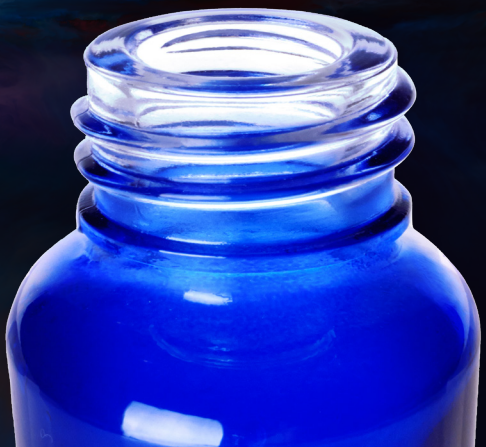
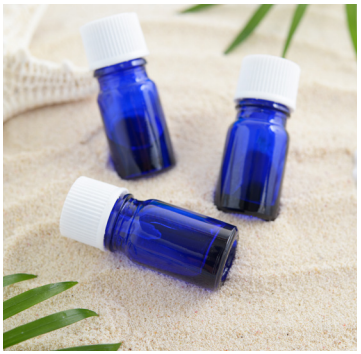
New Roots
HERBAL

100% Pure Organic
Essential Oils



Aroma is a magical force, able to transport you across time and space... Enjoy your journey!



We invite you to explore the many benefits of our essential oils. Aromatherapy can be described as the crossroads of art and science, where naturally extracted essences of botanical origin invigorate body, mind, and spirit. They bridge the gap between body and mind to stimulate your body's innate ability to heal itself.

In this booklet, we will explore the many benefits that aromatherapy and topical applications, when blended with carrier oils, can do to improve your health.

We are pleased to present our selection of certified organic essential oils. When you choose New Roots Herbal, you benefit from a product that has been tested for identity, purity, and potency in our industry-leading, ISO 17025–accredited laboratory. Our laboratory employs analytical technology on par with Olympic standards trusted to the World Anti-Doping Agency (WADA) and leading research-driven academic institutions worldwide.

How to Use an Essential Oil?

Diffuser

Traditional use allowing diffusion in the air.

Air Freshener

If you don't have a diffuser, here's a natural way to freshen up a room in five minutes or less.

You will need:

- a spray bottle
- 1 cup water
- 10 drops of your favourite New Roots Herbal essential oil (or favourite blend)

Add essential oils to water then shake well.

Use the freshener in any room in the house or office; in closets, the kitchen, the bathroom, or the basement. Make sure to aim your spray upwards, avoiding direct contact with clothing, furniture, electronics, or porous surfaces.

Shake well before each use.

Captivating Creams, Memorable Massages, and Sensational Soaps

Avoiding chemical products and artificial fragrances shouldn't mean using unscented moisturizers, oils, or soaps. Add a few drops of your favourite essential oil or blend to your massage oils, body lotions, or liquid soaps.

Choose a timeless oil used to purify or invigorate, or that will provide a calming and serene effect… or simply choose your favourite!

Information in this booklet is intended as part of an aromatherapy wellness routine

Clove Bud Essential Oil

Traditional uses

(Syzygium aromaticum)

Main biochemical compounds: Phenol → Eugenol

- Antioxidant ++++.
- Wide-spectrum antibacterial (Gram positive and Gram negative) +++, antiviral +++, antifungal ++, antiparasitic ++: Fights off infectious pathogens of the intestinal, respiratory, urinary, and integumentary systems; traditionally used for dental infections and toothache, it can also inhibit the development of fungal infections and complement acne and wart treatments.
- Analgesic, anesthetic, and warming +++: Soothes viral neuritis, neuralgia arthritis, and rheumatoid arthritis; calms pains and aches of sprains and strains.
- General stimulant +++, uterotonic ++, hypertensive +, and light aphrodisiac +.
- Digestive, carminative, and antispasmodic ++: Stimulates digestion while avoiding fermentation and calms spasms.
- Repulsive against insects ++.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

The clove tree provides one of the most valuable spices and has been used for centuries as a food preservative as well as for its many medicinal uses. Clove bud essential oil is one of the most powerful natural antimicrobials available. The woody and spicy aromas found in the clove tree's flower buds contain a very high density of antioxidant and antimicrobial active ingredients which differentiates them from those of oregano, mint, thyme, or cinnamon. This essential oil promotes oral health and a healthy immune system. It improves memory and promotes healing.

