

HOW TO USE YOUR ESSENTIAL OILS

Use for massage, bathing, vapourisation or inhalation. Both thousands of years of experience and modern research on essential oils shows they can be used therapeutically to enhance wellbeing or purely for pleasure or emotional release.

MASSAGE Favoured by the ancient Greeks and Romans there is nothing quite like a massage to make you feel soothed or energised. Pure essential oils should not be applied directly to the skin, they need to be diluted first. To do this, mix up to 5 drops of pure essential oil, or blend of oils, per 10mls (one tablespoon) of jojoba, coconut or vegetable carrier oil or SP white lotion blending base.

BATHING Bathing with pure essential oils is one of the easiest and most enjoyable forms of therapy. Just before getting into a full bath, add 3-5 drops of essential oil, or blend of oils, then agitate the water to disperse. While you relax in the bath, a small amount of oil is absorbed by the skin and the rest is slowly evaporated by the heat of the water.

VAPORISATION The evaporative properties of pure essential oils make them ideal for use in a vaporiser. To create the ambience of your choice, simply add 6-12 drops of essential oil to your favourite Shirley Price vaporiser, burner, aromastone, aromastream or mini vaporiser - perfect for the home or workplace.

INHALATION Some pure essential oils, such as eucalyptus with its wonderful clearing properties, are ideal for inhalation. Add 3-5 drops of pure essential oil to a bowl of very hot water (not boiling) and inhale the vapour for 5-10 minutes. If this method is not convenient, simply add 1-2 drops of essential oil to a tissue and inhale ideal if you are out and about.

ABOUT US

SP have been experts in aromatherapy since 1974. Shirley Price Aromatherapy Ltd was founded by Shirley Price in Hinckley in 1974. The Shirley Price International College of Aromatherapy was founded in 1978. Shirley Price not only co-founded the Hinckley based IFPA, but the IFA and Aromatherapy Trades Council as well. Shirley and Len Price retired in 1998. The college and business has since continued to expand and grow considerably to the point that today SP is one of the four leading international aromatherapy manufacturers. From its Hinckley (England) base the company supplies therapists worldwide with mail order supplies and distributors supplying SP products to high quality retail outlets and spas and salons alongside leading skincare brands like Puri and Decleor. Today the Training Director is Dr Manjit Singh Jaspal MB BS. Training Manager and college principal is Louise Carta. Managing Director is P.I. Brealey BSc(Econ) FCA. General Manager is Jo-Ann Merrick who has 20 years service with SP, 4 years as general Manager. UK training venues are country hotels and hospices located near Sunderland, Manchester, Birmingham and London. The scope of the SPICA diploma includes the introductory Module One Foundation Week which equips the attendee for home and beauty salon use of aromatherapy, massage and reflexology.



SAFETY INFORMATION

To achieve the results described in the textbooks it is necessary to use true whole oils as they may depend for their action on constituents present in minute proportions in the oils rather than the headline constituents. Shirley Price essential oils are true undiluted essences extracted directly from a variety of herbs, spices, flowers, trees and resins. Sometimes hundreds of flowers are needed to produce just one drop of essential oil. Being highly concentrated, it is important not to exceed the number of recommended drops.

Essential oils should never be taken internally without seeking the advice of a professional practitioner. With all essential oils, even when diluted, contact with sensitive areas such as the eyes should be avoided. If however oil does get into the eyes, wash them immediately with plenty of water and seek medical attention. Of the pure essential oils detailed in this leaflet, bergamot should not be used before exposure to the sun or a sunbed. Lemongrass and tea-tree should not be used on children under two years old or on sensitive skin.

If you have a skin condition, are pregnant, have epilepsy or asthma, are on a course of treatment with prescribed medication, or are in any doubt about any condition you may have, it is important that you seek the advice of a doctor or suitable practitioner before using pure essential oils. The Shirley Price International College of Aromatherapy has trained more professional aromatherapists for membership of the International Federation of Professional Aromatherapists than any other IFPA accredited college.

