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.

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.
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.

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**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_ 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.

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**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.

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**How essential oils enter the body**

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**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.
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. Place 3-5 drops into 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.

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 fash washer, 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 to 3 months.
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:**
  0 to 3 months - No essential oils should be used on the skin.
  3 to 6 months - Use only Lavender (French) and Chamomile (Roman). 1-2 drops
  6 to 12 months - Use only Lavender (French) and Chamomile (Roman), Mandarin, Neroli or Rose. 1-2 drops.
  1 to 6 years - Most essential oils are suitable at 1% dilution. Avoid using Aniseed, Basil, Cardamom, Clary Sage, 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.
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.

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**.
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.

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.

- “Essential Oils” - Neal’s Yard Remedies Covent Garden. 2016 (available for purchase)
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:

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.
Aniseed (Illicium verum)
- Note: top, source: seeds
- Extraction: steam distillation
- Origin: China
- Blends with: fennel, peppermint, ginger
- Properties: Refreshing and uplifting.
  A comforting oil, good for relieving fear, stress and exhaustion.

Basil (Ocimum basilicum)
- Note: top, source: flower tops, leaves
- Extraction: steam distillation
- Origin: India
- Blends with: lemon, geranium, thyme
- Properties: Refreshing and uplifting.
  Clears the head. Relieves mental fatigue and indecision.

Bergamot (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.

Black Pepper (Piper nigrum)
- Note: base, source: berries
- Extraction: steam distillation
- Origin: India
- Blends with: basil, eucalyptus, nutmeg
- Properties: Stimulating and strengthening.
  May help with intimacy and indifference.

Cedarwood (Cedrus atlantica)
- Note: base, source: wood
- Extraction: steam distillation
- Origin: Morocco
- Blends with: cypress, vetiver, frankincense
- Properties: Relaxing, strengthening, fortifying and calming.
  May help reduce fear and stress.

Cedarwood (Juniperus virginiana)
- Note: base, source: wood
- Extraction: steam distillation
- Origin: USA
- Blends with: bergamot, lavender, rosewood
- Properties: Warming, uplifting and protecting.
  May soothe tension and anxiety. Commonly used to repel insects.

Chamomile (3% in Jojoba) (Matricaria recutita)
- Note: mid, source: flower heads
- Extraction: steam distillation
- Origin: Egypt
- Blends with: rose, lavender, frankincense
- Properties: Balancing, soothing and relaxing.
  Calms nerves, eases frustration and tension.

Chamomile (3% in Jojoba) (Anthemis nobilis)
- Note: mid, source: flower heads
- Extraction: steam distillation
- Origin: UK
- Blends with: rose, clary sage, jasmine
- Properties: Gentle, comforting and calming.
  May help deal with stress, mood swings, nervous tension and sleeplessness.

Cinnamon (Cinnamomum zeylanicum)
- Note: base, source: wood
- Extraction: steam distillation
- Origin: Sri Lanka
- Blends with: clove, orange, frankincense
- Properties: Energizing and warming.
  Helps overcome fear and sadness.

Citronella (Cymbopogon winterianus)
- Note: mid, source: leaves
- Extraction: steam distillation
- Origin: Indonesia
- Blends with: tea tree, cedarwood, rosemary
- Properties: Uplifting and stimulating.
  Commonly used to repel insects.

