

SHIRLEY PRICE AROMATHERAPY™

**TRUE ESSENTIAL OILS, CARRIER OILS AND
WHITE LOTION FOR PROFESSIONAL
AROMATHERAPY USE**

SHIRLEY PRICE CARE FOR™

MIXES SUITABLE FOR USE IN THE BATH

READY MIXED MESSAGE OILS AND LOTION

ESSENTIA™ SKINCARE



Shirley Price Aromatherapy Ltd

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The many uses of essential oils

An introduction to Shirley Price fine essential oils, aromatherapy and beauty products

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Introduction

Aromatherapy has been practised in one form or another since the beginning of civilisation all over the world. It is the art of using oils extracted from aromatic plants to enhance health and beauty often in conjunction with massage. Apart from the physical benefits, essential oils can have subtle rejuvenating effects on the mind and emotions. The essential oils taken from plants and used in aromatherapy have been described as their life blood-they are essential to the plants' biological immunological process, as well as containing the substance which gives plants their scent.

Synthetic oils, even if in part chemically similar, will lack the true elements and the vital life-force that make essential oils so valuable therapeutically to professional aromatherapists and home users. The therapeutic effects appear to depend on chemical components of the oil which are present in only minute quantities (Valnet) so the whole unadulterated natural oil is required. Clary Sage contains over 250 such chemical components. Essential oils are extracted from flowers, herbs, spices, woods and fibres, usually by distillation. Shirley Price Aromatherapy maintains ample stocks of over 80 oils used in aromatherapy available in quantities from 3ml to 5kg. We supply base products in salon sizes. All our oils are of the highest possible standard and every batch is analysed and tested for purity. We can provide an analysis of every oil batch

we have sold. We export our oils, Care for Mixes and our other aromatherapy and skincare products, lip balms and eye drops to over 40 countries worldwide.

All our oils are of the highest possible standard and every batch is analysed and tested for purity. Essential oils and their properties are listed in national pharmacopoeia and have a long history of medicinal use.

Essential oils are not registered as drugs. This prohibits us from detailing their medicinal properties however there are many Shirley Price books that will give you helpful and detailed information. The Shirley Price Aromatherapy Workbook remains an international bestseller. Aromatherapy for Health Professionals has gone through several editions and carries a forward by HRH Prince of Wales. For students we recommend Battaglia's Complete Aromatherapy and Franchomme and Penoels' Aromatherapie exactement.

We supply only the most suitable botanical species for aromatherapy use and the overwhelming majority of our oils are Ecocert certified grown pesticide free. It is important to use bio essential oils and carriers to avoid pesticide residues. In recent years we have seen a huge increase in intensive farming methods and their reliance on pesticides. In contrast we can guarantee most of our oils are grown without the use of artificial pesticides and fertilizers in accordance with EC regulations. We offer cheaper non-bio alternatives for non aromatherapy use or diffusers.

We use amber bottles to protect the oils from light and a dropper insert enables easy drop-by-drop use.

Our products are used by professional aromatherapists and students of aromatherapy. We supply college kits to order at trade prices to students of aromatherapy.

How to use the oils

MASSAGE This is the most effective method of using the oils, combining their properties with the therapeutic power of touch. The skin absorbs the oil over a large surface area. The oils should not be used undiluted, but should be combined with an odourless carrier oil such as peachnut, grapeseed or sweet almond. Generally a dilution of about 3% essential oil is recommended-approximately 6 drops in 2 teaspoons of carrier oil(check for individual dilutions given for some oils).

BATHS Bathing is a simple, effective and pleasant way to use essential oils. Add 5 to 7 drops of oil to a bath which has already been run and immerse yourself for up to 20 minutes(check for individual dilutions given for some oils). You can dilute the oils with a carrier oil or white lotion if you wish. The heat of the water aids the absorption through the skin, whilst you also inhale the vapour. Use the same method for facial steaming. Do not use undiluted oils in baths for babies and young children. Take care with plastic baths there are a few oils which may cause staining.

VAPORISATION All essential oils are antiseptic and evaporate easily, so they make very good air-fresheners. Different oils create different atmospheres, for example, relaxing sandalwood or clary sage are good for parties and peppermint clears your mind when you need to work. Put a few drops in a small bowl of water and place it on a source of warmth or use an aromatic light, light bulb ring or aromastone-all designed to vaporise oils. We stock a full range of diffuser products Aromastream, Aromastone, Anti-viral air purifier, Ionizers.

PERFUMES The oils may be used on their own or blended to make natural perfumes. Try experimenting with different combinations, and mix with a base vegetable oil or non-fragrant alcohol.

Caution

Essential oils being natural products are very safe if used carefully, but they are very concentrated and strong. Essential oils contain particular chemical types so please take special note of the individual warnings on each bottle of oil. Do not take essential oils internally, unless prescribed by a qualified aromatherapist and dilute them before applying to the skin. We advise you to consult a book or seek the advice of a specialist before using them.

PREGNANCY Do not use during pregnancy: basil, cedarwood atlas, citronella, clary sage, clove, fennel, hyssop, juniper, marjoram, myrrh, peppermint, rosemary and thyme. Clary Sage in particular must be avoided in pregnancy.

EPILEPSY Those suffering from epilepsy must avoid using camphor, fennel, hyssop and rosemary.

HIGH BLOOD PRESSURE Anyone with high blood pressure should not use hyssop, rosemary, or thyme.

SUNSHINE Do not apply these oils to the skin before going out into the sun or using a sunbed: lemon, lemongrass, mandarin and orange.