Avoid essential oils coming into contact with polished, painted or plastic surfaces. As essential oils are flammable, care should be taken with naked flames. Essential oils are best stored away from heat or light (fridge storage will help to prolong the life of your oils). They should be used within 1 year of opening.

BABIES AND YOUNG CHILDREN

Aromatherapy can be applied to young children, who respond very well to massage. However, not all pure essential oils are suitable, so it is important to check first. When massaging children under 6 years old, no more than 2 drops of essential oil per 10mls (one tablespoon) of vegetable oil or lotion blending base should be used, and no more than 2 drops of essential oil should be added to their bath or vaporiser. Essential oils, even when diluted, should be used with caution on children under two years old. All pure essential oils should be kept out of reach of children. If a child accidentally swallows any essential oil, seek urgent medical attention.

Our pure oil of Jojoba sourced directly from Argentine plantations is ideal for baby massage and daily care of baby, sensitive and older skin for use in moisturising and anti-inflammatory properties. Our SP chamomile and black seed hand and body cream is suitable for young sensitive skin and older dry skin to calm, cleanse and moisturise the skin.

TYPES OF OILS

Whether from the foothills of the Pyrenees or the citrus groves of Sicily, if a plant and its growing conditions are healthy, the oil extracted from it will be better for you. Where possible our essential oils are derived from plants that are grown free from man-made fertilisers, herbicides or pesticides, gathered from their natural wild habitat or cultivated in a sustainable way to avoid depletion. Drawing upon our years of experience and expertise, we source only the finest oils from known botanical species, fully researching and ensuring purity, quality and integrity. Our close contacts with distiller/growers worldwide mean what you buy is fresh and certified. Shirley Price essential oils are 100% pure and adulterated in any way.

ORGANIC

Where possible SP oils, creams and lotions are made with ingredients approved by the Soil Association (UK) and Ecocert (France). Certified organic essential oils are derived from plants that have been grown without the use of man-made fertilisers, herbicides or pesticides - instead using ecosystem management methods to maintain the health of both plant and soil. The SP leaf is recognised by consumers in 40 countries worldwide as a sign of Essential Oil, Carriers, Care For aromatherapy products and Hydrolats of the highest quality. All of our 115 oils that can be organic standard and equally importantly are freshly distilled by trusted and certified distiller/growers. We offer 7 conventionally grown oils as alternatives.

With organic agriculture there are no inputs such as genetic modification or irradiation. The benefits of organic agriculture include no pollution of the local air or groundwater and no toxic chemicals in the plant or its essential oil, meanwhile maintaining the viability of the local environment and wildlife.

WILD CRAFTED

Wild crafted essential oils are derived from plants that are not cultivated, but are gathered from their natural, wild habitat. Although they are not necessarily organic, they will not have been contaminated by synthetic chemicals (pesticides, fertilisers etc.) and will be growing in conditions favourable to the health of the plant.

ETHICALLY HARVESTED

This denotes sustainable cultivation. An ethically harvested essential oil is derived from a herb, shrub or tree that is not harvested so aggressively that the species becomes depleted. As far as aromatic plants are concerned, species depletion is only rarely a problem with herbs (which are generally easy to grow in large quantities) but tends to be more of an issue with slow-growing trees.

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For latest news, events and course dates,
see our websites:

www.ShirleyPrice.com
www.ShirleyPrice.net (catalogue)

PRÉCAUTIONS D'EMPLOI

Les huiles essentielles pures SP sont de véritables essences non diluées extraites directement d'une variété d'herbes, d'épices, de fleurs, d'arbres et de résines. Parfois des centaines de fleurs sont utilisées pour produire juste une goutte d'huile essentielle! Comme elles sont très concentrées, il est important de ne pas dépasser le nombre de gouttes recommandé.

Ne jamais prendre d'huiles essentielles par voie interne sans demander l'avis préalable d'un médecin qualifié. Avec toutes les huiles essentielles, même diluées, éviter tout contact avec les muqueuses ou les yeux. En cas de contact accidentel avec les yeux, rincer abondamment à l'eau claire et consulter un médecin.

