax with a long shelf life). Due to their extremely high price and low yield, other diluted oils are Australian Sandalwood, Chamomile, Jasmine, Melissa and Neroli.

Extracting the oils

Gumleaf Essentials citrus essential oils are all obtained by cold-press extraction. The application of pressure without external heat maintains natural qualities of the oil.

Gumleaf Essentials Sweet Orange, Grapefruit, Lemon and Mandarin oils are sourced directly from Mildura’s orchards in regional Victoria.

Most other essential oils are obtained via steam distillation. For the most delicate of flowers (Rose, Jasmine and Melissa) a gentle ethanol extraction process is used instead.

What is the difference between fragrant and essential oils?

True Essential oils are completely botanically derived. Essential oils are harvested by farmers and growers across the globe. The oil is extracted from only plant matter (leaves, wood, peel, flowers, seeds or roots) using methods such as cold pressing or steam distillation. Essential oils are traditionally used for their therapeutic benefits and emotional properties.

Fragrant oils are synthetically made using a combination of manufactured and natural components. This allows for the creation of far more complex and stable scents. It is possible to formulate aromas that cannot be derived naturally, such as ‘Seabreeze’, ‘Pear’ and complex perfumes. However, fragrant oils have none of the benefits of essential oils.

How essential oils enter the body

Essential oils are natural aromatic chemicals that readily evaporate. These molecules can enter the body through 3 main pathways:

- **Nose** - When an essential oil is inhaled, molecules are absorbed into the nasal cavity and the olfactory bulb (the part of the brain involved in the sense of smell).
- **Lungs** - Inhaling essential oils also send molecules into the lungs, which then pass into the bloodstream.
- **Skin** - When essential oils are applied to the skin, their healing components are absorbed into the bloodstream through the pores and hair follicles.
Using essential oils around the home

**Diffusion** through the air using an ultrasonic diffuser or oil burner is one of the most effective ways to scent the home or workplace.

Essential oils can be sprinkled over plain incense or **dried botanicals** like pine cones, seed pods and whole spices.

You can create your own **mist spray** using a recipe of oil/vodka/water in a ratio of 1:30:50. **Gumleaf Essentials** also offer a range of ready made Aromatherapy Room Sprays.

A couple drops of Lavender oil on your **pillow** can calm the mind before sleep.

Using essential oils in the bath

Remember that essential oils are extremely potent and should always be diluted before use.

Warm water relaxes and soothes muscles, and opens your pores. For an **aromatherapy bath**, dilute 3-6 drops of essential oil in a tablespoon of dispersing agent such as sweet almond oil or full fat milk. Sprinkle the mixture over the bath water and agitate.

Here are some other indulgent ways to incorporate aromatherapy with your bathing ritual that you may not be aware of: **herbal bath infusions** with dried or fresh botanicals, **fizzing bath bombs**, **moisturising bath melts**, soothing **epsom salts**, and shallow **foot or hand baths**.

**Gumleaf Essentials** offers a range of **Bath Soaks** combining epsom and sea salt. Our three unique salt combinations are scented with our signature essential oil blends and enhanced with other beneficial botanical and mineral ingredients such as kaolin clay, green tea and hibiscus.

Using essential oils for the body

Remember that essential oils are extremely potent and should always be **diluted before use on the skin**.

**Topical** application through massage oils, creams and lotions allow the oils to be absorbed into the skin. Common carrier oils are sweet almond, jojoba and coconut. Remember a little goes a long way (0.5% - 2.0% concentration is recommended).

**Pulse points** are areas of the body where the blood vessels are closer to the skin so oils are absorbed faster. **Gumleaf Essentials Pulse Point Rollers** are a ready-to-use travel size topical essential oil blend safely diluted with fractionated coconut and jojoba carrier oils.

You can wear your favorite essential oils throughout the day by adding drops of oil to **aromatherapy jewellery** like necklaces or bracelets which use porous stone or wood to absorb the oils.

