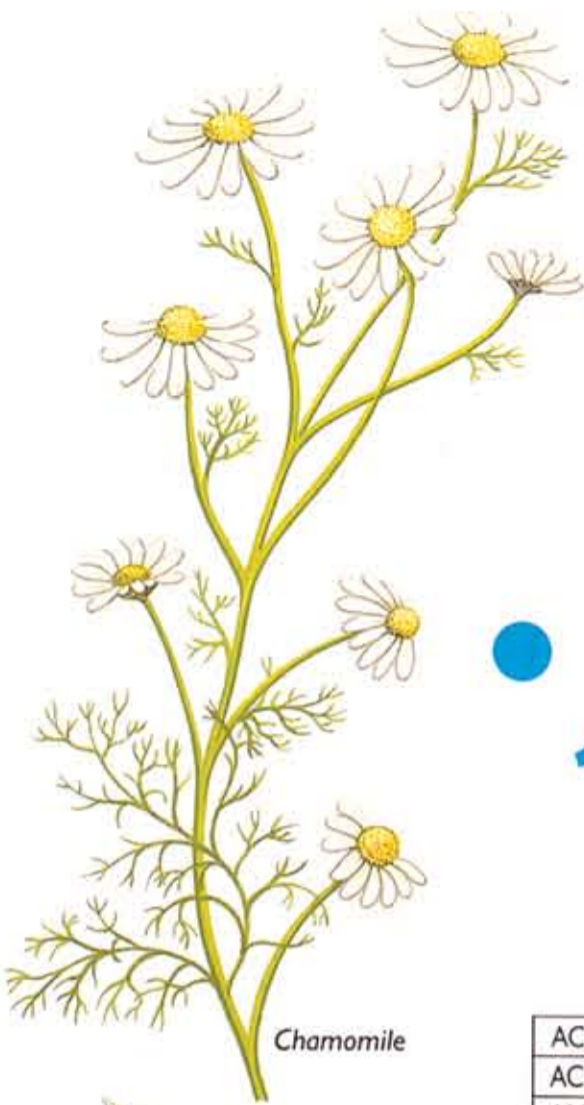
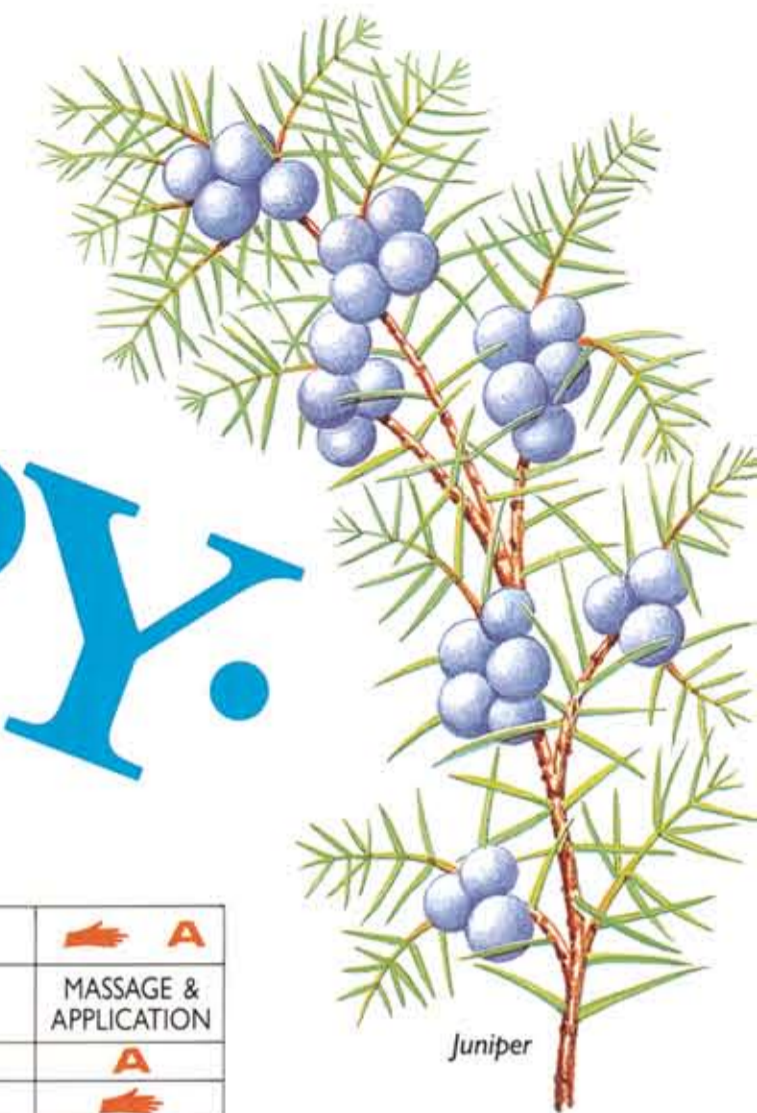


AROMATHERAPY.