Tied bundles of cinnamon sticks ready for shipping - Sri Lanka
<table>
<thead>
<tr>
<th>Crop Name</th>
<th>Scientific Name</th>
<th>Country</th>
<th>Extraction Method</th>
<th>Blends With</th>
<th>Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clary Sage</td>
<td><em>Salvia sclarea</em></td>
<td></td>
<td>Steam distillation</td>
<td>Lavender, geranium, jasmine</td>
<td>Balancing, euphoric and relaxing. Helps overcome fear, stress and worry.</td>
</tr>
<tr>
<td>Cypress</td>
<td><em>Cupressus sempervirens</em></td>
<td>France</td>
<td>Steam distillation</td>
<td>Orange, cinnamon, sandalwood</td>
<td>Warming, positive and stimulating. Commonly used to prevent mould growth.</td>
</tr>
<tr>
<td>Geranium EGYPTIAN</td>
<td><em>Pelargonium graveolens</em></td>
<td>Egypt</td>
<td>Steam distillation</td>
<td>Rose, ylang ylang, rosewood</td>
<td>Uplifting and balances mood swings. May help deal with stress, insecurity and anxiety.</td>
</tr>
<tr>
<td>Eucalyptus LEMON GUM</td>
<td><em>Eucalyptus citriodora</em></td>
<td>Australia</td>
<td>Steam distillation</td>
<td>Lemon, juniper, aniseed</td>
<td>Clearing and energizing. Helps with mental fatigue, clarity and confrontation.</td>
</tr>
<tr>
<td>Fennel</td>
<td><em>Foeniculum vulgare</em></td>
<td>Moldova</td>
<td>Steam distillation</td>
<td>Rose, sandalwood, basil</td>
<td>Warming and grounding. Helps with boredom and motivation.</td>
</tr>
<tr>
<td>Ginger</td>
<td><em>Zingiber officinale</em></td>
<td>India</td>
<td>Steam distillation</td>
<td>Pine, spearmint, cedarwood</td>
<td>Warming and strengthening. Inspires initiative and determination.</td>
</tr>
<tr>
<td>Frankincense</td>
<td><em>Boswellia serrata</em></td>
<td>India</td>
<td>Steam distillation</td>
<td>Myrrh, black pepper, jasmine</td>
<td>Relaxing and strengthening. Ideal for meditation and calming. May help soothe fear and anxiety.</td>
</tr>
<tr>
<td>Clove Bud</td>
<td><em>Syzygium aromaticum</em></td>
<td>Indonesia</td>
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</tbody>
</table>
Lavandin (Lavandula x intermedia)
NOTE: mid
SOURCE: flower tops
EXTRACTION: steam distillation
ORIGIN: Spain
BLENDS WITH: cedarwood, pine, cypress
PROPERTIES: Uplifting, balancing and stimulating. May help with indecision and anxiety. Avoid use by those with heart disease.

Lavender (Lavandula angustifolia)
NOTE: mid
SOURCE: flowers
EXTRACTION: ethanol extraction
ORIGIN: Egypt
BLENDS WITH: rose, ylang ylang, clary sage
PROPERTIES: Euphoric and soothing. Enhances confidence and optimism.

Lavender (Lavandula spica)
NOTE: top
SOURCE: flower tops
EXTRACTION: steam distillation
ORIGIN: Spain
BLENDS WITH: pine, sage, black pepper
PROPERTIES: Uplifting and revitalising. Clears the head and improves alertness. Commonly used to repel insects.

Lavender (Lavandula x intermedia)
NOTE: top
SOURCE: flower tops
EXTRACTION: steam distillation
ORIGIN: Spain
BLENDS WITH: fennel, lime, orange
PROPERTIES: Uplifting, refreshing and reviving. Helps deal with sadness, apathy and frustration.

Grapefruit (Citrus paradisi)
NOTE: top
SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: fennel, lime, orange
PROPERTIES: Uplifting, refreshing and reviving. Helps deal with sadness, apathy and frustration.

Grapefruit (Citrus paradisi)
NOTE: top
SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Argentina
BLENDS WITH: bergamot, neroli, ylang ylang
PROPERTIES: Uplifting, refreshing and reviving. May help with fatigue, stress and nervous exhaustion.

Jasmine (Jasminum grandiflorum)
NOTE: base
SOURCE: flowers
EXTRACTION: ethanol extraction
ORIGIN: Egypt
BLENDS WITH: rose, ylang ylang, clary sage
PROPERTIES: Euphoric and soothing. Enhances confidence and optimism.