SENSITIVE SKINS These oils may cause irritation to sensitive skins: basil, black pepper, cajuput, cardamom, clove, fennel, ginger, lemon, lemongrass, melissa, peppermint, pine, rosemary, tea tree and thyme. Always test sensitivity by dabbing a diluted drop on the inner skin of the elbow. Do not use cinnamon on the skin at all.



Shirley Price Aromatherapy Ltd, for professional aromatherapy training and materials

A Better by Nature Ltd Group company. Suppliers of fine essential oils and professional aromatherapy and beauty materials.

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Lothian Herbs Ltd a range of aromatherapy products for the independent retailers and pharmacies

Essentia Ltd natural skincare products for problem skin, routine skincare and hair care,

Our activities support the Shirley Price International College of Aromatherapy. Principals are Louise Carta, UK and Eileen Lin, Asia. Our college has trained over 5000 students of professional aromatherapy worldwide. College branches are in Iceland, Norway, Malta, Korea, China and Taiwan offering the most rigorous training for professional aromatherapy practitioners and trainers.

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Below are the more popular Oils. See the online annual catalogue for details of our range of over 80 oils. If you do not see the oil you require call us.

All our oils are sold in 3ml, 5ml, 10ml, 30ml, 100ml sizes.

BASIL (*Ocimum basilicum*)-Egypt

Basil has been used medicinally over the centuries. It is a native of Asia but grows wild in the Mediterranean. Basil has a sweet, liquorice-like fragrance. It is soothing and uplifting, especially refreshing to the mind in aiding concentration. Basil is very good for tired and overworked muscles and blends well with lavender, bergamot, clary sage and geranium. **Warning:** basil can be a skin irritant, do not use basil during pregnancy.

BENZOIN (*Styrax benzoin*)-Thailand

Pure benzoin is a resin and therefore we dilute it with 35% diluents. A warming, soothing and stimulating oil it is used as an inhalation especially during the winter months. Very useful for cracked or chapped skin.

BERGAMOT (*Citrus bergamia*)-Sicily

With its delicious, fresh and invigorating citrus fragrance, bergamot has an uplifting effect on the emotions. It is very useful in skin care. Lothian Herbs now stocks bergaptene free oil (Bergamot furanocoumarin free). Bergaptene free oil is non irritant and you need not worry about sun exposure.

BLACK PEPPER (*Piper nigrum*)-Indonesia

From Malaysia, one of the oldest known species, it was used in India 4,000 years ago. The oil is pungent and light amber in colour. It has a warm, stimulating effect and is very useful in massage blends for dancers and athletes to prevent muscle stiffness. It blends well with rosemary, marjoram and lavender, but should only be used in small amounts, not more than 3 or 4 drops at a time. **Warning:** black pepper can be a skin irritant.

CAJEPUT (*Meleleuca minor*)-Vietnam

A warming oil. It can be used in a steam inhalation to help clear the nasal passages, and is also helpful when treating oily skin

and spots. **Warning:** cajeput is a stimulant and an irritant and must be used with care.

CAMPHOR white(*Cinnamomum camphora*)-China

Distilled from the wood of the camphor tree native to China and Japan. This oil can be used to care for oily or spotty skin and also as an insect repellent. **Warning:** use camphor sparingly and do not use when suffering from epilepsy.

CARDAMOM (*Elettaria cardamomum*)-Guatemala

The sweet,spicy,warming fragrance or cardamom has been enjoyed since the days of the Egyptians, who used it as perfume and incense. The spice is an important ingredient in India food, for its qualities as a digestive aid as well as its taste. It makes an excellent bath oil which refreshes and invigorates. **Warning:** cardamom can be a skin irritant.

CEDARWOOD ATLAS(*Cedrus atlantica*)-Morocco

The therapeutic properties of cedarwood oil have been recognised since ancient times. It may be used to care for greasy skin and acne-cedarwood is mildly astringent and antiseptic. It makes a pleasant, warm and woody room fragrance-the Tibetans use it as temple incense. **Warning:**do not use during pregnancy.

CHAMOMILE Roman(*Anthemis nobilis*)-England

There are several varieties of chamomile. We stock Roman and German which are more expensive but superior to Moroccan(wild), more correctly called *Ormenis*. Chamomile is a gentle oil with many uses, as best described in aromatherapy books. Distilled from daisy-like-flowers it is soothing and good for skincare and especially for fair hair. It blends well with lavender.

CHAMOMILE German(*Matricaria chamomilla*)-Egypt

Similar to Roman chamomile it is dark blue and slightly thicker.

CINNAMON LEAF(*Cinnamomum zeylanicum*)-Sri Lanka

This rich, warm, spicy oil makes it a wonderful room fragrance, especially at Christmas. It is even nicer mixed with orange and clove, and, being a strong antiseptic, it has a cleansing effect. It is also a useful treatment for warts, if used carefully. **Warning:** cinnamon leaf is a powerful irritant.

CITRONELLA (*Cymbopogon nardus*)-Sri Lanka

The powerful lemony scent acts as a useful insect repellent, and room fragrance. **Warning:** do not use citronella during pregnancy.

CLARY SAGE (*Salvia sclarea*)-France

This oil can have a euphoric effect on the emotions and may provoke dramatic and colourful dreams. It is important to avoid alcohol when using clary sage, as the two together can have a narcotic effect. It is also a very relaxing oil, and helpful in skin care for treating wrinkles, dandruff and oil hair and skin. **Warning:** use in preference to common sage (*Salvia officinalis*). Do not use clary sage during pregnancy.

CLOVE (*Eugenia caryophyllata*)-Madagascar

This oil is distilled from the flower head of an evergreen tree from Madagascar. It is traditionally used to relieve toothache. It is also an antiseptic and an effective mosquito repellent. **Warning:** clove is a powerful skin irritant and should be used carefully. Do not use during pregnancy.