Eucalyptus and tea tree oils are ideal for **steam inhalation**. Add 3-5 drops to a large bowl of boiled water, cover head with a towel and breathe through the nose. Keep eyes closed. Not recommended for those suffering from asthma.

Using essential oils internally

While all of our essential oils are 100% pure, and many of our essential oils meet food grade standards, **internal use is not advised** unless under the consultation of a health professional or aromatherapist. In Australia, you need to have an **Advanced Diploma in Aromatic Medicine** to prescribe ingestion of essential oils. To not hold such a qualification, and to still advise on ingestion of essential oils, can put the prescriber at risk of litigation.

Some essential oils can irritate the gastrointestinal lining. Additionally, digestive enzymes can destroy some of the essential oil constituents, rendering the oil ineffective. Essential oils are not water-soluble, therefore it not suitable to dilute them in water.
Aromatherapy recipes to try

Create your very own pampering bath and bodycare products with these simple recipes using all-natural ingredients.

Bath Infusion

Try this mixture of herbs and flowers in your bath for an extra therapeutic experience.

METHOD:

1. In a teapot, brew 1 tbsp each of your chosen fresh or dried herbs (2 or 3 would be sufficient) for 10 minutes in 500ml of boiling water.
2. Strain and add infusion liquid to bath and bathe as usual.

INGREDIENTS:
Dried or fresh botanicals -
• Arnica
• Calendula
• Chamomile
• Comfrey
• Jasmine
• Lavender
• Lemon Balm
• Peppermint
• Rosemary
• Rose petals
• Thyme

Compresses

HOT for sore muscles and joints, arthritis.
COLD for sport injuries, eye strain, headache.

INGREDIENTS:

Hot Compress
• Ginger
• Cypress
• Juniper
• Pine
• Lavender

Cold Compress
• Peppermint
• Eucalyptus
• Neroli
• Lavender

METHOD:

1. Add 3-4 drops of your chosen essential oil (see above lists) to a shallow bowl of hot or cold water.
2. Disperse well. Soak a flannel, wring out well and apply to relevant part of the body.
3. Repeat 3 times after the compress reaches body temperature.

Body scrub

Great for boosting circulation and removing dead skin cells. Gently massage scrub into clean skin then rinse off with warm water.

INGREDIENTS:

• 1 tbsp rolled oats
• 1 tsp dried lavender flowers
• 2 tbsp sweet almond oil
• 4 drops Lavender Essential oil
• 4 drops Chamomile Roman Essential oil

METHOD:

1. Grind oats and flowers in a mortar & pestle until powdered.
2. Mix all oils together.
3. Mix oats, flowers and oils together until they form a paste. Store in a sterilised jar for up to 3 months.

Using essential oils safely

Some essential oils have properties that require caution to be exercised. Always read the label before using any essential oil, especially if you have a medical condition.

• Always keep essential oils out of reach of children.
• Keep essential oils in tinted glass bottles away from direct sunlight and sources of heat.
• Generally do not apply essential oils undiluted on the skin. One exception is the occasional use of neat Lavender - French.
• Citrus essential oils such as Bergamot are phototoxic - application to the skin may increase sensitivity to sunlight and cause unsightly pigmentation.
• Epilepsy sufferers should avoid Lavender Spike, Fennel, Rosemary and Sage as these oils could trigger a seizure.
• Some oils can cause skin irritation to people with sensitive skin. If in doubt, or you suffer from allergies, always perform a patch test first.
• During pregnancy, there are many oils that you should avoid entirely. Any essential oils chosen should be used in half the usual stated amount. Gumleaf Essentials Motherhood blend was developed as a safe option for expectant mums.
• Massage for babies, toddlers and children:
  Newborn to 3 months - No essential oils should be used on the skin. Use olive oil only for massage.
  3 to 6 months - Use only Lavender (French) and Chamomile (Roman). 1-2 drops in 30ml (2 tbs) of sweet almond, olive or coconut carrier.
  6 to 12 months - Use only Lavender (French) and Chamomile (Roman), Mandarin, Neroli or Rose. 4 drops in 30ml (2 tbs) of sweet almond, olive or coconut carrier.
  1 to 6 years - Most essential oils are suitable at 1% dilution (8 drops in 30ml). Avoid using Aniseed, Basil, Cardamom, Cinnamon, Clove, Fennel, Lemongrass, May Chang.
• Avoid prolonged use of the same essential oil (daily for more than 3 months) as there is a slight risk of developing a sensitivity to that oil.
• People suffering from high blood pressure should avoid rosemary, sage and thyme - these are hypertensive oils.
Further Reading
If you are interested in learning more about essential oils and aromatherapy, these books are highly recommended and have been consulted extensively in the development of this booklet.