Juniper Berry (Juniperus communis)
NOTE: mid
SOURCE: berries
EXTRACTION: steam distillation
ORIGIN: Bulgaria
BLENDS WITH: lime, rosemary, lavender

Lemon (Citrus limonum)
NOTE: top
SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: ginger, rose, neroli
PROPERTIES: Stimulating, uplifting and refreshing. Helps with concentration and lethargy.

Lemon Myrtle (Backhousia citriodora)
NOTE: top
SOURCE: leaves
EXTRACTION: steam distillation
ORIGIN: Australia
BLENDS WITH: fennel, eucalyptus, sandalwood
PROPERTIES: Uplifting and purifying. Helps with concentration and clearing the mind.

Lavender (Lavandula angustifolia)
NOTE: top
SOURCE: flower tops
EXTRACTION: steam distillation
ORIGIN: AUSTRALIA
BLENDS WITH: rosewood, palmarosa, geranium
PROPERTIES: Soothing, cleansing and calming. Relieves stress and irritability.

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ORIGIN: AUSTRALIA
BLENDS WITH: bergamot, neroli, ylang ylang
PROPERTIES: Uplifting, refreshing and reviving. May help with fatigue, stress and nervous exhaustion.

Lavender (Lavandula x intermedia)
NOTE: top
SOURCE: flower tops
EXTRACTION: steam distillation
ORIGIN: France/Bulgaria
BLENDS WITH: lemon, rose geranium, rosemary
PROPERTIES: Soothing, balancing and calming. May help with meditation and aiding in stress relief and sleeplessness.
Nutmeg (Myristica fragrans)
NOTE: top
SOURCE: seeds
EXTRACTION: steam distillation
ORIGIN: India
BLENDS WITH: basil, bergamot, geranium
PROPERTIES: Energizing and reviving. Helps with studying and meditation. Commonly used to repel insects.

Lime
COLD PRESSED (Citrus aurantifolia)
NOTE: top
SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Brazil
BLENDS WITH: nutmeg, rose, cedarwood
PROPERTIES: Uplifting and refreshing. Helps with alertness, fatigue and assertiveness.

Mandarin
AUSTRALIAN (Citrus reticulata)
NOTE: top
SOURCE: peel
EXTRACTION: cold pressed
ORIGIN: Australia
BLENDS WITH: neroli, grapefruit, chamomile
PROPERTIES: Uplifting and soothing. Helps calm an overactive mind and restlessness.

Marjoram
SWEET (Origanum marjorana)
NOTE: mid
SOURCE: flowering herb
EXTRACTION: steam distillation
ORIGIN: Egypt
BLENDS WITH: lavender, tea tree, rosemary
PROPERTIES: Comforting and warming. May help with anxiety, grief, stress and sleeplessness.

My Chang
(Litsea cubeba)
NOTE: top
SOURCE: fruit, leaves
EXTRACTION: steam distillation
ORIGIN: China
BLENDS WITH: orange, geranium, ylang ylang
PROPERTIES: Uplifting and stimulating. Promotes creativity and focus.

Melissa
(3% in Jojoba) (Melissa officinalis)
NOTE: top
SOURCE: flowers
EXTRACTION: ethanol extraction
ORIGIN: UK
BLENDS WITH: rose, lavender, geranium
PROPERTIES: Uplifting and calming. Encourages a positive outlook. May help deal with sorrow.

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ORIGIN: UK
BLENDS WITH: rose, lavender, geranium
PROPERTIES: Uplifting and calming. Encourages a positive outlook. May help deal with sorrow.
## Damask rose flowers ready for oil extraction

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

## Peppermint

- **Patchouli** *(Pogostemon cablin)*
  - **Note:** Base
  - **Source:** Leaves
  - **Extraction:** Steam distillation
  - **Origin:** Indonesia
  - **Blends with:** Myrrh, lavender, sandalwood
  - **Properties:** Grounding and stabilising. May help with anxiety, intimacy and sleeplessness. Commonly used to repel moths.