One of the other major properties of clove essential oil is its analgesic action, again thanks to the same compound, eugenol. Since the thirteenth century, clove essential oil has been used for oral care. Small amounts, along with a carrier vegetable oil, soothe tooth pain and prove to be an effective treatment option. In addition to these anesthetic effects, antimicrobial activity can help clean the mouth. A few drops in a mouthwash provide excellent results, but be sure not to swallow it.

It protects against several bacterial and fungal strains, especially against food-borne pathogens *E. coli*, *Staphylococcus aureus*, and *Bacillus cereus*. For fungal infections that could be found on the feet or on other sensitive areas of the body, the eugenol from the essential oil will break the cell membranes of spores and micelles of pathogenic fungi. The essential oil can be applied to the skin using a vegetable supportive oil such as coconut, tamanu, or argan, to name a few.

Caution: Avoid using for long periods of more than a week.

Clove Leaf Essential Oil

Traditional uses

(Syzygium aromaticum)

Main biochemical compounds: Phenol → Eugenol

- Antioxidant ++++.
- Analgesic, anesthetic, and warming +++: Soothes viral neuritis, neuralgia arthritis, and rheumatoid arthritis; calms pains and aches of sprains and strains.
- Wide-spectrum anti-infective +++: Fights against viruses, fungi, parasites, and bacteria.
- Digestive, carminative, and antispasmodic ++: Stimulates digestion while avoiding fermentation and calms spasms.
- Repels insects ++.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

When one hears about clove, one often thinks of spicy Chai tea that warms and nourishes the soul. The clove tree is native to Indonesia and is now grown in many parts of the world including Brazil. Cloves are among the most valuable spices, used for centuries for its food-preserving properties and medicinal uses; however, clove leaf is also used for its medicinal properties. It contains molecules with strong antioxidant and antimicrobial activities. It is a purifying and tonic essential oil that is best used in diffusion, especially to fight weakness, fatigue, and gloom. Plus, it will effectively dispel kitchen odours!

Clove leaf essential oil is a fantastic natural remedy for the treatment of many bacterial and especially fungal infections. These properties are due to one of its main compounds, eugenol. Eugenol disrupts the cell membrane of pathogenic microbes and fungi by causing lysis, or bursting, of their cells. This essential oil is therefore suitable for topical application for fungal infections such as athlete's foot.

In addition, applied topically, it's analgesic effects have been well known for centuries for dental and oral care. It can be applied directly for dental pain, but be careful not to swallow too much by accident!

This essential oil, especially thanks to eugenol, soothes sore muscles, joint pains, and muscle spasms. It can be applied locally, with a vegetable supportive oil such as tamanu or argan.

Caution: Avoid using for long periods of more than a week.

Eucalyptus globulus Essential Oil

Traditional Uses

(Eucalyptus globulus)

Main biochemical compounds: Terpene Oxide → 1.8-Cineole

- Expectorant, anticatarrhal ++++: Expels mucus from the lungs; relieves cough as well as lungs and sinus congestion.
- Uplifting.
- Anti-infectious ++: Appeases the respiratory tract; indicated for bronchitis, nasopharyngitis, and bronchopneumonia. Fights against bacterial and candidiasis dermatitis.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

Another botanical powerhouse native to Australia, blue gum (*Eucalyptus globulus*) or globular eucalyptus was introduced in countries with warm temperate climates and has acclimated very well. This ornamental tree can reach a height of 30 to 55 m and has served to clean up many Mediterranean swamps.

Our essential oil is distilled from fresh leaves, and its refreshing and familiar scent usually evokes the pleasant ambiance of spas while generating a sense of vigour. It is one of the most effective natural remedies to open the airways and protect the lungs from pathogens.