• “Essential Oils” - Neal’s Yard Remedies Covent Garden. 2016 (available for purchase)
• “The Fragrant Pharmacy” - Valerie Ann Worwood. 1991 (available for purchase)
• “Essential Oil Safety” - Robert Tisserand. 2014
• “The Aromatherapy Bible” - Gill Farrer-Halls. 2009

Why are our essential oils cheaper than some other brands?
Other overseas brands often operate as pyramid or multi-level marketing schemes, which in turn, over inflate retail prices. We at Buckley & Phillips conduct yearly price reviews that keep up with fluctuations in the market, so you can be assured that you are getting the best value for money every time you choose our essential oils.

We’ve been in business for nearly 50 years and we have strong long term working relationships with our suppliers.

Essential Oils are a core ingredient in our product ranges allowing us to buy in bulk.

Our ethos is based on making the finest quality products without costing the earth.

Are our essential oils therapeutic grade?

“Therapeutic Grade” is a somewhat misleading term since there is no government agency or independent organisation that provide a standardised grading system for essential oils.

Whilst some other companies state that their oils are “Therapeutic Grade” - this is nothing more than a registered marketing term.

We take the quality of our essential oils very seriously. All of Gumleaf Essentials essential oils are stringently tested via gas chromatography, optical rotation, refractive index, specific gravity, and colour & odour profile.

This ensures that each oil has been tested and certified as “True to Botanical”, pure and free from adulteration.

Exploring Further
If you are interested in learning more about essential oils and aromatherapy, these books are highly recommended and have been consulted extensively in the development of this booklet.

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• “The Fragrant Pharmacy” - Valerie Ann Worwood. 1991 (available for purchase)
• “Essential Oil Safety” - Robert Tisserand. 2014
• “The Aromatherapy Bible” - Gill Farrer-Halls. 2009

How can you be sure an essential oil is pure?

There is a lot of misinformation concerning essential oils and claims about purity.

Some other companies add synthetic ingredients to boost the strength or a certain characteristic of an essential oil.

Sometimes expensive essential oils are adulterated with natural components from inexpensive oils to bring the price down.

These impurities can be hard to detect. The only way to be sure of an oil’s purity is through rigorous independent testing.

To verify our claims of purity and quality, scientific test results of our oils are available to view on our website.
Buckley & Phillips are one of Australia’s most reputable suppliers of essential oils, with our Gumleaf Essentials range having been in production since the 1970’s. These essential oils are the finest quality available and have undergone stringent testing via gas chromatography, optical rotation, refractive index, specific gravity, colour profile and odour profile. Certified as true to botanical and 100% pure & natural. Supplied in no-mess 10ml dripper bottles. Ideal for use in oil burners, vaporisers, baths or diluted with carrier oils for massage. Also available in 100ml, 500ml and 1kg bulk volumes on request.

Accredited by PETA & CCF as cruelty free.