CORIANDER (*Coriandrum sativum*)-Russia

Coriander is a sweet-smelling, spicy essence, making a good massage blend to relieve stiffness and muscle ache. In the bath it is refreshing and stimulating.

CYPRESS (*Cupressus sempervirens*) -France

Distilled from the leaves and cones of the cypress tree, such a familiar and beautiful feature of the Mediterranean landscape. It has a smoky, woody fragrance and makes a refreshing and relaxing bath oil. Cypress is astringent on the skin and acts as an

antiperspirant so it is excellent as a foot bath. It also acts as an insect repellent. It blends well with lavender and sandalwood.

EUCALYPTUS (*Eucalyptus globulus*)-China

One of the tallest trees in the world, the whole tree exudes an aromatic fragrance imparting a healthy atmosphere to the regions where it grows. Vaporisation is one of the best ways to ensure a healthy, antiseptic atmosphere in a room. Especially good during the winter. (Put a few drops on a hanky to breathe the vapour.) In a hot bath eucalyptus is very effective and pleasant to inhale. It blends well with pine and lavender.

EUCALYPTUS lemon scented (*Eucalyptus citriodora*)-China

Eucalyptus citriodora has a pleasant lemony aroma and similar properties and uses to *Eucalyptus globules*. Useful as an insect repellent it blends well with other herbal oils.

FENNEL sweet (*Foeniculum vulgare*)-Hungary

Its sweet, aniseed-like aroma makes it a pleasant oil for skin care-particularly for oily and mature skins, and for cellulitis. It also makes a good mouthwash. **Warning:** fennel can be a skin irritant. Do not use it on young children, if you are pregnant or suffer from epilepsy.

FRANKINCENSE (*Boswellia thurifera*)-Somalia

Frankincense has been burnt on altars and in temples for centuries-it has the effect of slowing down breathing and controlling tension, creating a perfect state of mind for meditation. It has many skin care uses too, particularly in the care of dry and mature complexions-the ancient Egyptians used it in rejuvenating face-masks.

GERANIUM (*Pelargonium graveolens*)-Egypt

Also known as rose geranium, the oil is pale green in colour. The scent is fresh, floral and sweet. Suitable for all skin types, with a refreshing and balancing effect on the emotions. It blends well with other floral oils, and, mixed with lavender and bergamot produces a delightful room freshener.

GINGER (*Zingiber officinale*)-China

Ginger's fiery properties make it a warming oil which is excellent for treating aches and pains, as a bath oil or in massage. It is a soothing and fortifying tonic. Ginger blends well with orange and other citrus oils. **Warning:** ginger leaf is a skin irritant.

GRAPEFRUIT (*Citrus x paradisi*)-Israel

The oil is extracted by cold expression from the fresh peel of the fruit. It has a refreshing and uplifting effect on the emotions, and can help with nervous exhaustion. It relieves congested and oily skin, having a toning effect on both skin and tissues, which makes it a good oil for cellulitis.

HYSSOP (*Hyssopus officinalis*)-France

This herb was sacred to the Greeks and the Hebrews-hyssop brooms were used to clean out sacred places. It is still useful, when used with a vaporiser, to protect rooms from infection, and the aroma gives a feeling of alertness and clarity. **Warning:** do not use hyssop if you are pregnant, or suffering from epilepsy or high blood pressure.

JASMINE absolute (*Jasminum officinale*)-Morocco

This is one of the most exquisite oils in existence. A vast quantity of flowers are needed to produce only a few drops of oil, and they must be gathered at night when their scent is at its strongest. The oil is therefore expensive but it is highly concentrated and only needs to be used in small amounts.

Beautiful to use in skin care it has a delicious perfume, and is particularly good for skin that is hot, dry and sensitive. Jasmine, with its wonderful, exotic fragrance makes a luxurious and enjoyable massage oil. It is relaxing and, reputedly, aphrodisiac.

JUNIPER (*Juniperus communis*)-Austria

The oil is distilled from the berries of this small tree (also used to make gin). An antiseptic and astringent, it may be used as a facial preparation for oily skins. A few drops in warm water, in the bath or on a room burner, releases a healthy antiseptic fragrance which has a calming effect on the emotions. **Warning:** juniper should not be used during pregnancy.

LAVENDER(*Lavendula angustifolia*)-Bulgaria

Lavender is without doubt the most versatile and most commonly used of all the essential oils-the essential essential oil! No home should be without it. A lavender bath at night or a few drops on a pillow produce a calming effect. The soothing antiseptic properties of lavender make it especially valuable in skin care. Lavender's calming and soothing properties have a balancing effect on body and mind. It blends happily with other oils, adding a floral softness to almost any mixture. Lavender has so many uses that we strongly recommend further reference to one of the books on Aromatherapy. Lavender is a must.

LAVENDER French Moutte, high altitude(*Lavendula angustifolia*)-France

One of the many types of lavender available. French Moutte is grown high in the French Alps and has a clean sharp fragrance. High altitude lavender contains a higher proportion of esters(one of the main active chemical ingredients in lavender oil). Our premium lavender carries the AOC mark.

LAVENDER Traditionelle (*Lavendendula Officinalis*) France , Bulgaria

Lavender made in the traditional fashion. We offer this gloriously scented Lavender as a cheaper alternative for daily use to angustifolia which is more suitable for aromatherapy use.

LEMON(*Citrus limonum*)-Sicily

This oil, from Sicily, is produced by pressing the outer rind of the fruit. About 3,000 lemons are required to produce just 1 kilo of oil. It is an antiseptic astringent used as a skin care product, especially for greasy skin. **Warning:** do not use lemon on the skin in direct sunlight. Dilute to no more than 1% lemon and only use up to 3 drops in a bath. It may cause irritation to sensitive skins.