Sur les dix huiles essentielles mentionnées dans ce dépliant, la bergamote ne doit pas être utilisée avant exposition au soleil ou avant bronzage en cabine. Le lemon-grass et le tea tree ne doivent pas être appliqués sur des enfants de moins de deux ans ou sur une peau sensible.

l'aromathérapie peut être appliquée sur de jeunes enfants, qui réagissent bien au massage. Cependant, toutes les huiles essentielles pures ne conviennent pas, il est donc important de lire ce dépliant avant des les utiliser. Quand on masse des enfants de moins de 6 ans, on ne doit pas utiliser plus de 2 gouttes d'huile essentielle pour 10 ml d'une lotion de base ou d'huile végétale. Pas plus de 2 gouttes d'huile essentielle ne doivent être ajoutées à leur bain ou au diffuseur. Les huiles essentielles, même diluées, doivent être utilisées avec précaution sur les enfants de moins de 2ans. Toutes les huiles essentielles pures doivent être gardées hors de portée des enfants. Si un enfant avale de l'huile essentielle par accident, consultez d'urgence un médecin.

Si vous souffrez d'une maladie de la peau, si vous êtes enceinte, si vous souffrez d'épilepsie ou d'asthme, si vous êtes sous traitement médical ou si vous n'êtes pas sûr de quoi vous souffrez, il est important que vous consultiez un médecin ou un praticien qualifié avant d'utiliser les huiles essentielles pures. Éviter que les huiles essentielles entrent en contact avec les surfaces polies, peintes ou en plastique. Les huiles essentielles étant inflammables, ne pas les utiliser ou les entreposer à proximité d'une flamme nue.

Les huiles essentielles doivent être conservées au frais et à l'abri de la lumière (Conserver au réfrigérateur pour prolonger la vie de vos huiles). Elles doivent être utilisées dans l'année qui suit leur ouverture.



Shirley Price
professional
AROMATHERAPY

INFORMACIÓN SOBRE SEGURIDAD

Los aceites esenciales SP son esencias puras no diluidas extraídas directamente de una variedad de hierbas aromáticas, especias, flores, árboles y resinas. A veces es necesario utilizar cientos de flores para producir tan sólo una gota de aceite esencial. Puesto que están muy concentrados, es importante no utilizar más gotas de aceite que las recomendadas.

Los aceites esenciales nunca deben ingerirse sin consultar primero con un profesional habilitado. Debe procurarse que los aceites esenciales, incluso cuando están diluidos, no entren en contacto con áreas sensibles del cuerpo como los ojos. Sin embargo, si el aceite entra en contacto con los ojos, lávese los ojos inmediatamente con abundante agua y busque atención médica.

De los aceites esenciales puros que se describen en este prospecto, el aceite de bergamota no debe utilizarse antes de la exposición al solo cama solar. El aceite de lemongrass y el de árbol de té no deben utilizarse en niños menores de dos años ni sobre piel delicada.

Los niños pequeños también pueden beneficiarse de la aromaterapia y por lo general esto no presenta ningún problema. Sin embargo, no todos los aceites esenciales son aptos, por lo que es importante leer primero el prospecto. Cuando masajees a niños menores de 6 años, no debe utilizar más de 2 gotas de aceite esencial por cada 10 ml (una cucharada sopera) de aceite vegetal.

o loción base, y nunca deben añadirse más de 2 gotas de aceite esencial al baño o vaporizador de los niños. Los aceites esenciales, incluso cuando están diluidos, deben utilizarse con precaución en los niños menores de 2 años. Todos los aceites esenciales puros deben mantenerse lejos del alcance de los niños. Si un niño traga accidentalmente cualquier aceite esencial puro, busque atención médica de urgencias.

Si padece alguna condición de la piel, está embarazada, sufre de epilepsia o asma, está tomando algún medicamento prescrito o tiene cualquier duda sobre alguna condición que padezca, es importante que consulte con su médico o profesional habilitado antes de utilizar aceites esenciales puros.