**Essential Oil Categories:**

**TOP NOTES** - to refresh, uplift and stimulate. High evaporation rate.

**MID NOTES** - to balance, stabilise & harmonise. Moderate evaporation rate.

**BASE NOTES** - To relax, strengthen and calm. Slow evaporation rate.

Exercise caution with oils that have these symbols:

- Application to the skin may increase sensitivity to sunlight.
- Possible irritant to sensitive skin.
- Avoid use during pregnancy.
- Epilepsy sufferers should avoid these oils.
Eucalyptus

**PROPERTIES:** Refreshing and stimulating.

**BLENDS WITH:** marjoram, lemon myrtle, lavender

**EXTRACTION:** Steam distillation

**NOTE:** top SOURCE: leaves

**ORIGIN:** Australia

**BLENDS WITH:** lavender, geranium, jasmine

**PROPERTIES:** Balancing, euphoric and relaxing. Commonly used to repel insects.

**SOURCE:** leaves

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Clove Bud

**PROPERTIES:** Balancing, euphoric and refreshing.

**BLENDS WITH:** rosemary, fennel, pine

**EXTRACTION:** Steam distillation

**NOTE:** top SOURCE: flowers tops

**ORIGIN:** Indonesia

**BLENDS WITH:** orange, cinnamon, sandalwood

**PROPERTIES:** Warming, positive and stimulating. Commonly used to prevent mould growth.

**SOURCE:** flowers tops

---

Fennel

**PROPERTIES:** Warming and grounding.

**BLENDS WITH:** rose, juniper, aniseed

**EXTRACTION:** Steam distillation

**NOTE:** top SOURCE: leaves

**ORIGIN:** Australia

**BLENDS WITH:** eucalyptus, sandalwood

**PROPERTIES:**有助于浓度和清醒。帮助消除疲劳，聚焦并清理思维。

**SOURCE:** leaves

---

Frankincense

**PROPERTIES:** Uplifting and purifying.

**BLENDS WITH:** fennel, eucalyptus, sandalwood

**EXTRACTION:** Steam distillation

**NOTE:** mid SOURCE: leaves

**ORIGIN:** Australia

**BLENDS WITH:** rosewood, palmarosa, geranium

**PROPERTIES:** 清新和舒缓。增强自信和乐观。

**SOURCE:** leaves

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Ginger

**PROPERTIES:** Warming and strengthening.

**BLENDS WITH:** clove, patchouli, cinnamon

**EXTRACTION:** Steam distillation

**NOTE:** mid SOURCE: root

**ORIGIN:** Australia

**BLENDS WITH:** lemon, rose geranium, rosemary

**PROPERTIES:** 温和地帮助与压力和焦虑。避免使用与那些有肾病的人。

**SOURCE:** root
**Lemongrass (Cymbopogon flexuosus)**
- **Properties:** Uplifting and calming.
- **Blends with:** rose, lavender, geranium.
- **Origin:** UK.
- **Extraction:** Ethanol extraction.
- **Note:** Top source: leaves. Leaves and flowers.

**Myrrh (Commiphora myrrha)**
- **Properties:** Meditative and soothing. Inspires peace and tranquility. Eases uncertainty.
- **Blends with:** patchouli, sandalwood, frankincense.
- **Origin:** India.
- **Extraction:** Steam distillation.
- **Note:** Mid source: gum resin.

**Palo Santo (Bursera graveolens)**
- **Properties:** Balancing, calming and grounding. Helps with creativity and meditation. Traditionally used in ceremonial cleansing.
- **Blends with:** cedarwood, frankincense, rose.
- **Origin:** Ecuador.
- **Extraction:** Steam distillation.
- **Note:** Mid source: wood.

**Lime (CITRUS AURENTOIDES)**
- **Properties:** Energizing and reviving. Helps with studying and meditation. Commonly used to repel insects.
- **Blends with:** basil, bergamot, geranium.
- **Origin:** India.
- **Extraction:** Steam distillation.
- **Note:** Mid source: peel.

**Neroli (Citrus aurantium)**
- **Properties:** Uplifting and calming. Promotes creativity and focus.
- **Blends with:** patchouli, sandalwood, frankincense.
- **Origin:** India.
- **Extraction:** Steam distillation.
- **Note:** Mid source: flowers.

**Patchouli (Pogostemon cablin)**
- **Properties:** Comforting and warming. Helps to reduce stress, sadness and anxiety.
- **Blends with:** lavender, ylang ylang, lemon.
- **Origin:** Egypt/Morocco.
- **Extraction:** Steam distillation.
- **Note:** Mid source: leaves.