LEMONGRASS(*Cymbopogon citrates*)-India

This oil has a powerful lemony fragrance, and is an effective antiseptic. It acts as a stimulating body tonic, and makes a

refreshing and deodorising room fragrance. It is also used as an insect repellent. **Warning:** do not use on the skin in direct sunlight. Dilute to no more than 1% lemongrass, and use only 3 drops in a bath. It may cause irritation to sensitive skins.

LIME(*Citrus aurantifolia*)-Mexico

This oil with a fresh, sharp citrus fragrance has similar properties to lemon oil. Its antiseptic properties make it useful as a skin care product, especially for greasy skin. A useful oil for the muscles and joints and uplifting for the mind. Distilled lime oil can be used in the sun and should not cause irritation to sensitive skins.

MANDARIN(*Citrus reticulata*)-Italy

These fruits were once traditional gifts offered to the Mandarins-hence the name. A gentle and calming oil which is also good for oily skin. Known in France as 'the children's remedy' for its mildness-use it in massage for the digestive system. It is safe for pregnant women too, and can be used in massage oil to prevent stretch marks. **Warning:** do not use mandarin on the skin in direct sunlight.

MARJORAM(*Origanum marjorana*)-Egypt

The ancient Greeks used marjoram in fragrances, cosmetics and medicines.

Its comforting and peppery aroma has a warming action on the mind and body-which helps to relax and ease nervous tension and stress. It is very useful for all muscular aches and pains. It is pleasant to use in a hot bath, especially with lavender, but care must be taken not to use too much as its sedative action can be powerful. **Warning:** marjoram oil should not be used during pregnancy.

MELISSA true(*Melissa officinalis*)-Egypt

A popular garden herb also known as lemon balm. Melissa true is very costly due to the very low yield of oil from the herbs. It is soothing and calming while having an uplifting effect on mind and body. England's oldest man attributed his longevity to a daily cup of tea made from Melissa leaves from his garden.

Warning: dilute to no more than 1% melissa, and only use up to 3 drops in the bath. It may cause irritation to sensitive skins.

MYRRH(*Commiphora myrrh*)-Somalia

The resin from which the oil is extracted comes from a small, tough, tree and is hot and smoky. Myrrh is very good for various conditions including rough and cracked skin and is particularly useful for more mature skin. Also effective as an addition to a gargle or mouth wash. **Warning:** do not use myrrh during pregnancy.

NEROLI orange blossom(*Citrus aurantium*)-Sicily

This is one of the Seville orange tree. It takes ten large basketfuls of blossom to produce a thimbleful of oil and is therefore very expensive. It has an exquisite fragrance when diluted and can be used to care for mature and sensitive skins and on scars and stretch marks. It can also be used to reduce stress and anxiety particularly for people who are apprehensive or easily alarmed. Neroli makes a luxurious blend with rose and jasmine oil.

NIAOUL(*Melaleuca viridiflora*)—Madagascar

This oil has a sweet, fresh fragrance and is non-irritant and strongly antiseptic. Excellent in treating acne, boils and skin irritations. It is used as a chest rub and is good when vaporised.

ORANGE sweet(*Citrus sinensis*)-USA

With its warm, sunny fragrance, orange is an especially pleasant winter oil, particularly in a hot bath along with a spice oil such as cinnamon or clove. It can help to relieve stress and tension, and brighten up dull and oily complexions. **Warning:** dilute to no more than 2% orange, and only use up to 4 drops in a bath. Do not use on the skin in direct sunlight.

PALMAROSA(*Cymbopogon martinii*)-Madagascar

Palmarosa has a lovely, light, floral fragrance; uplifting, it aids clarity of mind. It makes a wonderful skincare oil, particularly when diluted with almond oil. It is moisturising and stimulates

cellular regeneration, making it particularly good for mature skin and acne.

PATCHOULI(*Pogostemon patchouli*)-Indonesia

Not just a hippy perfume, this oil is also great for treating oily skin with acne or open pores. Its strong, earthy, herbaceous odour is used in the East to scent linen and clothes.

PEPPERMINT(*Mentha piperita*)-USA

One of the most important essential oils, being widely used in confectionery and medicine. Soothing, refreshing and stimulating, it is useful in massage. A few drops on a hanky or on a room burner will aid clear thinking. With rosemary and juniper it makes an excellent invigorating morning bath. After a heavy day's shopping, a footbath with peppermint is blissful.

Warning: do not use peppermint when pregnant. Dilute to 1% peppermint and use no more than 3 drops in your bath. It may cause irritation to sensitive skins.

PETITGRAIN(*Citrus aurantium*)- Paraguay

From the same tree as neroli(orange blossom) the oils resemble one another though petitgrain is distilled from the leaves not the blossom. The fragrance is fresh, flowery and light, making it a wonderfully refreshing bath or massage oil with deodorant properties, helping to relieve stress and anxiety. It blends with rosemary, geranium, lavender and bergamot as well as with orange and neroli.

PINE Scots(*Pinus sylvestris*)-Austria

Pine oil is obtained by distillation of the needles, young twigs and cones. The essential oil is pale yellow with a strong, fresh, resinous aroma. Pine is refreshing, deodorant and stimulating and is often used in commercial preparations. A few drops on a hanky or in the bath can be invigorating. It blends well with cedarwood, rosemary, eucalyptus and tea tree. **Warning:** pine oil should be diluted and used with care as it can cause skin irritation.