Globular eucalyptus essential oil is commonly used for respiratory disorders. Its active compounds can easily be delivered to the respiratory tract by inhalation. The *globulus* species, by its sesquiterpenic hydrocarbons and sesquiterpenols (globulol among others), is rather reserved for the pulmonary sphere (lungs, bronchi), compared to its *radiata* twin, more indicated for upper respiratory concerns.

Its antimicrobial action comes mainly from its constituents: 1,8-cineole (also called eucalyptol), limonene, and *alpha*-pinene. Research has shown that it protects against *Haemophilus influenzae* as well as *Staphylococcus* and *Streptococcus* bacteria, all of which are common to respiratory tract infections.

Eucalyptus also improves memory and concentration, and it stimulates brain activity by improving blood flow to the brain. One study found that a combination of peppermint and eucalyptus essential oil is good for the memory. This therapeutic tandem has also been proven to promote a relaxed state of mind.

A few drops in a pot of steaming water will clean your interior, clear your lungs, and reinvigorate you with its tonic properties.

Caution: Be careful, because this oil has a drying action on the mucous membranes, which can cause a slight irritation if you inhale too much.

Officinal Lavender Essential Oil

Traditional Uses

(Lavandula angustifolia)

Main biochemical compounds: Terpene Alcohols → Linalool; Terpene Esters → Linalyl Acetate

- Antispasmodic, sedative, calming, hypotensive, muscle relaxant +++: Indicated for nervousness, stress, anxiety, sleeping problems, nerve dystonia (asthma, eczema, spasms, etc.), cramps, and headaches.
- Analgesic, anti-inflammatory ++.
- Healing, anticoagulant, fluidifying ++: Great for wounds, burns, scabs, ulcers, pruritus, and dermatosis.
- Anti-infectious ++.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

Lavender's deep purple-blue colour and the swaying of its flowers in the fields of Provence have a very special way of calming anxious minds. A symbol of the Mediterranean way of life, it is nonetheless a formidable antimicrobial.

Officinal lavender essential oil calms any type of stress or nervousness, bringing serenity to whoever uses it. It is therefore interesting for neurotonia on the one hand, and vascular spasms on the other hand. In particular, a study comparing the anxiolytic effects of lavender essential oil with those of benzodiazepines has demonstrated an identical efficiency, with no or very little side effects for the essential oil, unlike benzodiazepines, which are now known to increase the risk of dementia and Alzheimer's disease by 50%. In addition, another study, conducted with women with anxiety and postpartum (or high risk) depression, showed significant improvement after only one month of use.

An aromatherapeutic powerhouse, lavender enjoys unparalleled safety and flawless efficiency. The main active components of its essential oil are linalool, linalyl acetate, and terpinenes, which make it an extremely versatile essential oil that can easily associate with and potentiate any other essential oil, especially if it is irritating or revulsive (e.g. cinnamon or clove). Sympatholytic, lavender essential oil brings balance to our nervous system, thus promoting the body's homeostasis.

Note its popular antiseptic uses for all "booboos" of everyday life, small or big: Lavender essential oil is bactericidal and stimulates healing while decreasing the sensation of pain.

An excellent air perfume, lavender will also exert its benefits by inhalation. Put it to good use by diffusing it in your room to spend sweet nights, or in your office if stress is too present.

Caution: None at physiological and therapeutic doses.

Lemon Essential Oil

Traditional Uses

(Citrus × limon)

Main biochemical compounds: Monoterpene → Limonene

- Anti-infectious, antiseptic +++: Effective against viruses and bacteria; sanitizes air.
- Litholytic ++: Dissolves bladder stones and fights against renal colic.
- Nerve calming +: Improves insomnia and reduces nightmares
- Stomachic, carminative +: Appeases digestive disorders.
- *Vitamin P–like* (bioflavonoïds), blood fluidifying +: Prevents cardiovascular incidents or those of diabetic origin.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

With lemon, sailors of yore prevented scurvy. It helps strengthen skin and brittle nails. It improves digestion, refreshes, and ensures an immunity of steel! Native to the Himalayas, the lemon tree was widely cultivated in China and the Mediterranean countries. A small fruit tree of the Rutaceae family, it likes mostly warm climates. We must wait until the end of autumn to enjoy the lemon's full maturity and all its virtues. Its essence,* elaborated in the pericarp of the fruit, contains among other substances such as coumarins, but mainly limonene (55–80% of the active ingredients). This monoterpene gives lemon essence amazing properties for the immune, circulatory, and digestive systems.