**Mandarin (Citrus reticulata)**
- **Properties:** Uplifting and stimulating. Inspires creativity and enthusiasm.
- **Blends with:** neroli, grapefruit, chamomile.
- **Origin:** Australia.
- **Extraction:** Cold pressed.
- **Note:** Mid source: peel.

**Nutmeg (MYRISTICA FRAGRANS)**
- **Properties:** Refreshing and soothing. Helps to reduce stress, sadness and anxiety.
- **Blends with:** orange, geranium, clary sage.
- **Origin:** Indonesia.
- **Extraction:** Steam distillation.
- **Note:** Top source: seeds.

**Peppermint (Mentha eugeniae)**
- **Properties:** Refreshing and stimulating. Helps with alertness, fatigue and assertiveness.
- **Blends with:** lavender, lemon, spearmint.
- **Origin:** Paraguay.
- **Extraction:** Steam distillation.
- **Note:** Top source: leaves.

**Marjoram (Origanum marjorana)**
- **Properties:** Uplifting and calming. Helps to reduce stress, sadness and anxiety.
- **Blends with:** lavender, ylang ylang, clary sage.
- **Origin:** Australia.
- **Extraction:** Cold pressed.
- **Note:** Top source: flowers.

**Petitgrain (Citrus aurantium)**
- **Properties:** Refreshing and harmonising. May help with anger, meditation and sleeplessness.
- **Blends with:** bergamot, orange, clary sage.
- **Origin:** Paraguay.
- **Extraction:** Steam distillation.
- **Note:** Top source: leaves.

**May Chang (Litsea cubeba)**
- **Properties:** Refreshing and soothing. Helps to reduce stress, sadness and anxiety.
- **Blends with:** lavender, ylang ylang, lemon.
- **Origin:** Indonesia.
- **Extraction:** Steam distillation.
- **Note:** Mid source: leaves, flowers.

**Rose (3% in Jojoba) (Rosa damascena)**
- **Properties:** Energizing and reviving. Helps with stress, insecurity and anxiety.
- **Blends with:** bergamot, orange, clary sage.
- **Origin:** Paraguay.
- **Extraction:** Steam distillation.
- **Note:** Mid source: flowers.

**Rose Geranium (Pelargonium graveolens)**
- **Properties:** Balancing and uplifting. May help with anxiety, intimacy and sleeplessness. Commonly used to repel insects and vermin.
- **Blends with:** bergamot, orange, clary sage.
- **Origin:** Paraguay.
- **Extraction:** Steam distillation.
- **Note:** Mid source: leaves, flowers.

**Melissa (3% in Jojoba) (Melissa officinalis)**
- **Properties:** Energizing and reviving. Helps with stress, insecurity and anxiety.
- **Blends with:** bergamot, orange, clary sage.
- **Origin:** Paraguay.
- **Extraction:** Cold pressed.
- **Note:** Mid source: leaves.

**Orange (Sweet Australian) (Citrus sinensis)**
- **Properties:** Uplifting and stimulating. Inspires creativity and enthusiasm.
- **Blends with:** basil, lavender, pine.
- **Origin:** Australia.
- **Extraction:** Cold pressed.
- **Note:** Top source: fruit, leaves.

**Orange (Bitter) (Citrus aurantium)**
- **Properties:** Uplifting and stimulating. Inspires creativity and enthusiasm.
- **Blends with:** basil, lavender, pine.
- **Origin:** Brazil.
- **Extraction:** Cold pressed.
- **Note:** Top source: flowers.

**Petitgrain (Sweet) (Citrus aurantium)**
- **Properties:** Refreshing and harmonising. May help with anger, meditation and sleeplessness.
- **Blends with:** bergamot, orange, clary sage.
- **Origin:** Paraguay.
- **Extraction:** Cold pressed.
- **Note:** Top source: leaves.

**Rosemary (Rosmarinus officinalis)**
- **Properties:** Uplifting and calming. Encourages a positive outlook. May help deal with sorrow.
- **Blends with:** rose, lavender, geranium.
- **Origin:** Spain.
- **Extraction:** Cold pressed.
- **Note:** Top source: leaves.