Evite que los aceites esenciales entren en contacto con superficies pulidas, pintadas o plásticas. Todos los aceites esenciales son inflamables; tenga cuidado con las llamas expuestas al aire. .

Lamejor forma de conservar los aceites esenciales es mantenerlos lejos del calor o la luz (guardarlos en el frigorífico prolongará la vida útil de los aceites). Deben usarse en el plazo de 1 año después de abiertos.



**Did you know the
SP range of products has
a 5-Star rating for quality
on the main Chinese Internet
Sales site TA@BOA**

ESSENTIAL OILS

BENZOIN (RESINOID 50%) WILD CRAFTED
Styrax benzoin styraceae
Soothing, Warming, Comfoting
Extracted from the tree grown in Laos, benzoin (a resin diluted in 50% benzyl alcohol) is a soothing, warming and rejuvenating oil with a sweet balsamic aroma. Ideal in massage or the bath to calm the mind and comfort the emotions. Blends well with cypress, orange and rose absolute.

BERGAMOT ORGANIC *Citrus bergamia*
Refreshing, Uplifting, Antiseptic
Extracted from the rind of the fruit grown in Italy, bergamot is a bright, fresh and invigorating oil with a mellow citrus aroma. Ideal for vaporisation to freshen a room and uplift the emotions. Blends well with frankincense, geranium and lemongrass.

BLACK PEPPER ORGANIC *Piper nigrum*
Stimulating, Toning, Restoring
Extracted from the peppercorn grown in India, black pepper is a fortifying, warming and penetrating oil with a woody spicy aroma. Ideal in massage or the bath to stimulate the mind and rejuvenate tired muscles. Blends well with bergamot, frankincense and rose absolute.

CEDARWOOD *Cedrus Atlantica*
Astringent, Antiseptic, Relaxing
This light brown to transparent oil has a delicate woody spicy aroma. Cedarwood was used as a preservative in the process of mummification. Cedar oil has a reputation for helping maintain healthy vibrant skin. It also aids respiration.

CHAMOMILE (ROMAN) ORGANIC
Chamaemelum nobile
Extracted from the flowers grown in England, this pale yellow oil when freshly distilled has a sharp fruity herbaceous odour. This is known as “the still odour”. Allow this odour to ‘blow off’, leaving a milder scent, before use. Chamomile (Roman) is used in the SP calming skin preparation ideal for young and older dry skin. Blends well with lavender, orange blossom (neroli) and rosewood-tomar.

CITRONELLA ORGANIC *Cymbopogon nardus*
Stimulating, Antiseptic and fungicidal
Extracted from the grass grown in Sri Lanka, citronella is a fresh, antibacterial and deodorising oil with a fresh green aroma. Ideal for vaporisation to freshen a room and soothe the senses. Also an effective insect repellent. Blends well with frankincense, orange and lime.

CLARY SAGE ETHICALLY HARVESTED *Salvia sclarea*
Relaxing, Warming, Euphoric
Extracted from the herb grown in France, clary sage is a rich, warm and euphoric oil with a sweet herby aroma. Ideal in massage or the bath to soothe the skin and relax the mind. Blends well with sandalwood, bergamot and rosewood-tomar.

CYPRESS WILD CRAFTED *Cupressus sempervirens*
Astringent, Toning, Restoring
Extracted from the leaves of the tree grown in France, cypress is a purifying, uplifting and strengthening oil with a fresh woody aroma. Ideal in massage or the bath to regulate the skin and balance the emotions. Blends well with juniper, lemon tea-tree and frankincense.

EUCALYPTUS ORGANIC *Eucalyptus globulus*
Antiseptic, Cleansing, Stimulating
Eucalyptus is a strong, fresh and stimulating oil with a piercing balsamic aroma. Ideal for vaporisation. Best known for its role in maintaining effective respiration. Eucalyptus is antiseptic and is known to soothe stiff joints and muscles after exercise. E. Globulus is not suitable for use with children and E. staigeriana is milder alternative. Blends well with grapefruit, peppermint and rosemary.