A GUIDE TO THE USES OF ESSENTIAL OILS



Chamomile



Juniper

	BENZOIN	BERGAMOT	BLACK PEPPER	CEDARWOOD	CHAMOMILE (ROMAN)	CLARY SAGE	CYPRESS	EUCALYPTUS	FRANKINCENSE	GERANIUM	JUNIPER	LAVENDER	LEMON	MANDARIN	MARJORAM	TRUE MELISSA	ORANGE BITTER	PATCHOULI	PEPPERMINT	PETITGRAIN	PINE	ROSE OTTO	ROSEMARY	SANDALWOOD	TEA TREE	YLANG YLANG
ACNE																										
ACHES/PAINS																										
ANXIETY/STRESS																										
ARTHRITIS/RHEUMATISM																										
ASTHMA/BRONCHITIS																										
BRUISES																										
CATARRH																										
CELLULITE																										
COUGHS/COLDS																										
CONSTIPATION																										
CRAMP																										
DANDRUFF																										
DIARRHOEA																										
ECZEMA																										
FLATULENCE																										
FLUID RETENTION																										
HAYFEVER																										
HEADACHE																										
HORMONE REGULATION																										
IMMUNE SYSTEM																										
INDIGESTION																										
INSOMNIA																										
NAUSEA																										
PERIOD IRREGULAR																										
PERIOD PAIN																										
P.M.T.																										
PSORIASIS																										
POOR CIRCULATION																										
SINUS																										
SORE THROAT																										
SPRAINS																										
TRAVEL SICK																										
VARICOSE VEINS																										
ANTI VIRAL																										

	BATH	INHALE VAPORISER	GARGLE	MASSAGE & APPLICATION
ACNE				
ACHES/PAINS				
ANXIETY/STRESS				
ARTHRITIS/RHEUMATISM				
ASTHMA/BRONCHITIS				
BRUISES				
CATARRH				
CELLULITE				
COUGHS/COLDS				
CONSTIPATION				
CRAMP				
DANDRUFF				
DIARRHOEA				
ECZEMA				
FLATULENCE				
FLUID RETENTION				
HAYFEVER				
HEADACHE				
HORMONE REGULATION				
IMMUNE SYSTEM				
INDIGESTION				
INSOMNIA				
NAUSEA				
PERIOD IRREGULAR				
PERIOD PAIN				
P.M.T.				
PSORIASIS				
POOR CIRCULATION				
SINUS				
SORE THROAT				
SPRAINS				
TRAVEL SICK				
VARICOSE VEINS				
ANTI VIRAL				