**Lemon Balm (Melissa officinalis)**
- **Properties:** Uplifting and calming. Encourages a positive outlook. May help deal with sorrow.
- **Blends with:** rose, lavender, geranium.
- **Origin:** UK.
- **Extraction:** Ethanol extraction.
- **Note:** Top source: leaves.
**Rosewood (Peruvian) (Oxidopyrus breyniana)**

- **Properties:** Strengthening and cleansing.
- **BLENDS WITH:** geranium, lavender, rosewood
- **ORIGIN:** Peru
- **EXTRACTION:** steam distillation
- **NOTE:** base

**Sandalwood (Peruvian) (Persea canadensis)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** sage, juniper, lavender, rosewood
- **ORIGIN:** Peru
- **EXTRACTION:** steam distillation
- **NOTE:** base

**Tea Tree (Australian) (Melaleuca alternifolia)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** rose, patchouli, frankincense
- **ORIGIN:** Australia
- **EXTRACTION:** steam distillation
- **NOTE:** base

**Vetiver (Haitian) (Vetiveria zizanioides)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** rose, patchouli, frankincense
- **ORIGIN:** Haiti
- **EXTRACTION:** steam distillation
- **NOTE:** root

**Ylang Ylang (Cananga odorata)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** lavender, rosewood, sandalwood
- **ORIGIN:** Madagascar
- **EXTRACTION:** steam distillation
- **NOTE:** flowers

**Chamomile (German) (Matricaria chamomilla)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** rose, patchouli, frankincense
- **ORIGIN:** Germany
- **EXTRACTION:** steam distillation
- **NOTE:** flowers

**Lavender (French) (Lavandula angustifolia)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** geranium, rosemary, thyme
- **ORIGIN:** France
- **EXTRACTION:** steam distillation
- **NOTE:** flowers

**Tea Tree (European) (Lemon scented) (Leptospermum petersonii)**

- **Properties:** Calming and harmonising.
- **BLENDS WITH:** rose, juniper, eucalyptus
- **ORIGIN:** Australia
- **EXTRACTION:** cold pressed
- **NOTE:** leaves, flower tops
A synergy of scents

We offer a range of unique essential oil blends designed specifically for ease of use, containing 100% pure and certified essential oils.

Our 30 diverse and synergistic blends utilise carefully selected essences working in harmony to promote physical and emotional wellbeing.

Supplied in no-mess 10ml dripper bottles. Ideal for use in oil burners, vaporisers, baths or diluted with carrier oils for massage.

Also available in 100ml, 500ml and 1kg bulk volumes on request.
- Pure Essential Blends -

<table>
<thead>
<tr>
<th>Blend</th>
<th>Notes</th>
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| **Relaxing**   | Lavender (French), Cedarwood, Geranium, Frankincense  
May have a calming effect on the mind and body and help to balance moods and relieve anxiety. |
| **Sleep Soundly** | Lavender (French), Sweet Orange, Marjoram, Ylang Ylang  
May help relax and relieve mental tension aiding the onset of the sleep cycle. |
| **Resilience** | Bitter Orange, Neroli, Petitgrain, Mandarin, Rose Geranium, Peru Balsam, Vetiver  
May help overcome fear, deal with fatigue, and maintain inner strength during life's difficult challenges. |
| **Soothing** | Sweet Orange, Cedarwood (Atlas), Tangerine, Patchouli, Palmarosa, Sandalwood (Aust)  
A gentle blend of warm citrus and wood oils that calm the mind and uplifts the spirits. |
| **Stress Less** | Lemon, Sweet Orange, Marjoram, Ylang Ylang, Lavender (French), Cedarwood (Virginian)  
May gently sedate and calm the nerves, helping to promote a sense of comfort and harmony. |
| **Study**      | Lemongrass, Basil, Frankincense, Rosewood, Peppermint  
A stimulating blend to help improve mental clarity, focus and overcome weariness during study and exams. |
| **Tranquility** | Sweet Orange, Lavender (French), Patchouli, Lime, Geranium, Aniseed  
May soothe tension, ease emotional stress and encourage a sense of wellbeing and tranquility. |
| **Soothing**   | Lavender (French), Cedarwood, Geranium, Frankincense  
May have a calming effect on the mind and body and help to balance moods and relieve anxiety. |
| **Work Well**  | Grapefruit, Lavender (French), Cypress, Bergamot  
May aid concentration and creativity in the work place and relieve mental and nervous tension. |