Who, after a large meal, has never appeased their stomach with a hot lemon drink to purify their liver and cleanse their digestive system?

In addition, lemon essence strengthens blood capillaries. It is therefore appropriate in atherosclerosis and arteritis protocols, but also for venous insufficiency, thrombosis, rosacea, or phlebitis.

This essence will make your environment healthy very effectively. Use it in your blends of cleaning products and—bonus—its price is very affordable!

Ladies, lemon essence will soothe nausea during pregnancy, and it will help you fight hydrolipid retention.

Caution: Photosensibilizing. Avoid exposing your skin to UV rays for 24 hours after use.

* The ***essence*** of an aromatic plant is developed in its tissues through photosynthesis. Only fruits of the genus *Citrus* have essences, which can be obtained by cold pressing of their peel. An ***essential oil*** is significantly different from an ***essence***, because it is the result of the transformation of the essence by steam distillation, especially excluding heavier molecules of the original essence.

Peppermint Essential Oil

Traditional Uses

(Mentha × piperita)

Main biochemical compounds: Monoterpenol → Menthol; Monoterpene → Menthone

- Digestive, stomachic, eupeptic, antiacid, antinausea, choleretic, intestinal and urinary anti-inflammatory +++: Hepatopancreatic insufficiency, indigestion, dyspepsia, flatulence, travel sickness, colics, cystitis.
- Tonic and stimulant +++: Neurovegetative dystonia, asthenia, hypotension.
- Antispasmodic and muscle relaxant ++.
- Antipruritic +++: Urticaria, eczema, psoriasis.
- Analgesic and anesthetic, refreshing +++: Migraine, cephalalgia, neuralgia, sciatic, sprains, strains, rheumatism.
- Anti-infectious, anticatarrhal, and mucolytic ++: ENT infection, viral hepatitis, herpes, shingles, chicken pox, viral neuritis, yellow fever (+++).
- Uplifting, prostatic decongestant, and *hormone-like*.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

Peppermint essential oil is one of the pillars of aromatherapy. Fresh and invigorating, peppermint essential oil derives its properties mainly from menthol, a monoterpene alcohol, and menthone, a ketone. Its analgesic effect is explained by the intense subcutaneous vasoconstriction it causes, immediately perceptible by the refreshing sensation, but it is also anesthetic and astringent. In fact, it is perfect for ailments which are improved by cold, like sprains. In infectiology, its anti-inflammatory, analgesic, and decongestant action will be advantageous thanks to its synergy with other essential oils (clove, oregano, or tea tree).

Peppermint essential oil helps cognitive functions and is often used by migraine sufferers, as a few drops on the temples quickly calm the pain. Various types of pain such as menstrual, viral infection, or in an emergency during an accident, are effectively relieved with a few drops on the neck, the temples, or the soles of the feet. It is also an antifatigue as well as a nervous tonic, and it is effective for excessive perspiration.

Its rich molecular composition regulates the hormonal system, but especially produces a light parasympatholytic effect particularly beneficial to the gastrointestinal sphere, in particular by reducing spasms and stimulating digestive secretions. Some studies have found it effective for all types of nausea. It will also help calm irritable bowel syndrome (IBS), bloating, reflux, etc. A panacea of digestive function, peppermint essential oil will be your salvation in case of large meals.

Caution: High-dose neurotoxic for children under 6 years. Contraindicated in pregnant and lactating women. For adult use only. Not recommended for prolonged use of more than 15 days for people with hypertension.