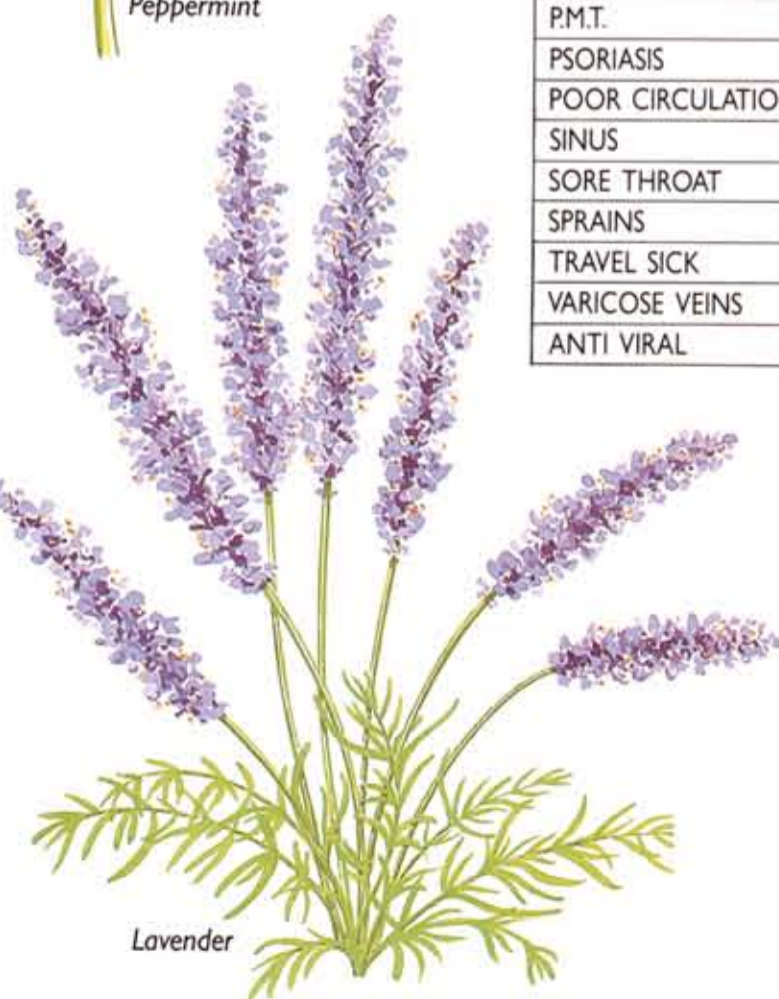


Clary Sage

How To Use Essential Oils
Cautions
 Essential oils should never be used neat on the surface of the skin (unless under the guidance of a qualified Aromatherapist).
 If pregnant, epileptic or suffering from high blood pressure consult a qualified Aromatherapist before using essential oils. Keep essential oils out of the reach of children and away from eyes, and never take them internally unless under professional supervision.

Baths
 After running a warm bath add 6-8 drops (2-3 for children) of your chosen oil (in total if using more than one oil). Swish the water to disperse the oil. Relax in your bath for at least 10 minutes.
Self-application/Massage
 Always dilute essential oils in a carrier of your choice. Use 15 drops of essential oil (in total if using more than one oil) to 50ml of carrier. Use a carrier oil, lotion or cream.

Inhalation/Vaporisation
 Inhale the neat essential oil by putting 6-10 drops onto a tissue; take deep breaths for maximum benefit. Inhaling from the bottle is not so beneficial. For a cold inhale from hot water unless asthmatic. If using a night-lite vaporiser ensure the top bowl is full of water before adding 6-10 drops of oil. If using an electric vaporiser do not add water to the dish.
Gargle
 Use just 1 or 2 drops in half a cup of water. Stir before gargling each mouthful, then spit out. Repeat up to 3 times daily.

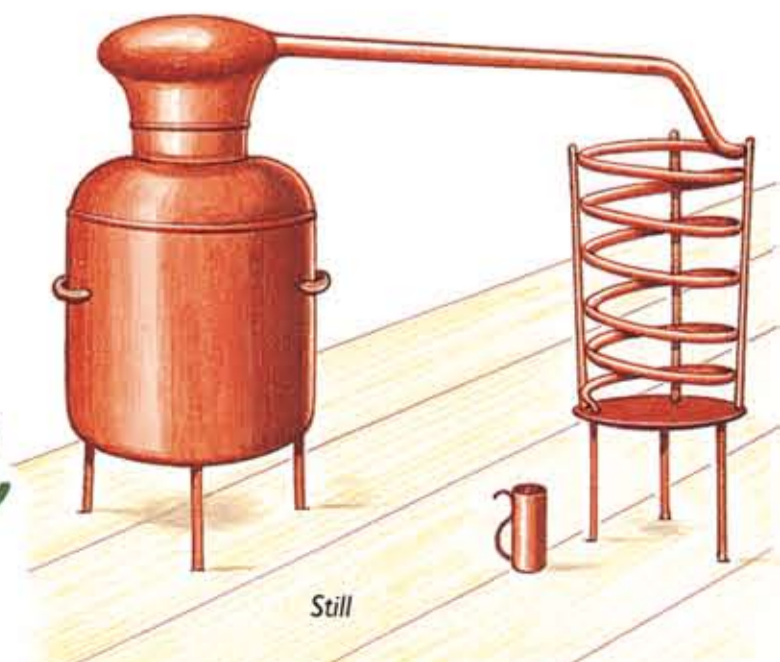


Lavender

Shirley Price Aromatherapy Ltd
 8 Hawley Road, Hinckley
 Leicestershire LE10 0PR
 Tel: 01455 615466
 Fax: 01455 615054
 E-mail: info@shirleypricearomatherapy.com
 Website: www.shirleyprice.com



Shirley Price



Still