ROSE OTTO(*Rosa damascena*)-Bulgaria

The rose was probably the first flower from which an essential oil was distilled, in Persia in the 10th century. It is the most exalted and sought-after fragrance. About 60,000 roses are needed to produce 1 ounce of oil-it is therefore expensive but highly concentrated. The pure oil is solid at room temperature, but when the bottle is warmed in the hand it becomes liquid. It is a very good oil for use in skin care; excellent for dry and mature skin. It is also emotionally soothing, promoting a feeling of wellbeing and happiness. It has been renowned as an aphrodisiac for centuries. It has antiseptic, astringent and tonic effects, but sadly is seldom used in commercial products, where a cheaper synthetic is the norm. Initially expensive to buy, very little needs to be used.

ROSEMARY(*Rosemarinus officinalis*)-Spain

Originally a native of the Mediterranean coast, it now grows freely throughout Europe. Rosemary is a popular oil in aromatherapy. It is stimulating, warm and penetrating and promotes a feeling of mental clarity. It stimulates the scalp when used in a hair rinse, helping to control greasy hair and dandruff. Use in a warm bath and in a massage oil to relieve tired muscles. A strong antiseptic it has a comforting fragrance in sick rooms: a few drops on a hanky or pillow having a similar effect. **Warning:** do not use rosemary when pregnant or suffering from high blood pressure or epilepsy. It may cause irritation to sensitive skins.

SANDALWOOD(*Santalum album*)-India

From Mysore, East India, this essential oil is thick and viscous with a warm, sweet, woody fragrance which, although not initially strong, is very persistent. Sandalwood is much used in religious ceremonies in the East. It is beneficial for all skin types, acting as a moisturiser to dry and chapped skin and as an antiseptic and mild astringent to oily skin and acne. It has been used as an aphrodisiac for centuries.

TEA TREE ti tree (*Melaleuca alternifolia*)-Australia

Tea tree has a strong medicinal smell similar to eucalyptus. It is antiseptic and may be used in a number of ways including baths, massage and skin care. As the oil has a very wide range

of applications we recommend further reading. **Warning:** it may cause irritation to sensitive skins.

THYME red (*Thymus vulgaris*)-Spain

Native to the Mediterranean region, this oil has been used since ancient times as a medicinal and culinary herb. It has a strong pungent aroma and is highly antiseptic. **Warning:** do not use thyme when pregnant or suffering from high blood pressure. Dilute to no more than 2% thyme before use. It may cause irritation to sensitive skins.

VETIVER (*Vetiveria zizanioides*)-Java

In India and Sri Lanka this oil is known as 'the oil of tranquility' and it is in fact a deeply relaxing oil, excellent for bedtime baths and massages. Its smoky aroma is more pleasant when diluted, and adds a subtle note to blends.

YLANG YLANG (*Cananga odorata*)-Madagascar/Comores

From Madagascar, the name means 'flowers of flowers'. It has an exotic, sweet, long-lasting perfume and is often called 'the poor person's jasmine'. Used widely in perfumery and cosmetics, it is suitable for both dry and oily skins. Ylang Ylang makes a sensual, soothing massage and bath oil, helpful for stress and tension. It blends well with most citrus and floral oils.

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CARRIER OILS

Carrot 50ml Carrier

Daucus carota. True carrot oil is rich in beta-carotene and vitamins A, B, C and E. It makes an excellent skin tonic and is particularly good for delaying the age process on oily skin. It is astringent and stimulating to the circulation.

Evening primrose 50ml Carrier

*Johanna 50ml Carrier
Lime Blossom 50ml Carrier Tila europaea. Lime blossom has been used since ancient times in perfumery and can be used as an emollient, making it essential for the older woman.*

Melissa 50ml Carrier

*Rosehip 50ml Carrier
Rosa canina. Being a tissue regenerator, rosehip is ideal to use on the skin to help prevent premature ageing, minimize wrinkles and reduce scar tissue.*

Almond 125ml Carrier

Prunus dulcis. Almond (sweet) is one of the most commonly used cold pressed carrier oils. It is known for its revitalizing and gently soothing properties.

Apricot 125ml Carrier

Prunus armeniaca. Apricot is rich in vitamins. It is a natural moisturizer and helps to prevent itchy skin.

Avocado 125ml Carrier

Persea gratissima. Avocado is a penetrating oil and invaluable when added to massage preparations for dry skin. It is rich in lecithin and vitamins A, B and D and sometimes appears cloudy due to the oil not being refined.

Calendula 125ml Carrier

Calendula officinalis. Calendula oil is produced by steeping marigold blossoms in sunflower oil. It is known for its gentle and soothing qualities that aid the natural regenerative process.

Carrier Oil Mix 125ml Carrier

Persea gratissima, Vitis vinifera & Triticum vulgare. This blend is formulated by Shirley Price Aromatherapy, consists of avocado, grapeseed and wheatgerm. It penetrates the skin easily, leaving it feeling smooth and soft. The added wheatgerm acts as a natural preservative and the avocado enriches the mix.

Carrot 125ml Carrier

Evening Primrose 125ml Carrier

Grapeseed 125ml Carrier

Vitis vinifera. A fine, light oil it is not too greasy and is quickly absorbed into the skin, making it an excellent medium for massage without leaving the skin feeling greasy.

Hypericum perforatum. Also known as St Johns Wort. It is produced by steeping the St John Wort flower in olive oil, with added plant properties.

*Johanna 125ml Carrier
Jojoba 125ml Carrier
Lime Blossom 125ml Carrier
Macadamia 125ml Carrier
Macadamia integrifolia. Macadamia helps to replenish lost sebum in a dry skin and is highly emollient, making it essential for the older woman.*

Melissa 125ml Carrier

*Peachnut 125ml Carrier
Rosehip 125ml Carrier
Sunflower 125ml Carrier Helianthus annuus. Sunflower oil is ideally suited for aromatherapy for a normal to dry skin. It gives a smooth satin finish and is rich in vitamin E. It is particularly suited to oriental skins*

Wheatgerm 125ml Carrier

Triticum vulgare. Wheatgerm is a rich oil and is excellent for dry, mature skin. It contains proteins and vitamins, including vitamin E. It can be too heavy to use on its own, being easier to use if a small amount is added to a lighter oil such as grapeseed, Wheatgerm is a natural preservative.