Rose Geranium Essential Oil

Traditional Uses
(Pelargonium graveolens)

Main biochemical compounds: Monoterpenols → Citronnellol, Geraniol

- Antispasmodic and relaxant +++.
- Antibacterial +++, antifungal ++: Heals infectious dermatitis, acne, and impetigo.
- Tonic, astringent, and antidiabetic ++: Uterine tonic, notably.
- Anti-inflammatory ++: Relieves osteoarticular rheumatism.
- Hemostatic +: Calms heavy periods and bleeding.
- Venous and lymphatic decongestant +.
- Repulsive against insects +.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

This essential oil is particularly invigorating. The world's greatest perfumers—Chanel, Yves Saint Laurent, Hermes, Fabergé, etc.—have formulated geranium-based fragrances, especially for men, which rank among perfume-store best sellers. However, only a few drops of pure geranium essential oil will be enough to give a long-lasting scent. In addition, its citronellol content will keep pesky mosquitoes away!

A small perennial shrub, *Pelargonium* is native to South African coasts. It includes almost 260 species, and today hybrid cultivars *Pelargonium* × *asperum* are the most common in plantations. The main crops are in China, North Africa, and the islands of Reunion and Madagascar, where the Bourbon cultivar originates. The main active compounds of the essential oil are the monoterpenols citronellol and geraniol, as well as esters and sesquiterpenes. This synergy gives geranium some very interesting properties in natural medicine.

Its anti-inflammatory activity is confirmed by various studies demonstrating the reduction, by the essential oil, of well-known inflammatory markers such as tumour necrosis factor TNFα and interleukins IL-1, IL-6, and IL-10. Also, while not a substitute for insulin treatment, geranium essential oil helps balance glycemia in diabetics. For people with hypoglycemia and its symptoms (cravings, tiredness, etc.), it will be a valuable aid.

Remarkable at balancing the hormonal and nervous systems, monoterpenols from geranium essential oil potentiate the activity of GABA and its receptors. It also has multiple uses for skin and scalp: It promotes the firmness of tissues; prevents hair loss, wrinkles, and age spots; while beautifying your complexion. It is part of formulas to treat wounds, bedsores, warts, blisters, or hemorrhoids.

Caution: None at physiological and therapeutic doses.

Camphor Rosemary Essential Oil

Traditional Uses

(Rosmarinus officinalis et. camphoriforum)

Main biochemical compounds: Monoterpenone → Camphor; Terpene Oxide → 1,8-Cineole; Monoterpenes → Camphenes, pinenes

- Neuromuscular action variable by dosage ++++.
  - Cardiotonic and hypotensive at low doses
  - Spasmolytic, muscle relaxant, and hypertensive at higher doses (nontoxic): Myalgia, fibromyalgia, cramps, aches, orthostatic hypotension.
- Choleretic, cholagogue ++: Liver problems.
- Emmenagogue ++: Functional amenorrhea, painful periods.
- Mucolytic ++.
- Lipolytic ++.
- Diuretic +.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

"Marine dew" (*Ros marinus*) is the beautiful Latin name for rosemary, a virtuous and cozy Mediterranean plant. A renowned aromatic plant, it undoubtedly joins the rank of panacea, especially in herbal tea, alongside its sunny companion, lavender. Together, their essential oils soothe poststroke pain.

Rosemary has three chemotypes: cineol, typically from Tunisia and Morocco; verbenone, from Corsica or South Africa; and camphor, from the Pyrenees. New Roots Herbal has selected a Spanish essential oil of camphor rosemary leaves, more specific to rheumatology and trauma.

Camphor is found in mucolytic pectoral ointments and in well-known pain relievers. Athletes benefit from its eliminating of lactic acid crystals, a source of cramps, fatigue, and pain. Applied externally, camphor is antinevralgic and anti-inflammatory, it relaxes striated muscles as a counterirritant. Camphor rosemary essential oil is an analgesic and relieves muscular or rheumatic sufferings.

Its painkiller, diuretic, and vein decongestant properties explain its effectiveness for menstrual pain but also heavy legs, water retention, and cellulite. A good nervous-system regulator, this essential oil will cure both apathy (toning at low dose) and overexcitation (soothing at high dose). Rosemary fights slow digestion, and its traditional use as a liver detoxicant is not overrated, thanks to the antioxidant action of its flavones, diterpenes, and rosmarinic acid. Finally, rosemary essential oil is cholesterol-lowering and helps in weight management.