## Rose (3% in Jojoba)

- **Rose** *(Rosa damascena)*
  - **Note:** Mid
  - **Source:** Flowers
  - **Extraction:** Ethanol extraction
  - **Origin:** Bulgaria
  - **Blends with:** Jasmine, lavender, geranium
  - **Properties:** Harmonises and boosts confidence. May help alleviate sorrow, anxiety and anger.

## Rose Geranium

- **Rose Geranium** *(Pelargonium graveolens)*
  - **Note:** Mid
  - **Source:** Leaves, flowers
  - **Extraction:** Steam distillation
  - **Origin:** Egypt
  - **Blends with:** Lime, lavender, frankincense
  - **Properties:** Balancing and uplifting. May help deal with stress, insecurity and anxiety.

## Rosemary

- **Rosemary** *(Rosmarinus officinalis)*
  - **Note:** Mid
  - **Source:** Leaves, flowers
  - **Extraction:** Steam distillation
  - **Origin:** Spain
  - **Blends with:** Basil, lavender, pine
  - **Properties:** Reviving and refreshing. Improves clarity, creativity and awareness.
**Harvested Sandalwood logs and sandalwood nuts from sustainable plantation – central W.A.**

### Pure Essential Oils

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Origin</th>
<th>Note</th>
<th>Source</th>
<th>Extraction</th>
<th>Blends With</th>
<th>Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rosewood</strong></td>
<td>Brazil</td>
<td>mid</td>
<td>wood</td>
<td>steam distillation</td>
<td>orange, patchouli, rose</td>
<td>Uplifting and balancing. Ideal for meditation, relaxation and serenity.</td>
</tr>
<tr>
<td><strong>Sandalwood</strong></td>
<td>Australia</td>
<td>base</td>
<td>wood</td>
<td>steam distillation</td>
<td>orange, jasmine, myrrh</td>
<td>Calming and harmonising. Enhances openness, intimacy, and meditation.</td>
</tr>
<tr>
<td><strong>Sage</strong></td>
<td>Spain</td>
<td>top</td>
<td>flower tops</td>
<td>steam distillation</td>
<td>pine, cedarwood, eucalyptus</td>
<td>Rejuvenating and balancing. Helps with exhaustion and self-awareness.</td>
</tr>
<tr>
<td><strong>Tea Tree</strong></td>
<td>Australia</td>
<td>top</td>
<td>leaves, twigs</td>
<td>steam distillation</td>
<td>pine, eucalyptus, clove</td>
<td>Strengthening and cleansing. Strengthens and rejuvenates. Boosts confidence and positivity. Commonly used to repel insects.</td>
</tr>
<tr>
<td><strong>Tangerine</strong></td>
<td>Brazil</td>
<td>top</td>
<td>peel</td>
<td>cold pressed</td>
<td>neroli, ginger, grapefruit</td>
<td>Relaxing and uplifting. May help with nervous tension and sleeplessness.</td>
</tr>
<tr>
<td><strong>Sandalwood</strong></td>
<td>Haiti</td>
<td>base</td>
<td>wood</td>
<td>steam distillation</td>
<td>palmarosa, lavender, cedarwood</td>
<td>Relaxing, relieving and meditative. Helps with mental clarity, imagination and intimacy.</td>
</tr>
<tr>
<td><strong>Spearmint</strong></td>
<td>India</td>
<td>top</td>
<td>leaves, flower tops</td>
<td>steam distillation</td>
<td>aniseed, basil, grapefruit</td>
<td>Stimulating and uplifting. Improves compassion, focus and calmness.</td>
</tr>
<tr>
<td><strong>Scotch Pine</strong></td>
<td>Russia</td>
<td>top</td>
<td>needles</td>
<td>steam distillation</td>
<td>cypress, clove, peppermint</td>
<td>Strengthening and reviving. Instils self-confidence, acceptance and wellbeing.</td>
</tr>
<tr>
<td><strong>Tea Tree</strong></td>
<td>Australia</td>
<td>top</td>
<td>leaves, twigs</td>
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</tbody>
</table>