White lotion 125ml Carrier

This is a unique blend made up entirely of vegetable oils, being especially formulated by Shirley Price Aromatherapy. It is a perfect carrier for essential oils, being non-greasy and easy to apply. White lotion is easily absorbed into the skin, leaving it smooth and grease free.

SALON SIZES

Almond 500ml Carrier

Grapeseed 500ml Carrier

White Lotion 500ml Carrier

Almond 1000ml Carrier

Grapeseed 1000ml Carrier

Sunflower 1000ml Carrier

White Lotion 1000ml Carrier



HYDROLATS

Melissa Hydrolat
Lavender Hydrolat
Rose Hydrolat
Neroli Hydrolat
Chamomile Roman Hydrolat
Witch Hazel Hydrolat

Lavender makes this hydrolat ideal for all skin types. Its gentle nature also makes it safe to use on children, calming them and temper tantrums. Also makes a refreshing room spray.

Added to the bath, rose hydrolat aids relaxation. Its mildly antiseptic and cooling properties make it useful for many applications. If used in conjunction with lavender and chamomile hydrolats, good health is promoted.

Being astringent makes neroli the ideal treatment for delicate, sensitive and oily skins. It can be used as a toner.

One of the best all round hydrolats. Its gentle nature makes it ideal for use on young babies and children. Also the best all in one make up remover, cleanser and toner.

Being one of the most important anti-ageing substances, Witch hazel hydrolat is ideal for mature or damaged skin. It is also suitable for teenage skin and related conditions.

Shirley Price Aromatherapy Ltd, for professional aromatherapy training and materials

A Better by Nature Ltd Group company. Suppliers of fine essential oils a and professional aromatherapy and beauty materials.

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SHIRLEY PRICE AROMATHERAPY™

ESSENTIA™

SKINCARE ROUTINE

Cleanser, Toner, Moisturisers, Honey Masque,

Day and Night Cream

SKINCARE SOLUTIONS

FOOTCARE

LIP BALMS

CHAMOMILE EYE DROPS

EYE CREAM

SCALP TONIC

SANDALWOOD SHAVING OIL AND BALM

SUN MILK

Essentials Skin Care: Superlight Eye Cream 15ml

Essentia Skin Care: Lip Balm 15ml

Essentia Skin Care: Pretty serum facial moisturiser 30ml

Essentia Skin Care: Clear skin moisture cream 30ml

Essentia Skin Care: Special E Cream 30ml

Essentia Skin Care: Foot Reflex cream 30ml

Essentia Skin Care: Jasmine aromatic body oil 30ml

Essentia Skin Care: Neroli aromatic body oil 30ml

Essentia Skin Care: Rose aromatic body oil 30ml

Essentia Skin Care: Post epilation moisture cream 30ml

Essentia Special Care: Scar care 30ml

Essentia Special Care: Scalp tonic 30ml

Essentia Special Care: Airways care moisture cream 30ml

Essentia Special Care: Visible veins moisture cream 30ml

Essentia Special Care: Facial treat rejuvenator 30ml

Essentia Skin Care: Cleansing Cream 50ml

Essentia Skin Care: Gentle Purifying Masque 50ml

Essentia Skin Care: Moisturising Cream 50ml

Essentia Skin Care: Moisturing Honey Masque 50ml

Essentia Skin Care: Revitalising Minute Gel Masque 50ml

Essentia Skin Care: Rejuvenating Night Cream 50ml

Essentia Skin Care: Special E Cream 50ml

Essentia Skin Care: Moisturising Lotion 200ml

Essentia Skin Care: Hand & Body Lotion 100ml

Essentia Skin Care: After bath lotion 200ml

Essentia Skin Care: Hand and body lotion 200ml

Essentia Skin Care: Peppermint balm 200ml

Essentia Skin Care: Soothing balm 125ml



Shirley Price Aromatherapy Ltd

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Leicestershire

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Essentia Skin Care: After shave balm 200ml

Essentia Skin Care: Cleansing Cream 150ml

Essentia Skin Care: Moisture cream 150ml

Essentia Skin Care: Night cream 150ml

Essentia Skin Care: Special E cream 150ml

Essentia Skin Care: All over flower serum 200ml

Essentia Skin Care: Cleansing Milk 200ml

Essentia Skin Care: Sun milk 200ml

Essentia Skin Care: Toning Lotion 200ml

Essentia Skin Care: Cleansing Milk 500ml

Essentia Skin Care: Toning Lotion 500ml

Essentia Skin Care: Toning Lotion 1000ml

Essentia Eyes: Chamomile eye drops

For maintaining and improving the delicate skin of the eye area, this rich cream is ideal. High in azulene (a natural substance which is very soothing and anti-inflammatory), the smooth cream helps prevent premature signs of ageing. Chamomile, geranium, lavender and tea tree essential oils are blended into beeswax base to produce this uniquely natural, nourishing and restoring lip balm. The lip balm includes a factor 12 sunscreen.

Contains essential oils of frankincense, neroli and rose otto. This easily absorbed serum contains essential oils that give the skin a silky smooth feel, increasing softness and elasticity. Formulated specifically for an oily or blemished skin type. This cream includes essential oils of cedarwood, geranium, juniper and lemon and helps to normalize the oil producing

glands in the skin, giving a clear appearance to the complexion.