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FRANKINCENSE WILD CRAFTED *Boswellia sacra*
Calming, Clarifying
Extracted from the resin of the tree grown in Somalia, frankincense is a spiritual, warm and tranquil oil with an oriental balsamic aroma. Ideal in massage or the bath to elevate the mind and bring peace to the senses. Blends well with bergamot, black pepper and sandalwood.

GERANIUM ETHICALLY HARVESTED
Pelargonium graveolens
Balancing, Stabilising, Nurturing
This greenish oil has a heavy sweet aroma. Geranium is a balancing oil with uplifting qualities. Traditionally used to maintain a vibrant skin. The harmonising properties are favoured by women. May cause irritation to those with sensitive skin. Blends well with bergamot, lavender and lemongrass.

GINGER ORGANIC *Zingiber officinale*
Stimulating, Warming, Toning
Extracted from the root of the plant grown in Sri Lanka, ginger is a cheering, stimulating and comforting oil with a spicy and sharp aroma. Known for its warming and stimulating properties it aids digestion. Its warming effect makes it effective for soothing muscle aches. Ginger may irritate sensitive skin. Blends well with orange, geranium and rosemary.

GRAPEFRUIT ORGANIC *Citrus x paradisi*
Uplifting, Stimulating, Refreshing
Extracted from the rind of the fruit grown in South Africa, grapefruit is a sharp, refreshing and euphoric oil with a bittersweet citrus aroma. Ideal for vaporisation to rejuvenate the spirit and revive the senses. Blends well with frankincense, rosemary and lemon tea-tree.

JASMINE ABSOLUTE ETHICALLY HARVESTED
Jasminum grandiflorum
Astringent, Cleansing, Fortifying
Extracted from the flowers grown in India, jasmine is a deep, rich and exotic oil with a voluptuous floral aroma. Ideal in luxury massage preparations to rejuvenate the skin and stimulate the senses. Blends well with mandarin, rose absolute and ylang-ylang.

JUNIPER ORGANIC *Juniperus communis*
Antisepting, Relaxing, Soothing, Rejuvenating
Extracted from the berries of the fruit grown in Europe, juniper is a refreshing, purifying and strengthening oil with a woody green aroma. Ideal in massage or the bath to invigorate the mind and purify the skin. Blends well with cypress, clary sage and sandalwood.

LAVENDER ORGANIC *Lavandula angustifolia*
Stimulating, Relaxing
Lavender's pale yellow to transparent oil has a typically sweet, floral and herbaceous odour. Lavender is noted for its ability to stimulate the regenerative process and relieve the pain of burns. Distilled from the flowers grown in France (or whole plant in an officinalis), Ideal in massage or the bath to soothe the skin and calm the mind. Blends well with bergamot, clary sage and geranium.

LEMON ORGANIC *Citrus limon*
Antiseptic, Revitalising, Uplifting
Extracted from the rind of the fruit grown in Italy, lemon is a light, Yellow green refreshing and cheering oil with a sharp citrus aroma. The oil is antiseptic, stimulates circulation and helps maintain a more alert responsive attitude to life. Ideal for vaporisation to freshen a room and invigorate the mind and senses. Some people's skin may be sensitive to lemon and this sensitivity increases in sunlight or under tanning lights. Blends well with ginger, lavender and lemon tea-tree.

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LEMON TEA-TREE ORGANIC
Leptospermum petersonii
Refreshing, Uplifting, Antiseptic
Extracted from the leaves of the herb grown in South Africa, lemon tea-tree is a fresh, boosting and antibacterial oil with a vigorous fruity aroma. Ideal in skin care preparations to deep cleanse and purify the skin. Blends well with cypress, juniper and rosemary.

LEMONGRASS ORGANIC *Cymbopogon flexuosus*
Toning, Stimulating, Refreshing
Distilled from the grass grown in Sri Lanka, lemongrass is a sharp, zesty and lively oil with a sweet fruity aroma. Ideal for vaporisation to freshen a room and invigorate the senses. Blends well with grapefruit, geranium and rosemary.