- Essential Oil -

**Pulse Point Rollers**

6 unique blends diluted for topical application

**Therapy on the go**

Gumleaf Essentials Pulse Point Rollers are a ready-to-use topical oil blend in a convenient travel size. Enjoy our most popular aromatherapy essential oil blends wherever you are.

Available in a selection of 6 essential oil blends containing 100% pure and certified essential oils, safely diluted in Fractionated Coconut and Jojoba carrier oils.

Beautifully boxed and supplied with a detailed information leaflet to help you to get the greatest benefit from our topical blends.

### EASY BREATHE

Eucalyptus (Blue mallee), Rose, Jasmine, Peppermint, Scotch Pine

A blend of oils which historically been used to help relieve the symptoms of tension headaches.

### EQUILIBRIUM

Clary Sage, Lavender (French), Rose, Jasmine, Fennel, Coriander, Ylang Ylang

A balancing blend that may provide support for irritability, tension and lethargy during a woman’s cycle.

### HEADACHE

Lavender (French), Chamomile (Roman), Peppermint, Melissa, Marjoram

A blend of oils which have traditionally been used to help relieve the symptoms of tension headaches.

### HAPPINESS

Bergamot, Grapefruit, Clary Sage, Geranium, Sweet Orange, Melissa

A radiant blend of oils renowned for being strengthening, uplifting and euphoric. Helps combat despair and grief.

### STRESS LESS

Lemon, Sweet Orange, Marjoram, Ylang Ylang, Lavender (French), Cedarwood (Virginian)

May gently sedate and calm the nerves, helping to promote a sense of comfort and harmony.
Why choose Certified Organic?

Certified Organic Essential Oils are sourced from farmers and producers who are certified to ACO standards.

The Australian Certified Organic Standard prohibits farmers from using synthetic pesticides, fungicides and herbicides. This minimises the impact on the surrounding environment by reducing run-off into nearby waterways.

Organic farming practices also focus on biodiversity protection and land regeneration. Crops are grown without Genetic Modification (GMO) and made without nanotechnology. The Australian Certified Organic Standard upholds the principles of fair trade. Australian Certified Organic auditors ensure that its certified businesses use fair workplace practices. Some consumers are unaware that cheap goods come at a cost to people and the environment. Certified organic products provide a healthy and ethical alternative.

Choosing to support Australian Certified Organic means supporting organic farmers, producers and processors who are doing the right thing for our environment as well as building a sustainable future for all Australians.

Also available in 100ml, 500ml and 1kg bulk volumes on request.

12 Certified Organic 100% natural oils

**Organic Essential Oils**

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**Bergamot**

*CALABRIAN (Citrus aurantium var. bergamia)*

- **NOTE:** top source: peel
- **EXTRACTION:** cold pressed
- **ORIGIN:** Italy
- **BLENDS WITH:** jasmine, may chang, juniper
- **PROPERTIES:** Uplifts, calms and refreshes. May be soothing for frustration and anxiety.

**Orange**

*SWEET VALENCIA (Citrus sinensis)*

- **NOTE:** top source: peel
- **EXTRACTION:** cold pressed
- **ORIGIN:** Mexico
- **BLENDS WITH:** clove, jasmine, cinnamon
- **PROPERTIES:** Refreshing and soothing. May help with apathy, stress and sleeplessness.

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**Eucalyptus**

*BLUE MALLEE (Eucalyptus polybractea)*

- **NOTE:** top source: leaves
- **EXTRACTION:** steam distillation
- **ORIGIN:** Australia
- **BLENDS WITH:** pine, spearmint, cedarwood
- **PROPERTIES:** Refreshing, cleansing and stimulating. Clears the head. Commonly used to repel insects.