Caution: Be careful, as the ketones of this essential oil give it a real neurotoxicity for children under 6, epileptics, and pregnant women (abortive). It is contraindicated in cases of hormone-dependent cancer. Follow topical dosages scrupulously.

Sweet Orange Essential Oil

Traditional Uses
(Citrus × sinensis)

Main biochemical compounds: Monoterpene → Limonene

- Antiseptic ++: Disinfects the environment.
- Carminative and antispasmodic +: Appeases digestive disorders.
- Calming, sedative +: Relieves symptoms of stress such as light anxiety, insomnia, and nervousness.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

If there exists on Earth a fruit as energizing and comforting as the sun, it is the orange. Sweet orange, like other fruits of various species of the genus *Citrus*, develops and stores in the schizophyogenic pockets of its skin an essence* easily accessible by "expression." For a better quality, choose an organic essence, 100% pure, and cold-pressed from the zest of the orange fruit, *Citrus* × *sinensis*, also called sweet orange.

Peel an orange, and the whole room will smell good.

Limonene, from the family of monoterpenes, is the main active ingredient of sweet orange essence (about 50% of its active ingredients). This volatile fraction—associated with those, less concentrated, of coumarins, ketones, and aldehydes—is the source of its pleasant citrus smell.

Respiratory and oral routes are the most appropriate for its use. Its vivifying and fruity fragrance stimulates good mood, in addition to easing nervous tension. Mix it with lime or lemon essences for an exotic scent, or with clove essential oil if you are looking for a warmer atmosphere.

In topical use, its anti-inflammatory and antioxidant properties make it a good ally for nourishing mature, irritated, or acne-prone skin. A few drops added to a vegetable oil, such as argan oil, will stimulate the lymphatic system and help remove toxins from your skin.

Its antiseptic action makes it a cleaning agent par excellence. What's more: The sweet orange essence also helps deodorize; so, if you want to refresh your closet or a room in your home, mistfully spray a mixture of distilled water and sweet orange essential oil.

Caution: Photosensibilizing. Avoid exposing your skin to UV for 24 hours after use.

* The ***essence*** of an aromatic plant is developed in its tissues through photosynthesis. Only fruits of the genus *Citrus* have essences, which can be obtained by cold pressing of their peel. An ***essential oil*** is significantly different from an ***essence***, because it is the result of the transformation of the essence by steam distillation, especially excluding heavier molecules of the original essence.

Tea Tree Essential Oil

Traditional Uses
(Melaleuca alternifolia)

Main biochemical compounds: Monoterpenic Alcohols → Terpinene-4-ol; Terpenes → Paracymenes; Terpene Oxides → 1,8-Cineole

- Major broad spectrum of anti-infectious action ++++: Oral diseases, ear, nose, and throat (ENT), or gynecological infections, Lyme diseases, intestinal and skin parasitosis, etc.
- Radioprotective ++++: Prevents radiotherapy burns.
- Immunostimulatory +++: Stimulates leukocyte bacterial capacities.
- Antiasthenic, neurotonic (balancing) +++: Asthenia, exhaustion, depression.
- Venous decongestant, phlebotonic ++: strengthens capillary circulation.
- Anti-inflammatory ++.
- Antioxidant ++.
- Analgesic ++.
- Uplifting, hyperthermal ++.

The mention + to ++++ that follows the proprieties shows the therapeutic value of the essential oil, from a lesser interest to an important value.

Its millennial use and its extraordinary anti-infectious and germicidal properties make tea tree one of the pillars of aromatherapy. The pearl of Australia, this shrub—which has nothing to do with the tea plant (*Camellia sinensis*)—is also found in China and Kenya. Its name comes from Thomas Cook, a nineteenth-century British pioneer of tourism who, during a trip to Australia, had an herbal tea prepared while discovering its various medicinal uses by the aboriginals (fumigations, poultices, etc.).

It is now grown to provide its popular essential oil with a fresh yet robust fragrance, reminiscent of resin and camphor. There are several chemotypes, but the main one is terpinene-4-ol.