LIME ORGANIC *Citrus x aurantifolia*
Refreshing, Reviving, Energising
Extracted from the rind of the fruit grown in South Africa, lime is a lively, stimulating and uplifting oil with a bittersweet citrus aroma. Ideal for vaporisation to freshen a room and restore a tired mind. Blends well with clary sage, lavender and sandalwood.

MANDARIN ORGANIC *Citrus reticulata*
Soothing, Relaxing
Extracted from the rind of the fruit grown in Italy, mandarin is a sweet, gentle and soothing oil with a tangy citrus aroma. Ideal in massage or the bath to soothe the mind and comfort the emotions. Blends well with orange blossom (neroli), lemon and sandalwood.

MARJORAM (SWEET) WILD CRAFTED
Thymus mastichina
Soothing, Warming, Comfoting
Marjoram is a stimulating, fortifying and warming oil with a rich herby aroma. Ideal in massage or the bath to strengthen the mind and relieve tired muscles. Blends well with rosemary, lemongrass and grapefruit.

MAY CHANG ETHICALLY HARVESTED *Litsea cubeba*
Balancing, Uplifting, Strengthening
Extracted from the rind of the fruit grown in China, may chang is a positive, bright and happy oil with a fizzy fruity aroma. Ideal for vaporisation to bring cheer and revitalise the senses. Blends well with geranium, rosewood-tomar and orange.

ORANGE (SWEET) ORGANIC *Citrus sinensis*
Uplifting, Reviving, Stimulating
Extracted from the rind of the fruit grown in Italy, orange is a zesty, refreshing and sunny oil with a rounded citrus aroma. Ideal for vaporisation to uplift the mind and revitalise the senses. Blends well with frankincense, citronella and ginger.

ORANGE BLOSSOM (NEROLI)
ETHICALLY HARVESTED *Citrus x aurantium*
Strengthening, Stimulating, Enlivening
Extracted from the flowers grown in Tunisia, orange blossom (otherwise known as neroli), is an exquisite, euphoric and soft oil with a delicate floral aroma. Ideal in luxury massage preparations to uplift the mind and calm the senses. Blends well with bergamot, chamomile (Roman) and rose absolute.

PATCHOULI ORGANIC *Pogostemon cablin*
Antiseptic, Deodorant, Sensual
Extracted from the leaves of the herb grown in Indonesia, patchouli is an earthy, spicy and mystical oil with a sweet woody aroma. Ideal in massage or the bath to unwind the mind and relax the body. Blends well with bergamot, geranium and lavender.

PEPPERMINT ORGANIC *Mentha piperita*
Cooling, Cleansing, Reviving
Extracted from the herb grown in France at the foot of the pyrenees, peppermint is a strong, menthol-rich and refreshing oil with a sharp herby fragrance. Ideal for vaporisation to cleanse a room and alert the senses. Blends well with eucalyptus, lavender and rosemary.

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PINE (FOREST) WILD CRAFTED *Pinus sylvestris*
Refreshing, Antiseptic, Cleansing
Extracted from the tree grown in Hungary, forest pine is a bracing, clear and bright oil with a fresh green aroma. Ideal in massage or the bath to refresh the mind and rejuvenate the skin. Blends well with juniper, lavender and cypress.

ROSE (ABSOLUTE) ETHICALLY HARVESTED
Rosa centifolia
Rejuvenating, Relaxing, Balancing
Extracted from the flowers grown in France, rose absolute is a deep, sweet and euphoric oil with an intense floral aroma. Ideal in luxury massage preparations to nurture and balance the emotions. Blends well with jasmine, lavender and orange blossom (neroli).

ROSE OTTO ETHICALLY HARVESTED
Rosa damascena
Rejuvenating, Relaxing, Balancing
Extracted from the flowers grown in Bulgaria, rose otto is a soft, warm and sensual oil with a sweet floral aroma. Ideal in luxury skin care preparations to soothe, nourish and tone. Blends well with geranium, jasmine and sandalwood.