For all problem skin types. This natural moisturizer, based on avocado oil, is blended with essential oils of bergamot, geranium, juniper, lavender and sandalwood to normalize a blotchy skin with dry patches, thus helping to clear problematic skin.

A rich, thick massage cream consisting essential oils of juniper, lavender and rosemary. Reflex cream was initially designed to nourish the hard areas of skin on the feet. However, it is effective for elbows and knees too and can be used as a massage cream other areas of the body where the skin is dry.

Jasmine aromatic body oil, with its exotic aroma is useful for relaxing a stressed skin, minimizing fine lines and tense muscles, helping the skin appear smooth and healthier.

Neroli aromatic body oil is nourishing for dry and flaky skin. Because it is so deeply moisturizing, the skin appears younger, healthier and fresher.

Rose aromatic body oil is rejuvenating, calming, nourishing and helps the delicate skin in the chest face and neck area to appear smoother and younger.

Formulated specifically for use immediately after hair removal, this soothing cream includes essential oils of lavender, peppermint and sandalwood.

Formulated specifically for scarred and pitted skin, this nourishing cream includes the feeding and regenerative essential oils of frankincense, lavender and myrrh. Used over a period of time the scar care moisture cream will give a smoother appearance to the complexion.

The invigorating and restorative properties of cedarwood, juniper, lavender and rosemary are combined in orange flower water to produce our special formula to care for thinning and impoverished hair. Used regularly in conjunction with scalp massage, this tonic can improve the appearance of fine, thinning hair.

A superb moisturizing cream with the addition of basil, eucalyptus, lavender and peppermint to maintain smooth and effective respiration.

This luxurious blend contains essential oils of fennel, frankincense, lavender and lemon in a base of grapeseed and wheatergm. The facial treat blend reduces the appearance of wrinkles and scarring. The special mixture also effectively reducing puffiness around the eye area, and maintains skin tone and sebum production. Normal to dry skin. With geranium, lavender and rosemary essential oils, this light and fluffy cream will cleanse without

drying. It maintains the natural pH balance of the skin and leaves the skin feeling clean and soft.

Normal to dry skin. A beautiful blend of natural moisturizing ingredients, including carrot oil, which helps to maintain the skin's natural moisture balance and elasticity. Contains specially selected essential oils of frankincense, lavender and rose absolute to normalize a dry skin. Regular use will gently deter fine lines and wrinkles.

Normal to dry/mature skin. A smooth honey mask including essential oils of lavender and geranium, which gently stimulates and nourishes a dry or mature skin. Helps restore skin based vitality and elasticity. Used over time will normalise a dry skin.

All skin types. All skin types can use minute gel to activate blood circulation, revitalise and promote a glowing, healthy skin. With regular use will brighten the skin and normalise a sensitive skin; includes essential oils of chamomile and cypress.

All skin types. This smooth, regenerative cream softens and nourishes the skin and helps prevent signs of premature ageing and wrinkling. If it is used every night it restores suppleness and rejuvenates the appearance of the skin. Contains essential oils of frankincense, lavender, patchouli and sandalwood.

Normal to oily skin. This fine, light lotion blended with essential oils of geranium, juniper and lavender will help to keep the skin supple and moist and preserve its natural elasticity. Moisture lotion protects the skin from harmful environmental conditions and regular use will normalize oily skin.

All skin types. This rich blend of benzoin, cypress, lavender and patchouli in a light moisturising lotion is absorbed quickly into the skin, instantly softening and protecting. Gently massage into the skin as often as required, particularly after washing or bathing for truly beautiful hands.

This light, non-greasy lotion is ideal for moisturizing your whole body after a bath or shower. A luxurious blend of special essential oils enhance the youthful appearance of the skin.

All skin types. This rich blend of benzoin, cypress, lavender and patchouli in a light moisturising lotion is absorbed quickly into the skin, instantly softening and protecting. Gently massage into the skin as often as required, particularly after washing or bathing for truly beautiful hands.

A light, moisturizing balm blended with essential oils renowned for their cooling properties. This balm is useful for soothing and cooling the skin.

Prepared for the man whose skin is dry or irritable after shaving. This light moisturizing balm is blended with lavender, peppermint and sandalwood to soothe and cool the skin

Normal to dry skin. With geranium, lavender and rosemary essential oils, this light and fluffy cream will cleanse without drying. It maintains the natural pH balance of the skin and leaves the skin feeling clean and soft.

Normal to dry skin. A beautiful blend of natural moisturizing ingredients, including carrot oil, which helps to maintain the skin's natural moisture balance and elasticity.

Contains specially selected essential oils of frankincense, lavender and rose absolute to normalize a dry skin.

Regular use will gently deter lines and wrinkles.

All skin types. A light moisturizing serum, especially blended with selected oils of lavender, neroli and rose otto for their calming and healing properties. Useful for any type of skin redness or dryness, soothes skin after exposure to sun and other irritants.

Normal to oily skin. A natural plant based milk blended with essential oils of geranium, lavender and rosemary to gently lift impurities and make-up. Cleansing milk will thoroughly cleanse the skin whilst maintaining its correct pH balance.

A soothing milk designed to moisturize and nourish the skin when exposed to the sun. Sun milk is specially formulated to care for the skin while tanning and should be applied regularly. It does not contain a sun filter.

All skin types. A highly effective natural toner with essential oils of geranium and lavender to freshen, tone and revitalize the skin. Completes the cleansing process without drying.

Refreshes and cools the skin and tones the facial muscles.

Normal to oily skin. A natural plant based milk blended with essential oils of geranium, lavender and rosemary to gently lift impurities and make-up. Cleansing milk will thoroughly cleanse the skin whilst maintaining its correct pH balance.