Tea tree essential oil has widely demonstrated its versatility and power to fight infections of all kinds (mites, parasites, bacteria, viruses, fungi), including some of the most resistant, for example staphylococci or *E. coli*. It also potentiates antibiotics, with which it has a very good synergy. In addition, this essential oil contributes to the good circulation of body fluids, especially lymph and blood.

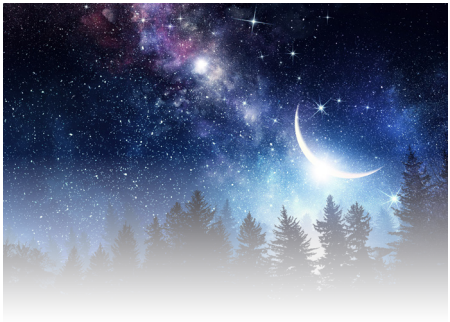
Moreover, it must have a place in your bathroom for oral hygiene. It is an excellent air antiseptic, and it relieves insect bites and sunburns. Warming and antifatigue, it helps the body regain energy, both physically and mentally. In short, it's a must.

Caution: None at physiological and therapeutic doses.

Oil Blends

Morning Shimmer

Sweet Orange	*5 drops*
Peppermint	*3 drops*
Clove Bud	*2 drops*

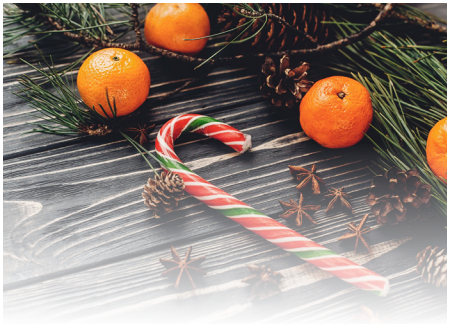


Nighty Night

Officinal Lavender	*6 drops*
Sweet Orange	*5 drops*

Breathe It In

Eucalyptus Globulus	*5 drops*
Peppermint	*3 drops*
Officinal Lavender	*2 drops*



Winter Holiday

Sweet Orange	*5 drops*
Clove Bud	*3 drops*
Peppermint	*2 drops*

Try these carefully crafted blends to conjure up a specific ambiance or invoke mood—or have fun creating your own special blends!

Chill Air

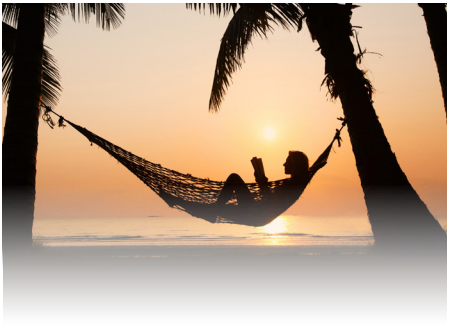
Officinal Lavender	*4 drops*
Lemon	*3 drops*
Rose Geranium	*3 drops*

Rise Up

Tea Tree	*4 drops*
Peppermint	*3 drops*
Eucalyptus Globulus	*3 drops*

Balance

Eucalyptus Globulus	*3 drops*
Peppermint	*3 drops*
Lemon	*3 drops*
Sweet Orange	*3 drops*



Body Recovery

Officinal Lavender	*4 drops*
Camphor Rosemary	*3 drops*
Rose Geranium	*2 drops*
Clove Bud	*2 drops*

Clove Bud Essential Oil

Used topically in aromatherapy to help relieve toothache.* Used in aromatherapy to help relieve colds/cough.*

Each drop contains:

Organic clove (*Syzygium aromaticum*) bud essential oil. 100%

Main biochemical compounds: **Eugenol (phenol class) and *beta*-caryophyllene**

Eucalyptus Essential Oil

Used in aromatherapy to help relieve colds/cough.**

Each drop contains:

Organic bluegum (*Eucalyptus globulus*) leaf essential oil 100%

Main biochemical compounds: **1,8-Cineole (terpene oxide class), *alpha*-pinene, and limonene (monoterpene class)**

Lemon Essential Oil

Used in aromatherapy to help relieve colds/cough.**

Each drop contains:

Organic lemon (*Citrus* × *limon*) fruit peel essential oil. 100%

Main biochemical compounds: **Limonene (monoterpene class)**

Clove Leaf Essential Oil

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used in aromatherapy to help relieve colds/cough.*

Each drop contains:

Organic clove (*Syzygium aromaticum*) leaf essential oil. 100%

Main biochemical compounds: **Eugenol (phenol class) and *beta*-carophyllene**

Lavender Essential Oil

Used in aromatherapy as a nervine/calmative,** antispasmodic.**

Each drop contains:

Organic lavender (*Lavandula angustifolia*) flowering herb top essential oil 100%

Main biochemical compounds: **Linalyl acetate (terpene ester class) and linalool (terpene alcohol class)**

Peppermint Essential Oil

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used as a carminative/antispasmodic and as a mucolytic.**

Each drop contains:

Organic peppermint (*Mentha* × *piperita*) flowering twig essential oil . . . 100%

Main biochemical compounds: **Menthol (monoterpenol class) and menthone (monoterpenone class)**

*Topical and/or inhalation use. **Topical use. Do not use essential oils undiluted. Do not use essential oils internally. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. For more information, please visit newrootsherbal.com

Rose Geranium Essential Oil

Used in aromatherapy to help relieve colds/cough.**

Each drop contains:

Organic geranium (*Pelargonium graveolens*) flowering herb top essential oil 100%

Main biochemical compounds: Citronellol and geraniol (monoterpenol class)

Sweet Orange Essential Oil

Used in aromatherapy as a nervine/calmative.** Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**

Each drop contains:

Organic sweet orange (*Citrus × sinensis*) fruit peel essential oil 100%

Main biochemical compounds: Limonene (monoterpene class)

Rosemary Essential Oil

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis*. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**

Each drop contains:

Organic rosemary (*Rosmarinus officinalis* ct. *camphoriferum*) flowering herb top essential oil . . 100 %

Main biochemical compounds: Camphor (monoterpenone class), 1,8-cineole (terpene oxide class), camphenes and pinenes (monoterpene class)

Tea Tree Essential Oil

Used in aromatherapy to help relieve colds/cough.**

Each drop contains:

Organic tea tree (*Melaleuca alternifolia*) leaf or twig essential oil 100%

Main biochemical compounds: Terpinen-4-ol (monoterpene alcohol class), paracymenes (terpene class), 1,8-cineol (terpene oxide class)

*Topical and/or inhalation use. **Topical use. Do not use essential oils undiluted. Do not use essential oils internally. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. For more information, please visit newrootsherbal.com

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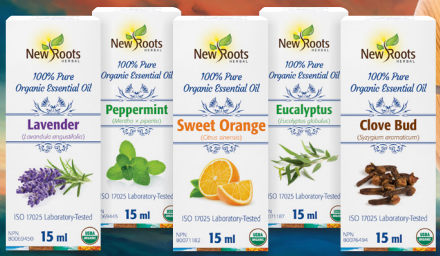
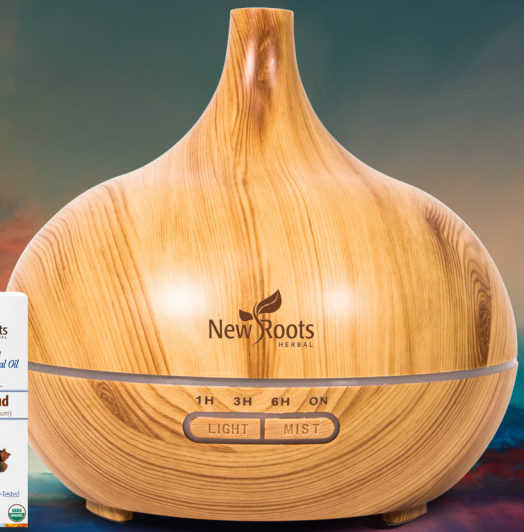
The Perfect Gift





Aroma is a magical force, able to transport you across time and space... Enjoy your journey!

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