ROSEMARY ORGANIC *Rosmarinus officinalis*
Stimulating, Reviving, Cleansing
Distilled from the herb grown in Tunisia and France, rosemary is a bright, refreshing and penetrating oil with a bracing herby aroma. Ideal in massage or the bath to stimulate the mind and relieve tired muscles. Blends well with grapefruit, lavender and lemongrass.

ROSEWOOD-TOMAR ORGANIC
Zanthoxylum armatum
Uplifting, Enlivening
Extracted from the seed of a bush grown in Nepal, rosewood-tomar is a supportive, soothing and uplifting oil with a fresh floral aroma. Ideal in Blends well with ylang-ylang, lavender and rose absolute.

SANDALWOOD WILD CRAFTED *Santalum album*
Relaxing, Sensual, Soothing
Extracted from the wood grown in India, sandalwood is a serene, calming and spiritual oil with a rich woody aroma. Traditionally burnt by middle eastern brides on honeymoon it is an ideal oil for male use to relax and ground the mind. We offer New Caledonian grown sandalwood as an alternative to Indian sandalwood. Blends well with patchouli, bergamot and geranium.

TEA-TREE ORGANIC *Melaleuca alternifolia*
Antiseptic, Antifungal, Cleansing
Distilled from the leaves of the tree grown in Australia, tea-tree is a powerful, bracing and anti-bacterial, anti-fungal and anti-viral oil with a fresh herby aroma. Ideal in skin care preparations to deep cleanse and improve the balance of the skin. Blends well with eucalyptus, lemon and rosemary.

YLANG-YLANG ORGANIC *Cananga odorata*
Sensual, Relaxing, Balancing
Distilled from the flowers of the tree grown in Madagascar, ylang-ylang is an exotic, sensual and euphoric oil with a sweet floral aroma. Ideal in massage or the bath to relax the mind and stimulate the senses. Blends well with bergamot, lavender and clary sage.

100% NATURAL 100% ORGANIC

Shirley Price products are the first choice for college lecturers, students and professional aromatherapists in 40 countries around the world. For 24 years our founders Shirley and Len Price worked to advance the art and science of aromatherapy to a point where it attracts the serious attention of medical professionals, work continued today by Dr Jane Buckle who in recent years has done so much to advance the aromatherapy profession in the United States. Partnerships with health professionals throughout the world have led to further research and progress. This information is continuously taught and advanced by the Shirley Price International College of Aromatherapy and its satellite schools worldwide. Together these schools have trained over 5000 students for a career in professional aromatherapy than any other.

Shirley Price's book Aromatherapy for Common Ailments describes how essential oils can be used to help us. SP provides premixes and care For oils in grapeseed and white lotion including:

CELLULITE
Essential oils of Fennel, Juniper, Patchouli, Rosemary and Sage.

CLEAR HEAD
Essential oils of Eucalyptus, Lavender, Peppermint and Marjoram.

EASY BREATHE
Essential oils of Eucalyptus, Hyssop, Peppermint, Pine and Thyme.

FATIGUE
Essential oils of Bergamot, Black Pepper, Eucalyptus and Lemongrass.

JOINTS
Essential oils of Eucalyptus,Juniper, Marjorma, Rosemary.

MUSCLES
Essential oils of Eucalyptus, Juniper, Lemon, Rosemary and Marjoram.

REST
Essential oils of Basil, Juniper, Lavender and Marjoram.

STRESS
Essential oils Basil, juniper, Lavender and Sandalwood.

STRETCHMARKS
Essential oils Frankincense, Lavender, Lemongrass and Neroli.

WOMEN
Essential oils of Roman Chamomile, Clary Sage, Lavender, Sage and Melissa.

CARRIER OILS
SP supply a wide range of carrier oils including our signature oil of jojoba obtained freshly from the argentine plantations of Eco-Oils.

HYDROLATS
SP supplies a wide range of hydrolats.

COLLEGE KITS
ELECTRICAL VAPORISERS, IONISERS and more

SKIN CARE
To celebrate our 35th year of worldwide operations and training excellence we have developed our gentlest ever range of SP Essentia Skincare and SP Essentia Skincare Solutions.

For more details of SP's training and products, see our website ShirleyPrice.com