All skin types. A highly effective natural toner with essential oils of geranium and lavender to freshen, tone and revitalize the skin. Completes the cleansing process without drying.

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All skin types. A highly effective natural toner with essential oils of geranium and lavender to freshen, tone and revitalize the skin. Completes the cleansing process without drying.

Refreshes and cools the skin and tones the facial muscles.

A gentle product that helps to relieve tired, dry or gritty eyes.

Ideal to use before and after working at the computer and during the summer season to relieve itching and irritation of the eyes and eyelids.

Essentia Hair Care: Morning shower gel 200ml

Essentia Hair Care: Evening shower gel 200ml

Essentia Hair Care: Shampoo for normal hair 200ml

Essentia Hair Care: Shampoo for dry hair 200ml

Essentia Hair Care: Shampoo for greasy hair 200ml

Essentia Hair Care: Shampoo for normal hair 400ml

Essentia Hair Care: Shampoo for dry hair 400ml

Essentia Hair Care: Shampoo for greasy hair 400ml

Essentia Hair Care: Headlice shampoo 200ml

Essentia Hair Care: Headlice conditioner 200ml

Essentia Hair Care: Conditioner 200ml



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SHIRLEY PRICE AROMATHERAPY™

SHIRLEY PRICE CARE FOR™

RANGE OF

TRUE ESSENTIAL OIL MIXES

SUITABLE FOR USE IN THE BATH

READY MIXED MASSAGE OILS

READY MIXED WITH WHITE LOTION



Shirley Price Aromatherapy Ltd

8 Hawley Road

Hinckley

Leicestershire

LE10 OPR

T: 01455 615466

Care For: Rescue Tonic 10ml oil mix

Care For: Cellulite 10ml oil mix

Care For: Circulation 10ml oil mix

Care For: Fatigue 10ml oil mix

Care For: Clear head 10ml oil mix

Care For: Joints 10ml oil mix

Care For: Respiratory System 10ml oil mix

Care For: Muscles 10ml oil mix

Care For: Easy Breathe 10ml oil mix

Care For: Airways 10ml oil mix

Care For: Rest 10ml oil mix

Care For: Sinus 10ml oil mix

Care For: Stresses and strains 10ml oil mix

Care For: Anti Stretch marks 10ml oil mix

Care For: Visible Veins 10ml oil mix

Care For: Women 10ml oil mix

Care For: Winter chills 10ml oil mix

Care For: Rescue Tonic

Care For: Cellulite A blend of oils specially selected for their cleansing properties. Used regularly, this blend can reduce the unsightly dimples associated with cellulite.

Care For: Circulation A stimulating blend of oils to help maintain a healthy circulation and bring tone to the body and skin. Available as a pure essential oil mix to add to the bath or ready mixed oil to be applied daily for best results.

Care For: Fatigue This blend will keep the mind alert and responsive even at the end of the day. Especially appropriate for use in the car. Use in a vaporizer or inhale directly by placing a few drops of oil on a tissue

Care For: Clear head This blend combines oils known for their clarifying properties. This natural preparation revives, refreshes and soothes the mind. Available as a pure essential oil mix, add directly to the bath. Also available as a carrier oil or lotion to massage appropriate areas twice daily.

Care For: Muscles This blend is ideal for tired and stiff muscles if used in the bath or in a ready mixed oil/lotion. It is effective for use before and after sport, helping to prevent cramp and induce relaxation as well as for everyday aches and pains.

Care For: Easy Breathe

Care For: Airways

Care For: Rest Known for their soothing and relaxing characteristics, these oils have

been blended to help you rest naturally and deeply during the night. A few drops on a tissue and placed either within your pillowcase or in the pocket of your pyjamas is the most effective, or use 4-6 drops of the mix in a warm bath. Inhale this cleansing blend of oils or add a few drops to your bath daily. Use in a carrier lotion on the face, particularly on the nose and cheek bones, to free your nasal passages.

Care For: Sinus

Care For: Stresses and strains This popular blend is an invaluable aid to relaxation during a busy or stressful day. It eases feelings of tiredness, leaves you more relaxed, lessens tensions and restores calmness.

Care For: Anti Stretch marks This carefully selected blend of essential oils, when used in the bath, will help keep skin supple and elastic. Use 4-5 drops in a warm bath from the 4th month of pregnancy. It can also be applied, in a carrier oil, twice daily from the 4th month of pregnancy or during weight loss to maintain skin tone.

Care For: Visible Veins To care for your legs, we have prepared a blend of especially selected essential oils. Especially useful where veins are visible in the calves and thighs.

Care For: Women This special blend is formulated with oils noted for their balancing and normalizing effects

Care For: Winter chills

Care For: Rescue Tonic 125ml massage oil

Care For: Anti Cellulite 125ml massage oil

Care For: Circulation 125ml massage oil

Care For: Fatigue 125ml massage oil

Care For: Clear head 125ml massage oil

Care For: Joints 125ml massage oil

Care For: Respiratory System 125ml massage oil

Care For: Muscles 125ml massage oil

Care For: Easy Breathe 125ml massage oil

Care For: Airways 125ml massage oil

Care For: Stresses and strains 125ml massage oil

Care For: Stretch marks 125ml massage oil

Care For: Visible Veins 125ml massage oil

Care For: Women 125ml massage oil

Care For: Problem Skin 125ml massage oil

Care For: Cellulite 125ml lotion

Care For: Circulation 125ml lotion

Care For: Clear Head 125ml lotion

Care For: Joints 125ml lotion

Care For: Muscles 125ml lotion

Care For: Problem Skin 125ml lotion

Care For: Airways 125ml lotion

Care For: Stresses and strains 125ml lotion

Care For: Veins 125ml lotion

Care For: Women 125ml lotion



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