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**Buckley & Phillips Aromatics**
**Tea Tree**  
**LEMON SCENTED** *(Leptospermum petersonii)*  
**NOTE:** top  
**SOURCE:** leaves, twigs  
**EXTRACTION:** steam distillation  
**ORIGIN:** Australia  
**BLENDS WITH:** lavender, lemon myrtle, eucalyptus  
**PROPERTIES:** Uplifting and refreshing. Clears and focuses the mind and dispels negativity.

**Thyme**  
**WILD** *(Thymus serpyllum)*  
**NOTE:** top  
**SOURCE:** leaves, flower tops  
**EXTRACTION:** steam distillation  
**ORIGIN:** Austria  
**BLENDS WITH:** juniper, tea tree, lemon  
**PROPERTIES:** Reviving and stimulating. May help with lethargy, sadness and focus. Commonly used to repel insects.

**Vetiver**  
**(Vetiveria zizanioides)**  
**NOTE:** base  
**SOURCE:** root  
**EXTRACTION:** steam distillation  
**ORIGIN:** Haiti  
**BLENDS WITH:** rose, patchouli, frankincense  
**PROPERTIES:** Grounding and centring. Enhances intimacy, wisdom and meditation. May help with sleeplessness and irritability.

**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.
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.

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**Awaken**

Lavender (Spike), Basil, Scotch Pine, Rosemary, Eucalyptus (Lemon), Clove

A refreshing blend for the times when motivation and energy is lacking. Calms the senses yet improves alertness.

**Baby Calm**

Lavender (French), Chamomile (Roman), Rose

May have a gentle soothing and calming influence on the mind and body of a baby.

**Digestion**

Chamomile (Roman), Cardamom, Fennel, Coriander, Lemongrass, Spearmint

Oils which have traditionally been used to help relieve symptoms of mild digestive upsets, bloating and nausea.

**Easy Breathe**

Eucalyptus (Blue mallee), Lavender (French), Peppermint, Scotch Pine

May help to clear the head and nose and uplift the spirits.

**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.

---

**Chill Out**

Rose, Frankincense, Bergamot, Basil, Sweet Orange, Ylang Ylang

May help overcome feelings of fear and anxiety, balance moods and improve concentration and confidence.
**Pure Essential Blends**

- **Headache**
  - Lavender (French), Peppermint, Marjoram, Melissa, Chamomile (Roman)
  - A blend of oils which have traditionally been used to help relieve the symptoms of tension headaches.

- **Harmonise**
  - Sweet Orange, Cedarwood (Virginian), Clove, Patchouli, Nutmeg, Sandalwood (Aust)
  - An essential oil blend of soothing citrus and woody spice that can help to settle and stabilise moods.

- **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.

- **Inspire**
  - Patchouli, Bergamot, Grapefruit, Frankincense, Clove, Sandalwood (Aust)
  - Stimulates the imagination, promotes productivity and helps focus when engaged in creative thought or activity.

- **Immunity**
  - Sweet Orange, Clove, Cinnamon, Lemon, Eucalyptus (Blue mallee), Rosemary
  - A cleansing blend of energising and uplifting oils that may help support a healthy immune system.

- **Indulgence**
  - May Chang, Patchouli, Lemongrass, Lemon Myrtle, Lime, Rose Geranium
  - An enticing zesty blend that creates a positive mood, eases tension and helps you unwind.

- **Love**
  - Bergamot, Rose, Ylang Ylang, Patchouli, Sandalwood (Aust)
  - A blend of oils renowned for being strengthening, uplifting and euphoric. Helps combat despair and grief.

- **Mindfulness**
  - Pink Grapefruit, Sandalwood (West Indian Amyris), Jasmine, Frankincense, Cedarwood (Atlas), Ylang Ylang, Cistus
  - An exotic blend to calm and focus the mind, ground the spirit and allow the body to be present in the moment.