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**Geranium**

*EGYPTIAN (Pelargonium graveolens)*

- **NOTE:** mid source: leaves, flowers
- **EXTRACTION:** steam distillation
- **ORIGIN:** Egypt
- **BLENDS WITH:** rose, ylang ylang, rosewood
- **PROPERTIES:** Uplifting and balances mood swings. May help deal with stress, insecurity and anxiety.

---

**Lavender**

*BALEARIANS (Lavandula angustifolia)*

- **NOTE:** mid source: flower tops
- **EXTRACTION:** steam distillation
- **ORIGIN:** Bulgaria
- **BLENDS WITH:** rose, geranium, rosemary
- **PROPERTIES:** Calming and uplifting. Helps with concentration and clarity. Commonly used to repel insects and vermin.

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**Lemon**

*COLD PRESSED (Citrus limon)*

- **NOTE:** top source: peel
- **EXTRACTION:** cold pressed
- **ORIGIN:** Italy
- **BLENDS WITH:** ginger, rose, neroli
- **PROPERTIES:** Uplifting and balances mood swings. May help with meditation and aiding in stress relief and sleeplessness.

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**Lemongrass**

*NEPALSESE (Cymbopogon flexuosus)*

- **NOTE:** top source: leaves
- **EXTRACTION:** steam distillation
- **ORIGIN:** Nepal
- **BLENDS WITH:** basil, bergamot, geranium
- **PROPERTIES:** Refreshing and uplifting. Helps with studying and meditation. Commonly used to repel insects.

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**Patchouli**

*(Pogostemon cablin)*

- **NOTE:** base source: flowers
- **EXTRACTION:** steam distillation
- **ORIGIN:** Indonesia
- **BLENDS WITH:** myrrh, lavender, sandalwood
- **PROPERTIES:** Grounding and stabilising. May help with anxiety, intimacy and sleeplessness.

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**Peppermint**

*(Mentha x piperita)*

- **NOTE:** top source: leaves, flowers
- **EXTRACTION:** steam distillation
- **ORIGIN:** India
- **BLENDS WITH:** lavender, lemon, spearmint
- **PROPERTIES:** Uplifting and refreshing. Helps concentration and clarity. Commonly used to repel insects and vermin.

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**Rosemary**

*MOROCCAN (Rosmarinus officinalis)*

- **NOTE:** mid source: leaves, flowers
- **EXTRACTION:** steam distillation
- **ORIGIN:** Morocco
- **BLENDS WITH:** basil, lavender, pine
- **PROPERTIES:** Reviving and refreshing. Improves clarity, creativity and awareness.

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**Tea Tree**

*AUSTRALIAN (Melaleuca alternifolia)*

- **NOTE:** top source: leaves, twigs
- **EXTRACTION:** steam distillation
- **ORIGIN:** Australia
- **BLENDS WITH:** pine, eucalyptus, clove
- **PROPERTIES:** Strengthening and cleansing. Boasts confidence and positivity. Commonly used to repel insects.

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**Ylang Ylang**

*COMPLETE (Cananga odorata)*

- **NOTE:** base source: flowers
- **EXTRACTION:** steam distillation
- **ORIGIN:** Madagascar
- **BLENDS WITH:** rose, lavender, rosewood
- **PROPERTIES:** Calming and uplifting. Improves intimacy, inner peace, joy and confidence. May help with sleeplessness.
Precautions

The information provided is for educational purposes only and should not be considered as medical advice.

Essential oils should not be taken orally unless under the guidance of a health care professional.

All essential oils should be used with care and must be diluted if applying directly to skin. Avoid contact with eyes.

Store essential oils out of direct sunlight and away from heat.

Exercise caution with oils that have these symbols:

- U: Application to the skin may increase sensitivity to sunlight.
- S: Possible irritant to sensitive skin.
- P: Avoid use during pregnancy.
- E: Epilepsy sufferers should avoid these oils.

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