- **Meditation**
  - Geranium, Lime, Marjoram, Patchouli, Cedarwood (Virginian), Ylang Ylang
  - May aid in drawing out the deep calm within, restoring harmony and balance.

- **Motherhood**
  - Mandarin, Tangerine, Petitgrain, Neroli, Ylang Ylang, Sandalwood (Aust)
  - A nurturing and comforting blend of the gentlest and safest oils selected for new mothers.

- **Outback**
  - Lemon Scented Tea Tree, Eucalyptus (Peppermint & Blue mallee), Lemon Myrtle, Sandalwood (Aust)
  - A refreshing bushland blend of Australian native oils. Ideal for clearing the mind and cleansing your environment.

- **Peace**
  - Marjoram, Cedarwood (Virginian), Lime, Patchouli, Rose, Jasmine, Geranium, Ylang Ylang
  - An alluring blend of sensual oils renowned for aphrodisiac properties which may promote intimacy.
**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.

**Restore**

Lemongrass, Patchouli, Coriander, Sweet Orange

Carefully formulated to lift the spirits and is beneficial to exhaustion and fatigue.

**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.

**Revitalize**

Peppermint, Rosemary, Lemon

An uplifting blend which may help to stimulate the senses and increase mental clarity and alertness.

**Study**

Lemongrass, Basil, Frankincense, Rosewood, Peppermint

A stimulating blend to help improve mental clarity, focus and overcome weariness during study and exams.

**Romance**

Geranium, Lavender, Ylang Ylang, Sandalwood (Aust)

May calm and balance the mood, relieve inhibiting tensions and harmonise the senses.

**Tranquility**

Sweet Orange, Lavender (French), Patchouli, Lime, Geranium, Aniseed

May soothe tension, ease emotional stress and encourage a sense of wellbeing and tranquility.

**Sacred**

Frankincense, Cedarwood (Atlas), Juniper Berry, Palo Santo, Myrrh, Ylang Ylang, Cassia Bark

Combines oils from precious ingredients used in centuries-old rituals for their spiritual properties.

**Work Well**

Grapefruit, Lavender (French), Cypress, Bergamot

May aid concentration and creativity in the work place and relieve mental and nervous tension.
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), Lavender (French), Peppermint, Scotch Pine
May help to clear the head and nose and uplift the spirits.

**Equilibrium**
Clary Sage, Lavender (French), Rose, Jasmine, Fennel, Coriander, Ylang Ylang
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May gently sedate and calm the nerves, helping to promote a sense of comfort and harmony.

**Sleep Soundly**
Lavender (French), Sweet Orange, Marjoram, Ylang Ylang
May help relax and relieve mental tension aiding the onset of the sleep 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.
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.
Organic Essential Oils

**Bergamot**
*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**
*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.

**Eucalyptus**
*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.

**Patchouli**
*Pogostemon cablin*

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

**Geranium**
*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**
*Lavandula angustifolia*

- **NOTE:** mid
- **SOURCE:** flower tops
- **EXTRACTION:** steam distillation
- **ORIGIN:** Bulgaria
- **BLENDS WITH:** lemon, rose geranium, rosemary
- **PROPERTIES:** Soothing, balancing and calming. May help with meditation and aiding in stress relief and sleeplessness.

**Lemon**
*Citrus limonum*

- **NOTE:** top
- **SOURCE:** peel
- **EXTRACTION:** cold pressed
- **ORIGIN:** Italy
- **BLENDS WITH:** ginger, rose, neroli
- **PROPERTIES:** Stimulating, uplifting and refreshing. Helps with concentration and lethargy.

**Tea Tree**
*Melaleuca alternifolia*

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

**Lemongrass**
*Cymbopogon flexuosus*

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

**Ylang Ylang**
*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.

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Buckley & Phillips Aromatics
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:

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

Stockist: