



ABSOLUTE ESSENTIAL™
THERAPEUTIC PLANT OILS

RESTORING BALANCE & SUPPORTING WELLBEING

Product Catalogue





ABSOLUTE ESSENTIAL
IS A NEW ZEALAND
COMPANY COMMITTED
TO PROVIDING PURE
THERAPEUTIC
PLANT OILS



ABSOLUTE ESSENTIAL: SUPPORTING NATURAL BALANCE

Founded in 1988 by Natural Health Practitioner, Bo Hendgen D.O. N.D., Absolute Essential is a company built on sustainability principles to promote health and wellbeing for our global future. A doctor of Osteopathy and Naturopathy with qualifications in Aromatic Medicine, Bo's founding pledge was to **source and protect the world's finest medicinal extracts for maximum therapeutic value.**

Our comprehensive range is now 95% certified organic and every product comes with over 30 years of clinical expertise invested in its development. The value to the customer is not only world-class pure medicinal oils and a direct in-road to safe, confident use, but also active membership in a **visionary sustainable business**, supporting traditional, artisan communities around the globe.

THE ABSOLUTE ESSENTIAL PROMISE

- We work to uphold exemplary environmental, ethical and fair trade standards at every step.
- We travel the world to find the finest organic or wild-grown ingredients (currently from 57 countries) and strive to consciously support small, eco-friendly businesses, making conscious choices to benefit future generations.
- The final crafting of the raw materials will always be carefully managed at our in-house certified organic factory.
- We will always plant trees for air miles. Practice a 'zero-waste' recycling policy. Employ all onsite workers locally. And practice conscious consumption from eco-lights to low-volume printing.
- All packaging is made with 100% post consumer, unbleached material.

Proud winners of **NPNZ's Sustainability Award** for three consecutive years, and winners of the inaugural **Supreme Business Award** for exemplary conduct as a professional sustainable business.



ABSOLUTELY YES

Natural, Plant Based, Organic,
Fair Trade and Cruelty Free.



ABSOLUTELY NO

Petrochemicals, Parabens,
Pesticides, Industrial Giants
and Animal Testing.

ESSENTIAL INFORMATION

◆ **Certified Organic** - the highly respected AsureQuality and BioGro organic standards agencies have approved all Absolute Essential organic products and independently audited our manufacturing processes and facility.



Products marked with * in the product ingredient listings are certified organic.

◊ **Wild Grown** - in countries where organic or wild certification is not yet available, Absolute Essential works directly with suppliers to guarantee traditional natural production and responsible, sustainable harvesting.

◆ **Mother & Child Safe** - all general products marked as Mother & Child Safe can be used with confidence at half dosage on children or during pregnancy. M&C products carry specific child and maternity directions.



Sustainability - built on eco-friendly and sustainability principles, Absolute Essential has won Natural Products New Zealand's Sustainability Award for three consecutive years, and was crowned with the NPNZ inaugural Supreme Business Award for exemplary conduct as a professional sustainable business.



NZ Made - we are a New Zealand-owned and grown company with all final products crafted onsite at our own certified organic factory. We're also proud to be a FernMark Licensee, and be a part of a programme that promotes and protects New Zealand products on a global scale.



No Animal Testing - Absolutely none of our products have been tested on animals (nor will they be, ever).



HOW TO USE OUR PLANT OILS

Diffusion	5-10 drops in a diffuser	Air purification	Mood enhancing aroma	Therapeutic environment
Bath	6-10 drops into milk, 15 minutes max	Relaxation	Immunity	Ease aches & pains
Shower	3-5 drops on cloth to damp body	Revitalizing	Toning	Conditioning
Inhalation	2-5 drops into bowl of hot water	Colds & Flu	Allergies	Sinus
Massage	1-5 drops per 1ml of Carrier	Relaxation	Skin Treatment	Sore muscles
Compress	5-20 drops (for intense treatment)	Pain	Joint aches	Hormonal
Pulse Points	1-2 drops	Relaxation	Concentration	Headache
Tissue	2-6 drops on a tissue & inhale	Sinus	Focus	Congestion
Perfume	1-3 drops applied to wrists & neck	Mood enhancer	Romance	Therapeutic fragrance

See product packaging or www.absoluteessential.com for more detailed information.

HOW TO USE OUR CREAMS, BODY & MASSAGE OILS

Virgin carrier oils, creams and gels are blended to create exquisite natural body care. Apply as much as required, up to 3 times a day. Follow pack instructions.

SAFETY CONSIDERATIONS

Undiluted essential oils and pure oil blends should not be taken internally or applied directly to the skin unless directed by a qualified practitioner. Keep out of reach of children. Store in a cool, dark place. Consult a health professional for serious illness or persistent symptoms.

GOT QUESTIONS?

Please visit our website for frequently asked questions and answers. Or if you are unsure on how to use our products, please utilise our online chat & e-consult form www.absoluteessential.com



ESSENTIAL OILS

An extensive range of organic and wild, 100% natural essential oils made to medicinal specifications and specially extracted to deliver a full therapeutic effect.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

🌿 MOTHER & CHILD SAFE

Aniseed 🌿

Pimpinella anisum, seed, Egypt.

Assists digestion, premenstrual & menopausal balance, & respiratory health for coughs & colds.

Basil 🌿

Ocimum basilicum, flower/leaf, Nepal.

Helps with clear thinking, memory & concentration, as well as aiding healthy digestion. Beneficial for headaches & muscle tension.

Bergamot 🌿💧

Citrus aurantium var. bergamia, rind, Italy.

Strong tones for composure & resolve. May be useful for stress or crisis. Digestive aid & helps to curb cravings.

Cardamom 🌿

Elettaria cardamomum, fruit/seeds, Guatemala.

Refreshing & uplifting. Promotes digestion. Good in respiratory blends. General tonic when under the weather as well as aphrodisiac qualities.

Cedarwood Atlas 🌿

Cedrus atlantica, wood, Morocco.

Relaxing influence on mind & body. Diffuse to encourage equilibrium & harmony. Cleansing & conditioning in skin & hair care, particularly for men & adolescents.

Chamomile German 🌿💧

Chamomilla matricaria, flower, Egypt.

Aids skin health & hormone balance during menstruation & menopause, promotes calm in mind & body.

Chamomile German 3% 🌿💧

Aids skin health & hormone balance during phases of menstruation & menopause. Blended for safe application to skin (not suitable for use in diffusers or bath). Contains: Jojoba* & Chamomile German*.

Chamomile Roman 🌿💧

Anthemis nobilis, flower, France.

Helps relaxation & restful sleep, especially in children & babies. Also healthy balance in the nervous system.

Chamomile Roman 3% 🌿💧

Helps relaxation and restful sleep, great for children and babies. Blended for safe application to skin (not suitable for use in diffusers or bath). Contains: Jojoba* & Chamomile Roman*.

Cinnamon Leaf 🌿

Cinnamomum verum, leaf, Sri Lanka.

Cleansing, protective & anti-fungal properties. Promotes healthy digestion & immune function. Also foot care. Warming & comforting.

Citronella 🌿💧

Cymbopogon wintrianus, grass, Nepal.

Natural insect repellent with useful applications for skin, garden, pets & home.

Clary Sage 🌿

Salvia sclarea, plant/flower, France.

Euphoric, enhancing, supports balance during menstrual phases, positive outlook and calm. Also a great skin tonic.

Clove Bud 🌱

Eugenia caryophyllata, bud, Madagascar.

Indicated for healthy memory function & to encourage assertiveness. Has analgesic & powerful antimicrobial properties good for oral health (diluted) & disinfecting.

Coriander Seed 🌱

Coriandrum sativum, seed, Hungary.

Exceptional natural healer. Good for circulation, digestion & detox. Helps to regulate menstruation & post partum balance. Supports immunity & aids mental clarity.

Cypress 🌱

Cupressus sempervirens, needles, Spain.

Cleansing, bold & energising. For healthy circulation of skin & body, & emotional lift. May be useful for sadness & to encourage assertiveness. Excellent for puffy feet.

Eucalyptus Australiana 🌱

Eucalyptus radiata, leaf, Australia.

Aids natural respiration & helps to clear congestion. Diffuse to disinfect air & enhance breathing. Germicidal & antibacterial properties of particular benefit to upper respiratory system. Fresh aroma for rinse cycle for soft, fragrant woollens.

Eucalyptus Blue Gum 🌱

Eucalyptus globulus, leaf, Australia.

Offers benefit to the lower respiratory system. It has anti-viral, anti-bacterial, anti-inflammatory & expectorant properties. Also effective for muscle & body pains. Use half dose or less for the elderly & young children.

Eucalyptus Lemon 🌱

Eucalyptus citriodora, leaf, Australia.

Use as alternative to DEET repellent. Antiseptic properties for air cleansing. Tonic for cardiovascular health. Refreshing on the mind.

Everlasting 🌱

Helichrysum gymnocephalum, flower, France.

Or Immortella, good for skin health & regeneration, builds natural defenses against allergies. Also said to promote dreaming.

Fennel Sweet 🌱

Foeniculum vulgare dulce, seed, Bulgaria.

Aids healthy circulation & fluid expulsion in body tissue, especially lungs. Works well with oils for natural cleansing & detox.

Fir Balsam 🌱

Abies balsamea, needles, Canada.

Clear tones for a positive mindset & balanced emotions. Plus aid for immunity, gland & respiratory health.

Frankincense 🌱

Boswellia carterii, resin, Somalia.

Supports calm & uplifts. Assists natural release of unconscious stress & nightmares. Also vital, toned skin.

Geranium 🌱

Pelargonium graveolens, flower, Egypt.

Complements lightness & communication. Diffuse for positivity. Also aids healthy skin & hormone balance through menstrual phases, & coldsores.

Geranium Rose 🌱

Pelargonium roseum, leaf/flower, Morocco.

The softer Geranium oil. Good during pregnancy & for children. Comforting to emotions. Also a great skin tonic.

Ginger 🌱

Zingiber officinalis, rhizome, Madagascar.

Arousing aroma that complements natural energy & courage. Also assists balanced digestion. Good for morning nausea in pregnancy (small dose).

Grapefruit 🌱

Citrus paradisi, rind, Argentina.

Lively scent for hope & confidence. Properties to help flush fluids & toxin from body tissues. Reported effect on Cellulite.

Jasmine Absolute 🌱

Jasminum officinalis, flower, Egypt.

Sensual aroma for intimacy & confidence. Wear as a perfume for natural allure.

Jasmine 3% 🌱

A sensual aroma that supports the release of inhibition & self-doubt. Blended for direct application to skin (not suitable for use in diffusers or bath). Contains: Jojoba* & Jasmine Absolute.

Juniper Berry 🌱

Juniperus communis, berry, France.

Supports cleansing, detox & joint mobility, particularly good for elderly people. Also can assist digestion after a heavy meal.

Kanuka 🌱

Leptospermum ericoides, twig, New Zealand.

Clear tones for vitality & calm. Supports healthy respiration, immune functions & natural recovery following illness. Also soothes & protects skin in blends.

Lavender Spike 🌱

Lavandula latifolia, flower, France.

A more camphorous scent than Lavender True, this oil gently supports healthy respiration. Great for children & the elderly.

Lavender Sweet 🌱

Lavandula hybrida 'super', flower, France.

A light fragrance with classic Lavender qualities. Calming & cleansing. Great for household use.

Lavender True 🌱

Lavandula angustifolia maillette, flower, France.

A classic natural healer, also for calm & relaxation. Useful for emotional conflict & nervous tension. Gentle for direct skin application, ideal for children & the elderly.

Lemon 🌱

Citrus Limonum, rind, Argentina.

Vitalising & positive, promotes clear thinking, humor & decisiveness. Aids circulation & immune function. Powerful cleansing & anti-germ properties.

Lemongrass 🌱

Cymbopogon citratus, leaf, Nepal.

Uplifting & restorative properties. Cleansing & deodorizing. Used in sport's massage. Effective as insect repellent.

Lime 🌿

Citrus aurantifolia, rind, Sri Lanka.

Bold & intense for vital life energy. Complements action & fresh resolve. Cleansing & anti-germ power.

Mandarin 🌿

Citrus reticulata, rind, Brazil.

Fresh & lively for a positive mood, inspiration & strength. When blended, supports skin balance & rejuvenation for stretchmarks. Safe during pregnancy.

Manuka 🌿

Leptospermum scoparium, twig, New Zealand.

NZ Native, milder than Tea Tree. Supports healthy skin, natural respiration & helps to clear congestion. Also anti-fungal for treatment of Candida.

Marjoram French 🌿

Origanum marjorana, plant, Egypt.

Warm & spicy, a comfort for low spirits. Very calming, especially when blended with Lavender True, great at bedtime as aid for insomnias.

May Chang 🌿

Litsea cubeba, plant, Vietnam.

Uplifting & refreshing for natural vitality. Aid against negativity & lethargy. Also anxiety & depression. Tonic on energy and in skin care.

Melissa True 🌿

Melissa officinalis, leaf, France.

A rare oil with a harmonic, nurturing aroma. Support for fear, grief & shock. Restorative to the entire body & mind. Beneficial to immune process, anti-viral for shingles.

Melissa 3% 🌿

A rare oil with a harmonic, nurturing aroma. Support for fear, grief & shock. Restorative to the entire body & mind. Apply to heart area or pulse points. Blended for direct skin application (not suitable for use in diffusers or bath). Contains: Jojoba* & Melissa True*.

Mint Wild 🌿

Mentha arvensis, leaf, Nepal.

High menthol content, this essential oil is great for pain relief & therapeutic body work (eg, massage). A fresh, lively & invigorating scent.

Myrrh 🌿

Commiphora myrrha, resin, Somalia.

Relaxing, musky scent offers support for composure. Also natural healing in skin, particularly to gums & mouth ulcers.

Myrtle

Myrtus communis, twig, Morocco.

Ideal for use as an immune stimulant with its anti-infectious & pulmonary antiseptic properties. Assists the body to recover from chest infections & congestion.

Neroli Blossom 🌿

Citrus aurantium, flower, Italy.

Exceptionally restorative to body, mind & skin. Complements self-confidence & initiative. Aids healthy skin & is useful for dryness or sensitivity, as well as during adolescence.

Neroli 3% 🌿

Perfume to complement self confidence. Assists cleansing & rejuvenation in skin, suitable for dry, sensitive & adolescent skin. Blended for direct application (not suitable for use in diffusers or bath). Contains: Jojoba* & Neroli Blossom*.

Nutmeg 🌿

Myristica fragrans, fruit, Sri Lanka.

Supports healthy digestion, circulation & nerve balance, as well as promoting appetite & sexuality. Helps recovery from deep muscular & skeletal pain. Also useful for nervous fatigue.

Orange Sweet 🌿

Citrus aurantium, rind, South America.

Warm & harmonic to complement courage & positive balance. Cleansing & tonic properties.

Oregano 🌿

Origanum compactum, flowering plant, France.

Supports immunity against virus, bacterial & fungal infection. Antioxidant, anti-inflammatory & sedative properties, may ease symptoms of allergy. Warming relief for aches & pains.

Palmarosa 🌿

Cymbopogon martinii, plant/flower, India/Nepal.

Often used in blends to balance strong scents. Gently stimulating, balancing & restorative. Good for skin care & particularly during adolescence.

Patchouli 🌿

Pogostemon patchouli, leaf, India.

Strong earthy scent that reaches deep emotions & encourages natural life flow. Helps tone skin: good after weight loss. Also aids healing on cracked heels.

Pepper Black 🌿

Piper nigrum, fruit, Madagascar.

Energy & warming, stimulating & strengthening. Used to counter lows & inspire happy balance. Good for energy & circulation in winter. Enhances sexuality.

Peppermint 🌿

Mentha piperita, leaf, France.

Refreshing & stimulating. Clear tones for mental clarity & positivity. Helps clear congestion, headaches & freshens breath. Aids release of tense, painful muscles.

Petitgrain Bigarade 🌿

Citrus aurantium aur., leaf/flower, Paraguay.

Also known as poor man's Neroli, from the leaves of the orange tree. Used to inspire calm & trust, clarity & self assurance. Good for stress.

Pine Scotch 🌿

Pinus silvestris, needles, Bulgaria.

Strong, clear to aid healthy energy & natural respiration. Nice to diffuse for a cleansing & clearing effect while exercising.

Ravensar 🌿

Ravensara aromatica, plant, Madagascar.

Cleansing, fortifying qualities to support immunity & joint mobility. Aid also for Lymphatic Detox.

Rose Damask 🌱💧

Rosa damascena, flower, Bulgaria.

Promotes calm & comfort. Aid for grief or loss. Also hormone balance & fertility. Balancing & rejuvenating effect on mature skin.

Rose Maroc 💧

Rosa damascena, blossom, Turkey/Morocco.

Aids natural endocrine processes for hormone balance. Tonic aid for soft, supple, mature skin. Traditional scent to welcome newborn.

Rose 3% 🌱💧

Assists natural hormone balance in women & calm emotions. Also soothing & smoothing for mature skin. Blended for direct skin application (not suitable for use in diffusers or bath). Contains: Jojoba* & Rose Maroc.

Rosemary Cineol 🌱

Rosmarinus officinalis cineol, leaf/flower, France.

Uplifting & tonic. Promotes alertness & creativity. Use for concentration & against fatigue. Also aids digestion & promotes circulation - good for skin & muscles.

Rosewood 💧💧

Aniba roseodora, wood, Brazil.

Grounding & comforting. Aid for feelings of neglect or abandonment. Complements consciousness & tranquility. Creates balance in skincare blends.

Sage 🌱

Salvia officinalis, plant/flower, Spain.

Enhances tranquility & composure. Support for mental strain or exhaustion. Also aids hormone balance. Utilise in spritzer for energetic cleansing.

Sandalwood Australian 💧

Santalum spicatum, wood, Australia.

Relaxing & creative tones. Used for meditation & as an aphrodisiac. Calming & soothing properties for skin care. Anti-inflammatory action on the urinary system.

Sandalwood Indian: Extra 💧💧

Santalum album, wood, India.

Rare and prized. Creates a relaxing & creative ambience. Good for communication & meditation. Calming & soothing to the skin. Also a male aphrodisiac.

Spearmint 🌱💧

Mentha spicata, plant, India.

Uplifting & refreshing for energy & mood. Diffuse to complement celebration & sharing. Also for motion sickness & nausea during pregnancy.

Spruce Black 🌱💧

Picea mariana, needles, Canada.

Gentle for young & old. Antiseptic, antimicrobial & expectorant properties benefiting respiratory conditions. Helps to clear congestion & aid healthy breathing.

Tarragon French 🌱

Artemisia dracunculus, flowering plant, France.

Assists healthy circulation & natural detox. Promotes effective digestion. Also helps to regulate menstruation & may ease cramping.

Tea Tree 🌱

Melaleuca alternifolia, plant/flower, Australia.

Antiseptic, anti-inflammatory, analgesic & anti-fungal properties. Good for natural skin healing. Diffuse to cleanse air. In water to disinfect.

Thyme Thymol 🌱

Thymus vulgaris CT thymol, plant, France.

Aids healthy immunity & respiration. Add to bath for winter chills. Calming & fortifying, enhances courage & compassion.

Tonka Bean 🌱💧

Dipteryx odorata, seed, Brazil.

Gently uplifting, complements calm & harmony. Can be blended to enhance sensuality, as well as for healing tranquility.

Vanilla 45% 🌱💧

Vanilla planifolia, pods, Madagascar.

Familiar & comforting. Aids emotional balance during challenging times. Helps when airing emotions, frustrations & hidden sensuality.

Vetiver 🌱

Vetiveria zizanioides, root, Sri Lanka.

Very grounding scent, supports deep relaxation, great to add to massage oil, especially sensual blends. Complements top note when blended.

Wintergreen 🌱

Gaultheria fragrantissima, plant, Nepal.

Helps release muscle tension & tightness, tonic for healthy circulation, & high analgesic content for pain management. Indispensable for sports people.

Ylang Ylang 🌱

Cananga odorata formagenuina, blossom, Madagascar.

Sweet & sensual for intimate blends. Aids release of frustration & tension. Restorative & calming.



PURE BLENDS

The world's finest pure essential oils blended with clinical expertise to produce powerful medicinal synergy.

 CERTIFIED ORGANIC

 WILD GROWN

 MOTHER & CHILD SAFE

Absolute Passion

Sensual & energising. Diffuse, use as a perfume, bath & dilute for massage. Contains: Cedarwood*, Bergamot*, Ylang Ylang*, Clary Sage*, Vetiver*, Amyris, Pepper Black*, Clove Bud*, Ginger*.

Absolute Romance

Tender & harmonising. Suitable for diffusion, perfume, bath or diluted for massage. Contains: Grapefruit*, Cedarwood*, Palmarosa*, Clary Sage*, Myrrh, Vanilla*, Sandalwood Australian, Tonka*, Rose.

Ambient Harmony

Diffuse for warm, inviting tones. Contains: Orange*, Lavender Sweet*, Bergamot*, Palmarosa*, Cedarwood*, Ylang Ylang*, Geranium*, Clary Sage*.

Baby Care: Nose & Chest

Supports healthy breathing & helps clear congestion. Refer to **Mother & Child**.

Birth Time Calm

Pre-natal & birthing room diffusion blend. Refer to **Mother & Child**.

Blemish Free

Powerful astringent & antiseptic, also natural skin nourish & nurture. Weekly steam, daily hot-towel compress, or as required. Contains: Palmarosa*, Geranium*, Lavender Sweet*, Rosemary*, Petitgrain*, Cypress*, Amyris, Sandalwood Australian.

Brain Power

Diffuse to aid natural memory process & healthy concentration. Contains: Bergamot*, Rosemary*, Lemon*, Basil*, Spearmint*, Geranium*, Lemonmint, Cardamon*.

Breathe Easy

Helps clear congestion & promotes healthy breathing. Suitable for bath, diffuser, inhalation or diluted for chest rub. Contains: Eucalyptus Australiana*, Pine Scotch*, Mint Wild*, Tea Tree*, Rosemary Cineol*, Peppermint*, Fennel Sweet*, Aniseed*.

Bugs Repel

All natural, safe repellent, calming on bites. Diffuse or add 1 drop to 1ml of body lotion. Contains: Eucalyptus Lemon & Australiana*, Citronella*, Cedarwood*, Tea Tree*, Geranium.

Cell Tone

Visible toning & firming, bums, tums & thighs. 5 drops to damp cloth & rub on, daily. Avoid sensitive areas. Contains: Grapefruit*, Cedarwood Atlas*, Cypress*, Lemon*, Fennel Sweet*, Mint Wild, Spearmint*, Juniper Berry*.

Child Care: Immune Plus

Supports healthy immunity & natural recovery from illness. Suitable for diffusion, inhalation or bath. Contains: Lavender Spike & Lavender Sweet*, Lemon*, Eucalyptus Australiana*, Fir Balsam*, Bergamot*, Manuka, Ravensar.

Christmas Season

Harmonising, warm & festive. Contains: Orange*, Pine Scotch*, Cinnamon Leaf*, Fir Balsam*, Frankincense, Myrrh.

Clarity & Confidence 🌱

Inspiring & cleansing on the mind. Use to diffuse, pulse points, inhalation or bath. Contains: Rosemary*, Pine Scotch*, Bergamot*, Cedarwood*, Eucalyptus*, Lemon*, Fir Balsam*, Juniper Berry*, Lime*.

Dream Time 🌱

Aids relaxation for good sleep. Suitable to diffuse, pulse points, pillows, baths, & diluted for massage. Contains: Orange*, Lavender Sweet & True*, Marjoram French*, Mandarin*, Ylang Ylang*, Chamomile Roman*.

Feminine Balance 🌱

Aids balance & relaxation for premenstrual & menopausal stages. Suitable for bath, diffuser, compress or dilute for massage. Contains: Cypress*, Lavender True*, Geranium*, Palmarosa*, Clary Sage*, Lemon*, Tarragon French*, Chamomile Matricaria*.

Fresh Air 🌱

A powerful natural air-freshener with uplifting, inspiring qualities. Contains: Lemon*, Cedarwood Atlas*, Palmarosa*, Pine Scotch*, Mint Wild*, Geranium*, Peppermint*.

Head Ease 🌱

Soothing, cleansing & refreshing. Suitable for diffusion, pulse points, temples (avoid eyes). Contains: Lavender Sweet & True*, Mint Wild*, Peppermint*, Spearmint*, Marjoram French*, Basil*.

Immune Plus 🌱

Aids healthy immunity, respiration & efficient recovery from ills & chills. Suitable for diffusion, inhalation or bath. Contains: Eucalyptus Australiana*, Lavender Spike*, Tea Tree*, Cypress*, Pine Scotch*, Manuka, Thyme*.

Lice X 🌱

Active essential oil compounds for effective lice eradication. Safe for children & during pregnancy. Contains: Eucalyptus*, Wild Mint*, Lemon*, Peppermint*, May Chang*, Citronella*.

Life Lift 🌱

Light & upbeat with relaxing undertones. Use to diffuse, perfume, bath or diluted for massage. Contains: Grapefruit*, Rosemary Cineol*, Petitgrain Bigarade*, Lemon*, Bergamot*, Lime*.

Maternity Labour Support 🌱

Natural support for intense body aches and strains. Refer to **Mother & Child**.

Maternity Postnatal Lift 🌱

Uplifting, nurturing tones to promote positive, healthy energy. Refer to **Mother & Child**.

Morning Balance 🌱

For sickness & nausea throughout pregnancy (hormones, digestion & travel). Refer to **Mother & Child**.

Muscle Tonic 🌱

Aids natural recovery from exercise & enhances circulation. Recommended for a bath or dilute for massage. Contains: Lavender Sweet*, Cedarwood Atlas*, Spearmint*, Eucalyptus Australiana*, Lemongrass*, Cypress*, Rosemary Cineol*, Wintergreen*.

Revitalize 🌱

Invigorating & energising. Suitable for diffusion, pulse points, bath or shower. Contains: Rosemary Cineol*, Orange Sweet*, Lemon*, Spearmint*, Cypress*, Ginger*, Lime*, Sage*.

Sinus Clear 🌱

Helps clear irritation, congestion & painful pressure. For colds & allergies. Use on tissue or clothes, steam inhalation, diffusion or chest rub (10 drops to 1 tsp of carrier). Contains: Eucalyptus Australiana*, Lavender Spike*, Peppermint*, Pine Scotch*, Mint Wild*, Tea Tree*, Kanuka*.

Stress Less 🌱

Promotes sustainable energy & calm focus. Contains: Lemon*, Lavender Sweet*, Bergamot*, Cedarwood*, Amyris, Sandalwood Australiana.

Sweet Rose 🌱

Soothing & nurturing on emotions. Suitable for diffusion, inhalation, bath, & diluted for massage. Contains: Cedarwood Atlas*, Palmarosa*, Geranium*, Geranium Rose*, Rosewood, Rose Maroc.

Tranquility & Meditation 🌱

Promotes inner peace & relaxation. Use for diffusion, pulse points, baths & dilute for massage. Contains: Orange Sweet*, Palmarosa*, Lavender Sweet*, Cedarwood Atlas*, Marjoram French*, Amyris, Frankincense, Sandalwood Australian, Chamomile Roman*.

Twinkle Star 🌱

Child support for calmness, relaxation & healthy breathing. Add to bath, diffuse, drop on collar or mix with massage cream. Contains: Lavender Sweet*, Orange Sweet*, Eucalyptus Blue Gum*, Mandarin*, Chamomile Roman*.



CARRIERS

The finest virgin, cold-pressed carrier oils, pure floral waters, infused oils, creams, gels, clays, waxes and plant butters. For raw, pure body care and superior essential oil blending.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

💧 MOTHER & CHILD SAFE

Absolute Base Cream: Natural 🌿💧

A smooth massage cream made with pure natural ingredients. Refer to **Skin & Body**.

Absolute Emulsifier 🌿

Acts as a natural emulsifier for blending oil & water. Directions: add 10 drops for every 1 drop of essential oil or pure blend in 100ml of water / hydrosol. Contains: Ethanol*, Lecithin*.

Absolute Massage Cream: Unscented 🌿💧

Nourishing neutral massage cream. Refer to **Skin & Body**.

Absolute Massage Oil: Unscented 🌿💧

Nourishing unscented massage blend. Refer to **Skin & Body**.

Almond Oil Sweet 🌿💧

Prunus amygdalus, nut, Spain.

This wonderful certified organic carrier oil blends beautifully with essential oils and offers an exceptional level of absorption to promote optimum therapeutic benefit.

Almond Oil Sweet: Virgin 🌿

Prunus amygdalus, nut, Spain.

A great carrier to assist absorption of essential oils. It supports recovery from dry, itchy skin & is suitable for most skin types. Nourishing & moisturising for massage, gentle for babies & children.

Aloe Vera Gel 🌿💧

Aloe Barbadensis, leaf, Polynesia.

Clear, cool & soothing. A naturally healing & nourishing gel particularly suitable for broken, burned or irritated skin. Also an excellent non-greasy medium for diluting essential oils. Contains: Calendula Tea*, Lavender Floral Water*, Amigum, Aloe Vera Powder*, Preservative NB.

Apricot Kernel Oil: Virgin 🌿💧

Prunus armeniaca, kernel, Nepal.

A light textured moisturising oil that supports restorative process for skin vitality & healthy complexion. Ideal for mature, sensitive or overly dry facial skin.

Argan Oil: Raw 🌿💧

Argania spinosa, kernel, Morocco.

Known also as 'Moroccan gold' Its rich, complex and unique chemical composition deeply nourishes the skin helping to soften wrinkles & revitalise skin quality, also protects and nourishes the hair.

Arnica Oil: Infused 🌿

Arnica montana, flower, France.

Can support natural healing by topical application. It may be especially useful for bumps, sprains & strains. Not suitable during pregnancy or on babies.

Avocado Oil: Virgin 🌿💧

Persea americana, fruit, New Zealand.

Rich in nutrients & natural lipids. It is an exceptional moisturiser for replenishing dry, damaged skin & promoting the toned, elastic qualities of youthful skin, also conditioning for hair.

Calendula Oil: Infused 🌱💧

Calendula Officinalis, plant, France.

Nourishing oil imbued with famously soothing moisturising qualities. Suitable for all skin types: protect baby skin or revitalise mature skin.

Castor Oil: Virgin Unsulphated 🌱💧

Ricinus Communis, bean, Germany.

Hydrating & nutritious for skin, with significant healing properties. Aids joint mobility & natural recovery in muscle & tissue. Useful for rheumatism, arthritis & other painful body issues. Also assists lymphatic flow, to fortify immunity & counter fatigue & lows.

Chamomile Roman Floral Water 🌱💧

Anthemis nobilis, flower, France.

Gentle therapeutic properties make this great for cleansing, toning & make-up removal. Relaxing & restorative as a room spray. Safe for eye-cleansing.

Clay Powder: French Argyle White 🌱💧

When hydrated to create a beauty mask (a hydrosol adds therapeutic value), Argyle Clay powder will cleanse, smooth & nourish the skin. Fine for frequent use & sensitive skin. Add essential oils for further benefits. Also small amounts diluted for internal cleansing.

Cocoa Butter 🌱💧

Theobroma cacao, seed, Ghana.

A wonderful natural emollient, rapidly absorbed. An excellent base for essential oil creams. Product Note: Cocoa Butter should be melted only once, as it may bind after melting.

Ethanol 🌱

Grain alcohol

Pure, cosmetic grade alcohol suitable for the creation of perfumes or for use as a preservative in creams.

Evening Primrose Oil 🌱💧

Oenothera Biennis, seed, New Zealand.

Recommended to support healthy, vital skin & to assist the natural recovery of dryness. 5 drops on muesli supports healthy endocrine functions connected to balanced cycles through pre-menstrual & menopausal phases.

Jojoba Oil Golden 🌱💧

Simmondsia chinensis, fruit, Australia.

Excellent nourishment for facial blends with effective cleansing properties for clogged pores. Suitable for most skin types. Adds shine & softness to brittle or dry hair. Product Notes: long shelf life, very stable. Solidifies below 12 degrees celsius.

Lavender Floral Water 🌱💧

Lavendula officinalis, flower, France.

A pure, cleansing water with balancing & soothing qualities for combination or irritated & stressed skin. Perfect for cooling sunburn. Water-soluble properties from distillation of Lavender True. Safe for eye-cleansing.

Neroli Floral Water 🌱💧

Citrus aurantium, flower, France.

A pure, cleansing hydrosol with refreshing, astringent qualities. For toner or make-up remover suited to young skin. Nice for air travel or air-conditioned environments. Water-soluble properties from distillation of Neroli Blossom.

Rose Floral Water 🌱💧

Rosa damascena, flower, France.

A pure, cleansing hydrosol with soothing, toning qualities. Hydrating for air travel or air-conditioned environments. Restores balance & moisture to dry & irritated skin. Water-soluble properties from distillation of Rose Damascena. Safe for eye-cleansing.

Rose Hip Oil 🌱💧

Rosa rubiginosa /mosqueta, fruit, Chile.

Supports the skin's natural rejuvenating processes to encourage a soft youthful complexion. Especially beneficial for mature skin. Recommended under the eyes or for damaged skin & scarring.

Shea Butter 🌱💧

Butyrosperum parkii, nut, Africa.

This all-natural plant butter creates a silky texture in creams & balms. Especially nourishing for lips & other sensitive areas. Suitable for all.

Wheatgerm Oil: Virgin 🌱💧

Triticum vulgare, germ, Australia.

Extremely rich & nourishing. Protects the skin against cold weather & wind. A natural antioxidant for massage blends. Note: add just 5-10% Wheatgerm Oil when blending with other carriers. Store in the fridge.



MOTHER & CHILD

For pregnancy, birth, infancy and childhood. 100% pure, beautiful organic products developed at our specialist health clinics for safe, simple care and protection.

🌿 CERTIFIED ORGANIC

💧 WILD GROWN

💧 MOTHER & CHILD SAFE

Almond Oil Sweet: Organic 🌿💧

Prunus amygdalus

Nourishing & gentle for use on babies. Refer to **Carriers**.

Almond Oil Sweet: Virgin 💧

Prunus amygdalus

Silky composition, gentle for use on babies. Refer to **Carriers**.

Absolute Atmosphere Diffuser 💧

Safe, efficient diffuser to disperse therapeutic vapors into surrounding spaces. Refer to **Accessories**.

Baby Care: Nose & Chest 🌿💧

Safe natural aid for colds & coughs. Supports healthy breathing. Helps to clear mucus in the nose & chest. Pure & gentle for babies & children. Suitable for diffusion, inhalation, drop on jumper & bath. Contains: Lavender Spike*, Eucalyptus Blue Gum* & Australian*, Fir Balsam*, Spruce Black*.

Baby Ear Blend 🌿💧

Comfort & aid for natural healing. Gentle antiseptic & anti-inflammatory properties, for safe, soothing care. Can be used alongside medication when necessary. Full directions included. Contains: Olive*, Eucalyptus Blue Gum*, Basil*.

Baby Oil: Rose & Chamomile 🌿💧

Baby massage: loving bonding; content, secure baby; strong immunity & muscle tone. Nourish & protect baby skin. Useful against nappy rash & cradle cap. Very gentle for daily use. Contains: Almond*, Calendula Infused*, Jojoba*, Lavender Sweet*, Wheatgerm, Myrrh, Chamomile Roman*, Rose Maroc.

Baby Teething Blend 🌿💧

Gentle calming & comforting qualities for natural support through teething. Apply with compress or soft massage to cheek & neck. Help to settle restlessness & aid sleep. Massage to tummy in clockwise direction. Contains: Olive Oil*, Jojoba*, Lavender True*, Chamomile Roman*.

Baby Tummy Blend 🌿💧

Combines calming & soothing properties with support for healthy digestion. Simple application direct to sore tummies. Try for colic & restless nights. Massage 10 drops clockwise to tummy. Contains: Olive Oil*, Lavender True*, Chamomile Roman*, Coriander Seed*, Peppermint*, Mint Wild*.

Birth Time Calm 🌿💧

Diffuse this pure blend to create a calming, harmonic atmosphere, pre-natal, birthing room & post-natal. Absolutely safe & pure. Use with Labour Support. Contains: Mandarin*, Lavender*, Palmarosa*, Spearmint*, Clary Sage*, Geranium*, Sandalwood Australian.

Birth Time Start 🌿💧

Safe, molecular-active essential oils in organic Jojoba to support labour hormones when the time is ripe. Add to a compress, apply to lower back, repeat 2-3 times daily. Contains: Jojoba*, Geranium*, Tarragon French*, Clary Sage*, Sage*, Jasmine Absolute*.

Breast Care Cream 🌿💧

Conditions skin & supports natural healing, may soothe mastitis. Apply after feeds by massage (wipe with warm, wet

cloth prior to feeding). Contains: Shea Butter*, Calendula*, Lavender*, Geranium Rose*, Myrrh, Chamomile German* in Absolute Massage Cream*.

Bugs Repel Pure Blend & Spray 🌿💧

Safe organic insect repellent. Refer to **Home & Living**.

Chamomile Roman 🌿💧

Anthemis nobilis, flower, France.

Helps with teething, tummy & sleeping troubles for little ones. Refer to **Essential Oils**.

Chest Care Cream 🌿💧

Helps to clear mucus congestion, supports healthy breathing & immune functions. Very safe, absolutely pure & gentle for children (1yr+). 0-1yr - mix equally with Sweet Almond Oil. Apply to chest & back as required. Contains: Lavender Spike*, Eucalyptus Blue Gum*, Fir Balsam*, Spruce Black* in Absolute Massage Cream*.

Child Care: Immune Plus 🌿💧

Supports healthy immune system plus natural recovery from childhood illness. Refer to **Pure Blends**.

Eye Soothe 🌿💧

Minimises discomfort & supports natural healing. It may be especially useful for infections or allergies. Used by midwives for baby crusting. Drop or spray into eye or apply to cotton wool & rest on eyes for 10 minutes. Contains: Rose Floral Water*, Chamomile Roman Floral Water* & Lavender Floral Water*.

Lice X Pure Blend 🌿💧 & Intensive Wash 🌿

A safe recipe of active essential oils for effective lice eradication. Safe for children & during pregnancy. Use as directed. Available as an Intensive Wash or as a Pure Blend for use as a preventative. Pure Blend contains: Eucalyptus Australiana*, Wild Mint*, Lemon*, Peppermint*, May Chang*, Citronella*. Wash combines Pure Blend with all-natural plant-based wash.

Maternity Body Tone 🌿💧

To assist safe skin toning & conditioning, especially in cellulite & water-retention zones. Postpartum, will support recovery in tummy tissue. Smooth & silky for massage. Contains: Evening Primrose*, Lemon*, Cypress*, Grapefruit*, Sandalwood in Absolute Massage Oil*.

Maternity Labour Support 🌿💧

A pure therapeutic blend, may be used throughout labour to support body aches & strains. Designed for absorption in the lower back area: 5 drops to hot cloth compress to assist loosening & relaxation. Contains: Lavender*, Mint Wild*, Peppermint*, Nutmeg*, Chamomile Roman*.

Maternity Massage Balm 🌿💧

A safe balm for mums-to-be. Massage for tired backs & body aches. Leaves skin soft & supple & also helps minimise the impact of stretching. Use as required. Contains: Cocoa Butter*, Beeswax*, Lavender*, Palmarosa*, Geranium*, Geranium Rose*, Mandarin* in Absolute Massage Cream*.

Maternity Postnatal Lift 🌿💧

Safe restorative pure blend with uplifting tones to support a positive outlook & healthy energy. Suitable for diffusion,

perfume, bath or diluted for massage. Contains: Rosemary Cineol*, Petitgrain Bigarade*, Lemon*, Grapefruit*, Bergamot*, Lime*.

Maternity Stretchmark Oil 🌿💧

Supports elasticity & skin tone to minimise stretching. Apply daily during pregnancy to breasts, thighs and belly. Safe for pregnancy massage. Contains: Calendula Infused*, Apricot Kernel*, Lavender Sweet*, Evening Primrose Oil*, Palmarosa*, Geranium Rose*, Mandarin*, Jojoba* in Absolute Massage Oil*.

Morning Balance 🌿💧

For feelings of sickness & nausea throughout pregnancy (hormones, digestion & travel). Diffuse, apply as perfume, to pulse points, or to body on a wet cloth. Contains: Spearmint*, Ginger*.

Nappy Care Cream 🌿💧

Gentle natural ingredients for unparalleled daily care. Protect against nappy rash (diaper rash) & assist natural healing when irritations occur. Apply to a clean dry bottom at each change, day & night. Contains: Jojoba*, Lavender*, Myrrh, Calendula*, Chamomile German*, Chamomile Roman* in Aloe Vera Gel* and Absolute Massage Cream*.

Perineum Care Cream 🌿💧

Moisturizes & softens perineum tissues to nurture elasticity & prepare the skin for natural delivery. Massage into perineum every evening, 6 weeks before due date. Also for episiotomy scars. Contains: Shea Butter*, Evening Primrose*, Jojoba*, Lavender*, Carrot*, Geranium Rose*, Myrrh, Calendula*, Chamomile Matricaria* in Absolute Massage Cream*.

Rose Damask 🌿

Rosa damascena, flower, Bulgaria.

Promotes calm & comfort. Refer to **Essential Oils**.

Rose Maroc 🌿

Rosa damascena, blossom, Turkey/Morocco. w

Scent of angels to welcome newborn. Refer to **Essential Oils**.

Twinkle Star 🌿💧

Support for calmness & relaxation. Help ease fears, nightmares, clears congestion. Refer to **Pure Blends**.

WartX Solution Gel 🌿💧

Effective natural gel solution that is safe for young skin. Apply 2x daily for up to 6 weeks, onto a plaster & cover the area. Contains: Aloe Vera Gel*, Lemon*, Thyme Thymol*, Cypress*.





HEALTH & WELLBEING

The finest, pure botanical oils, creams and gels developed for clinical prescription and maximum therapeutic effect. Find safe, successful support for immune protection, speedy recovery and optimal natural wellness.



 CERTIFIED ORGANIC

 WILD GROWN

 MOTHER & CHILD SAFE

Absolute Hair Care Serum  



Nourishes, softens & rejuvenates dry and damaged hair. Refer to **Skin & Body**.

Baby Care: Nose & Chest  

Decongestant & expectorant. Refer to **Mother & Child**.

Baby Oil: Rose & Chamomile  

Ultimate nurturing baby care. Refer to **Mother & Child**.

Blemish Free  


Astringent & antiseptic on spots. Refer to **Pure Blends**.

Body Repair Cream 

Healing & anti-inflammatory properties. Refer to **Skin & Body**.

Brain Power 

Assists natural memory process & healthy concentration. Refer to **Pure Blends**.

Breathe Easy 

Supports effective mucus expulsion & healthy breathing. Refer to **Pure Blends**.

Chest Care Cream  

Natural recovery from colds & coughs. Refer to **Mother & Child**.

Child Care: Immune Plus  

Supports getting back to health & staying healthy. Refer to **Pure Blends**.

Deep Relax Massage Oil 

Eases tension and stress. Refer to **Skin & Body**.

Dream Time 


Soothes battered senses & aids deep relaxation for restorative sleep. Refer to **Pure Blends**.

Eye Soothe  


For irritation, infection & allergies. Refer to **Mother & Child**.

Feminine Balance 


Assists balance & relaxation for premenstrual & menopausal stages. Refer to **Pure Blends**.

Foot Care Balm 



Conditions against fungi, drynes & cracks. Refer to **Skin & Body**.

Head Ease 

Soothing, cleansing & refreshing. Refer to **Pure Blends**.

Immune Plus 

Aids healthy immunity, respiration & natural recovery. Refer to **Pure Blends**.

Life Lift  

Supports fresh, positive energy. Refer to **Pure Blends**.

Muscle Tonic 

Body restorative. Refer to **Pure Blends**.

Relaxing Massage Balm 

Supports deep muscle relaxation. Refer to **Skin & Body**.

Revitalize 🌱

Non-caffeine energiser. Refer to **Pure Blends**.

Scarless Solution 🌱

Tissue repair to minimize scarring. Refer to **Skin & Body**.

Sinus Clear 🌱

Helps clear irritation, congestion & painful pressure. Refer to **Pure Blends**.

Skin Ease Oil 🌱🌿

Nourishing, super-hydrating & soothing. Refer to **Skin & Body**.

Skin Repair Cream 🌱🌿

Essential First Aid Kit item. Refer to **Skin & Body**.

Skin Soothing Gel 🌱🌿

Soothing & cooling to stressed skin. Refer to **Skin & Body**.

Tranquility & Meditation 🌱🌿

Promote inner peace & relaxation. Refer to **Pure Blends**.

Travelwell: Awake 🌱

A revitalising blend to promote mental clarity. Refer to **Home & Living**.

Travelwell Inflight Relief Cream 🌱

Prevent fluid build up & DVT. Refer to **Home & Living**.

Travelwell: Slumber 🌱

An aroma to promote relaxation for good deep sleep. Refer to **Home & Living**.

Twinkle Star 🌱🌿

Child support for calmness & relaxation. Refer to **Pure Blends**.

CHAKRA SELECTION

7 chakra blends each formulated to balance & complement associated energies. Presented in a handcrafted box made from traditional, eco-safe Nepalese paper.

Base Chakra Oil 🌱

The base chakra relates to life's core physical & practical aspects. This therapeutic blend is focused on grounding, protecting & strengthening. Contains: Jojoba*, Cedarwood Atlas*, Patchouli*, Vetiver*, Pepper Black*, Frankincense, Myrrh, Sandalwood Australian.

Brow Chakra Oil 🌱

At the brow chakra we encounter moral perspective & are able to see issues clearly. This blend supports clarity of thought, intuition & inner vision. Contains: Jojoba Oil*, Rosemary Cineol*, Fir Balsam*, Frankincense, Juniper Berry*, Everlasting*.

Crown Chakra Oil 🌱

At the crown chakra is empathy, unity & universal consciousness. This blend complements our highest aspirations. Contains: Jojoba Oil*, Lavender*, Petitgrain Bigarade*, Cypress*, Frankincense, Myrrh, Neroli Blossom*, Sandalwood Australian.

Heart Chakra Oil 🌱🌿

Here we perceive love & acceptance. The blend supports openness to healing love, as well as comfort for grief & separation. Contains: Jojoba Oil*, Bergamot*, Petitgrain Bigarade*, Cedarwood Atlas*, Sandalwood Australian, Amyris, Rose Maroc, Melissa True*.

Navel Chakra Oil 🌱

The navel chakra is the centre of sexual & creative energies. This blend focuses on complementing & assisting creative flow & emotional tides. Contains: Jojoba Oil*, Cedarwood Atlas*, Ylang Ylang*, Petitgrain Bigarade*, Sage*, Amyris, Rosewood, Sandalwood Australian, Jasmine Absolute.

Solar Chakra Oil 🌱

The power centre where we develop our autonomy & sense of self. It affects our ability to relate, experience freedom, power, self-definition & intellect. This blend helps instill balance, especially after shock or stress, & strengthen the will. Contains: Jojoba Oil*, Lemon*, Rosemary Cineol*, Sage*, Vetiver*, Petitgrain*, Clove Bud*, Juniper Berry*.

Throat Chakra Oil 🌱🌿

The throat chakra is the intuitive voice. This blend supports communication, self-expression, the truth of heart by which we live. Contains: Jojoba Oil*, Eucalyptus Blue Gum*, Ginger*, Cypress*, Fir Balsam*, Myrrh, Chamomile German*, Spruce*, Chamomile Roman*.



HOME & LIVING

The full therapeutic and cleansing powers of organic essential oils to nurture and protect a truly healthy lifestyle. For eco-cleaning, natural first aid, optimum balance and vitality for life.

 CERTIFIED ORGANIC

 WILD GROWN

 MOTHER & CHILD SAFE

Absolute Passion

Sensual & energising. Refer to **Pure Blends**.

Absolute Romance

Tender & harmonising. Refer to **Pure Blends**.

Ambient Harmony

Warm & inviting, balances the home. Refer to **Pure Blends**.

Bugs Repel Pure Blend & Spray

All natural, safe repellent with calming, soothing properties for itchy bites. Convenient spray, or concentrated pure blend (to add to moisturiser or sun lotion, as well as diffuse). Pure Blend contains: Eucalyptus Lemon* Australiana*, Citronella*, Cedarwood Atlas*, Tea Tree*, Geranium*. Spray Pure Blend is combined with Calendula Tea*, Lavender Floral Water* & Absolute Emulsifier*.

Christmas Season

Rich, warm & evocative. Traditional wisdom fragrances for festive occasions. Refer to **Pure Blends**.

Clarity & Confidence

Inspiring & cleansing on the mind. Refer to **Pure Blends**.

Clove Bud

Eugenia caryophyllata

For first aid & eco-cleaning. Refer to **Essential Oils**.

Eucalyptus Australiana

Eucalyptus radiata

Laundry, first aid, eco-cleaning. Refer to **Essential Oils**.

Fresh Air

A powerful natural air freshener with a lively, clean fragrance. Refer to **Pure Blends**.

Head Ease

Soothing, cleansing & refreshing. Refer to **Pure Blends**.

Lavender Sweet

Lavandula hybrida 'super'

Cleansing & calming. Good eco-clean extract. Refer to **Essential Oils**.

Lemon

Citrus limonum

Immunity, eco-clean, vitality. Refer to **Essential Oils**.

Lemongrass

Cymbopogon citratus

Cleansing & repellent. Refer to **Essential Oils**.

Lice X Pure Blend & Intensive Wash

Effective, non-toxic way to eradicate headlice. Refer to **Mother & Child**.

Life Lift

Supports fresh, positive energy. Refer to **Pure Blends**.

Orange Sweet

Citrus aurantium

Eco-cleaning & ambient health. Refer to **Essential Oils**.

Revitalize

Non-caffeine energiser. Refer to **Pure Blends**.

Rosemary Cineol

Rosmarinus officinalis cineol

Uplifting, tonic & antiseptic. Refer to **Essential Oils**.

Sensual Massage Balm

An exotic, earthy scent that supports deep relaxation & sensuality, carefully formulated for silky, nourishing bodycare. Contains: Cedarwood Atlas*, Bergamot*, Clary Sage*, Ylang Ylang*, Amyris, Ginger*, Vetiver*, Pepper Black*, Clove Bud* in Absolute Massage Cream*.

Stress Less

To promote sustainable energy & natural calm. Refer to **Pure Blends**.

Sweet Rose

Diffuse sweet softness & nurture inner peace. Refer to **Pure Blends**.

Tea Tree

Melaleuca alternifolia

Antiseptic first aid & eco-cleaning. Refer to **Essential Oils**.

Tranquility & Meditation

Promote inner peace & relaxation & encourage restful sleep. Refer to **Pure Blends**.

LOVERS SELECTION

Lover's Delight Oil

Helps relax the mind & awaken the senses. Absolutely natural & pure for luxury body care. Contains: Palmarosa*, Cedarwood Atlas*, Mandarin*, Vetiver*, Coriander Seed*, Ylang Ylang*, Sandalwood in Absolute Massage Oil*.

Sensual Massage Balm

An exotic, earthy scent that supports deep relaxation & sensuality, carefully formulated for silky, nourishing bodycare. Contains: Cedarwood Atlas*, Bergamot*, Clary Sage*, Ylang Ylang*, Amyris, Ginger*, Vetiver*, Pepper Black*, Clove Bud* in Absolute Massage Cream*.

TRAVELLERS SELECTION

Travelwell: Awake

A revitalising blend with active ingredients to promote mental clarity. Help counter jetlag & stay alert naturally. 10 drops to wrist & neck, hourly. Contains: Spearmint*, Rosemary Cineol*, Orange Sweet*, Ginger*, Lemon*, Wild Mint* in Jojoba Oil*.

Travelwell: Inflight Relief Cream

A soothing balm to aid reduction of hot, swollen feet & refresh body energy. Massage into lower legs prior to & during travel. Contains: Beeswax*, Cypress*, Lemon*, Palmarosa*, Fennel Sweet*, Cedarwood Atlas*, Geranium*, Manuka, Lemongrass*, Juniper Berry* in Absolute Massage Cream*.

Travelwell: Slumber

A powerful relaxing aroma to promote deep restorative sleep. Apply 10 drops to wrist & neck, repeat as needed. Contains: Lavender Sweet*, Mandarin*, Marjoram French*, Ylang Ylang*, Chamomile Roman* in Jojoba Oil*.

ABSOLUTE PETS

6 products are formulated for maximum quality and effectiveness, while keeping all ingredients safe, natural, organic and good for your horse or dog.

Cleanse

A concentrated plant-based wash that is anti-fungal & anti-bacterial. Contains Lavender Sweet & True*, Tea Tree*, Geranium* in plant based, natural wash.

Inhale

Provides natural support for inhalation during exercise, eases breathing & soothes irritations. Contains Aloe Vera Gel*, Jojoba Oil Golden*, Avocado Oil*, Eucalyptus Blue Gum*, Spruce Black*, Pine Scotch*, Lavender Spike*, Spearmint*, Fir Balsam*.

Protect

Helps reduce minor bacterial & fungal infections. Contains Calendula Tea*, Avocado Oil*, Beeswax*, Calendula Oil*, Cocoa Butter*, Olivem 1000, Arnica Oil*, Lemon*, Jojoba Oil*, Preservative NB, Rosemary Extract*, Tea Tree*, Cinnamon Leaf*, Cypress*, Xanthan Gum, Wild Mint*, Peppermint*, Aloe Vera*, Patchouli*.

Renew

Reduces minor scar tissue and relieves dryness and itching. Moisturises and nourishes the skin. Contains Avocado Oil Virgin*, Jojoba Oil Golden*, Evening Primrose Oil Virgin*, Rose Hip Oil*, Wheatgerm Oil Virgin, Lavender Sweet*, Eucalyptus Blue Gum*, Lavender Spike*, Geranium*, Patchouli*, Myrrh, Chamomile German CO2*.

Repair

Healing & soothing to minor wounds and skin irritations. Contains Calendula Tea*, Avocado Oil*, Beeswax*, Calendula Oil*, Cocoa Butter*, Olivem 1000, Jojoba Oil*, Manuka Honey*, Lavender Sweet*, Arnica Oil*, Geranium*, Rosemary Extract*, Preservative NB, Xanthan Gum, Aloe Vera*, Lavender True*, Chamomile German*, Myrrh, Chamomile Roman*.

Repel

Deters flies & other small biting, flying insects. Soothes and cleans itching bites. Contains Calendula Tea*, Absolute Emulse*, Preservative NB, Eucalyptus Lemon*, Citronella*, Cedarwood Atlas*, Lavender Sweet*, Tea Tree*, Geranium*.



SKIN & BODY

Over 20 years of specialist natural health care and nature's finest medicinal and nutritional ingredients bring an outstanding personal care range to nurture healing, balance and beautiful vitality for all skin and body types.

🌿 CERTIFIED ORGANIC

🌿 WILD GROWN

💧 MOTHER & CHILD SAFE

Absolute Base Cream: Natural 🌿💧

An unscented, smooth, light cream made with pure natural ingredients. Beautifully nourishing for massage, ideal for therapeutic blending. Drop in essential oils or a pure blend. Contains: Water, Almond, Beeswax*, Shea Butter*, Cocoa Butter*, Natural Emulsifier, Rosemary Extract*, Preservative NB, Xanthan Gum.

Absolute Hair Care Serum 🌿💧

Crafted using the world's finest nutritional plant oils, effectively provides nourishment & moisture for repair & rejuvenation for dry, damaged hair. Contains: Avocado*, Jojoba*, Argan*, Wheatgerm, Cedarwood*, Ylang Ylang*, Rosemary*, Patchouli*, Orange*, Geranium*.

Absolute Massage Cream: Unscented 🌿💧

Nourishing neutral massage cream. Also perfect as base for bespoke blends. Simply drop in essential oil/s. Contains: Calendula Tea*, Avocado*, Beeswax*, Calendula*, Natural Emulsifier, Shea Butter*, Arnica*, Cocoa Butter*, Jojoba*, Rosemary Extract*, Preservative NB, Xanthan Gum, Aloe Vera*.

Absolute Massage Oil: Unscented 🌿💧

Nourishing neutral massage oil. Also a perfect base for bespoke blends. Simply drop in essential oil/s. Contains: Avocado*, Apricot*, Almond, Jojoba*, Wheatgerm.

Aloe Vera Gel 🌿💧

Aloe barbadensis

Suitable when skin is broken, sunburned or burned. Refer to **Carriers**.

Argan Oil: Raw 🌿💧

Argania spinosa

Helping to soften wrinkles and protect your hair. Refer to **Carriers**.

Arnica Oil: Infused 🌿

Arnica montana

Topical application for bumps, sprains & strains. Refer to **Carriers**.

Avocado Oil: Virgin 🌿💧

Persea americana

Promoting the toned, elastic qualities characteristic of youthful skin. Refer to **Carriers**.

Baby Oil: Rose & Chamomile 🌿💧

Nourish & protect baby skin. Refer to **Mother & Child**.

Blemish Free 🌿💧

Natural wonder for adolescent skin. Refer to **Pure Blends**.

Body Repair Cream 🌿

This optimum all natural formulation is anti-inflammatory, supporting healthy joint mobility & natural healing for injury & strain. Suitable for arthritis & professional bodywork. Contains: Castor*, Arnica*, Eucalyptus*, Lavender*, Mint Wild*, Peppermint*, Basil*, Wintergreen*, Juniper*, Chamomile German* in Absolute Massage Cream*.

Breast Care Cream 🌿💧

Condition skin & ease discomfort. Refer to **Mother & Child**.

Cell Slim Body Oil 🌿💧

Helps rejuvenate neglected body areas & tone skin. Massage daily to thighs, abdomen, buttocks to nourish skin & aid circulation, natural breakdown of shallow fat & healthy fluid exchange (water retention). Contains: Avocado*, Grapefruit*, Cedarwood*, Jojoba*, Cypress*, Lemon*, Mint Wild*, Thyme*, Juniper Berry*, Aniseed*.

Cell Tone 🌿💧

Visible toning and firming effects. Refer to **Pure Blends**.

Clay Powder: Argyle White 🌿💧

Cleansing & smoothing. Refer to **Carriers**.

Deep Relax Massage Oil 🌿💧

Assists balance, calmness & restorative energy. Wonderfully relaxing for tension & stress. Contains: Avocado*, Almond*, Cedarwood*, Wheatgerm, Ho Sho, Lavender*, Orange*, Petitgrain*, Jojoba*, Marjoram*, Chamomile Roman*, Sandalwood.

Eye Soothe 🌿💧

For irritation, infection & allergies. Refer to **Mother & Child**.

Foot Care Balm 🌿💧

Refreshing, deodorising balm. Helps natural recovery in dry, cracked heels & provides protection against fungal infection. Use as often as required. Contains: Shea Butter*, Beeswax*, Lemon*, Cypress*, Tea Tree*, Cinnamon*, Mint Wild*, Patchouli*, Peppermint* in Absolute Massage Cream*.

Geranium 🌿💧

Pelargonium graveolens

For coldsores, skin & balance. Refer to **Essential Oils**.

Jojoba Oil Golden 🌿💧

Simmondsia chinensis

Conditioning, cleansing liquid wax. Refer to **Carriers**.

Lover's Delight Oil 🌿💧

Pure intimate pleasures of massage. Refer to **Home & Living**.

Maternity Body Tone 🌿💧

Helps prevent water retention, assists tummy toning postpartum. Refer to **Mother & Child**.

Maternity Massage Balm 🌿💧

Therapeutic mum-to-be everything balm. Refer to **Mother & Child**.

Maternity Stretchmark Oil 🌿💧

Luxury botanical preparation. Refer to **Mother & Child**.

Muscle Tonic 🌿💧

Body restorative. Refer to **Pure Blends**.

Myrrh 🌿💧

Commiphora myrrha

Calm & cleansing. Mouth ulcer remedy. Refer to **Essential Oils**.

Rejuvenating Face Serum 🌿💧

Visibly replenish natural vitality. Light & non greasy, nourishes the skin for radiant effect. Apply daily, or use after cleansing as an overnight restorative. Suitable for all skin types. Contains: Avocado*, Jojoba*, Evening Primrose*, Rose Hip*, Amyris, Petitgrain*, Geranium Rose*, Ylang*, Sandalwood, Neroli Blossom*.

Relaxing Massage Balm 🌿💧

Soothing, nourishing & silky smooth. Supports natural muscle relaxation & promotes deep calm. Use as required. Contains: Beeswax*, Shea* & Cocoa* Butters, Orange*, Lavender*, Cedarwood*, Marjoram*, Sandalwood, Chamomile Roman* in Absolute Massage Cream*.

Revitalize Body Oil 🌿💧

Invigorating oil blend for healthy circulation. Nourishes muscle tissues for optimum body energy. Excellent for rub before/after exercise. Contains: Avocado*, Almond, Lemon*, Rosemary*, Jojoba*, Cedarwood*, Lime*, Clary Sage*.

Rose Hip Oil 🌿💧

Rosa rubiginosa /mosqueta

Aids rejuvenation & repair. Refer to **Carriers**.

Scarless Solution 🌿💧

Supports natural healing & nourishes tissues to minimize scarring. Intense, synergistic action. Contains: Avocado* Jojoba*, Evening Primrose*, Rose Hip*, Argan*, Wheatgerm, Eucalyptus*, Lavender Spike* & Sweet*, Geranium*, Patchouli*, Everlasting*, Myrrh, Chamomile*.

Sensual Massage Balm 🌿💧

Enhance sensuality. Refer to **Home & Living**.

Skin Ease Oil 🌿💧

Aids natural healing of redness, itchiness & inflammation in chronic conditions. May be especially useful for dryness, irritation & intense allergies. Suitable for night time use. Works well with Skin Soothing Gel*. Contains: Olive*, Calendula*, Jojoba*, Lavender*, Geranium Rose*, Myrrh, Chamomile German*, Carrot in Absolute Massage Oil*.

Skin Repair Cream 🌿💧

Excellent for all skin types. Nourishing & soothing, aids natural healing for wounds, cuts, bruises & scars. Essential in first aid. Contains: Calendula*, Jojoba*, Shea Butter*, Lavender*, Myrrh, Chamomile German* & Roman*, Aloe Vera* in Absolute Massage Cream*.

Skin Soothing Gel 🌿💧

Soothing & cooling. Moisturizes overly dry & stressed skin & supports healing in itchy, red, dry skin. Recommended for day time use. Works well with Skin Ease Oil*. Contains: Calendula*, Lavender*, Geranium*, Jojoba*, Evening Primrose*, Chamomile Roman*, Myrrh in Aloe Vera Gel*.

WartX Solution Gel 🌿💧

An all-natural solution to eradicate warts & verrucas. Refer to **Mother & Child**.



GIFTS

Gift sets packaged up in beautifully crafted boxes, made in Nepal from traditional, eco-safe, renewable lokta plant paper. The perfect present.

Baby & Child Sleep Essentials 🌱💧

Essential for the early years, effective, gentle sleeptime support. Set includes: Chamomile Roman 3%*, Baby Care: Nose & Chest* & Twinkle Star*.

Busy Lifestyle Essentials 🌱

Helps mind to focus, be productive & calm. Set includes: Stress Less*, Brain Power* & Dream Time*.

Chakra Oil Set 🌱

Enhance energy flow through the 7 chakras for natural balance & health. Set includes: Base*, Brow*, Crown*, Heart*, Navel*, Solar* & Throat* Chakra Oils. Refer to **Health & Wellbeing**.

First Aid Essentials 🌱

Cover your bases for effective, natural family first aid care. Set includes: Lavender True*, Peppermint* & Tea Tree*.

Festive Season Essentials 🌱

3 pure, therapeutic oils to create life-enhancing aromas. Set includes: Ambient Harmony*, Christmas Season* & Stress Less*.

Home & Living Essentials 🌱💧

3 pure, therapeutic aromas to enhance daily life. Set includes: Ambient Harmony*, Life Lift* & Sweet Rose*.

Immune Care Essentials 🌱

The 3 core blends for strong defences & respiratory health. Set includes: Immune Plus*, Breathe Easy* & Sinus Clear*.

Lovers Pure Essentials 🌱

3 sensual blends to enhance love connection. Set includes: Absolute Passion*, Absolute Romance* & Sweet Rose*.

Maternity Balance & Birth Essentials 🌱💧

Three pure therapeutic blends to support natural pregnancy & birth. Set includes: Morning Balance*, Birth Time Calm* & Maternity Labour Support*.

Maternity Body Essentials 🌱💧

Perfect pure nourishing blends to condition the body through pregnancy changes. Set includes: Maternity Body Tone* & Maternity Stretchmark Oil*.

Natural Beauty Essentials 🌱💧

Nurture vibrant, healthy skin & hair with super-nutrient, protective plant synergies. Set includes: Absolute Hair Care* & Rejuvenating Face Serum*.

Travelwell Essentials 🌱

Support healthful balance during in-flight & time zone challenges. Set includes: Travelwell: Awake* & Travelwell: Slumber*.



🌱 CERTIFIED ORGANIC

🌱 WILD GROWN

💧 MOTHER & CHILD SAFE

ACCESSORIES

Diffusers, storage, tea-lights, dark glass bottles and droppers; here are the simple, safe, eco-friendly extras for easy essential oil blending and everyday use.

Absolute Atmosphere Diffuser

An ultrasonic diffuser that spreads therapeutic essential oil micro-particles into the air, delivering the restorative, uplifting boost you need in your environment. Quiet as a whisper, simple to use and allows you to explore Absolute Essential's beautiful range of organic, medicinal quality plant oils.

Candles Natural Wax

Tea lights made from natural wax burn cooler, longer & cleaner. Non-toxic, non-carcinogenic, from an eco-responsible, renewable source. Individual burn time ~ 8 hours.

Disposable Pipettes

Disposable plastic pipettes to help with accurate measuring and blending.

Glass Bottles, Amber

Amber glass bottles in sizes: 5ml, 10ml, 25ml, 50ml, 100ml & 200ml. Complete with tamper-safe caps and a dripulator.

Nepali Handcrafted Box 10ml

Beautifully crafted from traditional, eco-safe, renewable plant paper (lokta), made in Nepal. Store and gift wrap Essential Oils & Pure Blends, designed for 10ml sizes, storing 3 or 7 bottles.

Nepali Handcrafted Box 25ml

Beautifully crafted from traditional, eco-safe, renewable plant paper (lokta), made in Nepal. Store and gift wrap Body Oils & Carriers, designed for 2x 25ml bottles.

Spray Mist Top

Spray attachment for amber glass bottles. For hydrosols, body sprays and perfumes.



FREQUENTLY ASKED QUESTIONS

Q. What sets Absolute Essential apart from other essential oil suppliers?

A. Absolute Essential is the only certified organic company that **sources sustainable, medicinal quality plant oils** from artisan producers, worldwide.

Q. What do you mean when you say Absolute Essential is a sustainable business?

A. Good environmental strategies are a focus for all levels of our business, and we consider community and economic choices to include everybody's future health. The Natural Products New Zealand organisation has awarded us three times with their Sustainability Award, plus an inaugural Supreme Business Award for exemplary sustainable practice.

Q. What is an essential oil?

A. An essential oil is the liquid that is extracted from the flowers, leaves, stems, roots, bark or seeds of a plant. Typically it's obtained by distillation and features the characteristic therapeutic odour of the plant (or other source) from which it has been extracted.

Q. What is a carrier oil?

A. A carrier oil is a press-extracted plant oil containing fatty acids, taken commonly from the nutrient rich kernels, seeds or nuts. Conditioning to the skin and easily absorbed, they are used for topical blends to 'carry' essential oils in safe dilution into the body.

Q. What exactly is an essential oil pure blend?

A. Absolute Essential Pure Blends are undiluted blends of pure essential oils based on prescriptions at our Natural Health Clinics, supported with 30 years of safe professional knowledge. Single essential oil uses apply (diffusion, sometimes bath and inhalation, and diluted for skin) but through synergy they offer higher healing potential and efficiency.

Q. What is aromatherapy and how does it work?

A. Authentic aromatherapy is the application of 100% pure essential oils and complementary plant extracts to enhance healthy body process. The essential oil molecules interact with receptors in the body - most importantly those connected to the endocrine and nervous systems which together regulate almost all physiological processes. The quality of the essential oils is key to promoting a positive therapeutic response.

Q. What is the difference between aromatherapy and therapeutic plant oils?

A. Therapeutic Plant Oils (TPO) is Absolute Essential's term to avoid confusion with commercial products and describe absolutely pure, certified organic plant oils with all stages of production and handling screened and controlled to ensure an optimum medicinal extract.

Q. How do I use my essential oils?

A. Check pg 5 for a detailed chart - but to summarise you can use **diffusion** (up to 10 drops in a diffuser), **inhalation** (2-6 drops on a tissue or 2-5 drops to 2 cups of boiling water), **massage** (1 drop essential oil/s to 1 ml of carrier oil) and **bath** - max 15 minutes (6-10 drops of essential oil/s, in milk/soy milk first to aid dispersion and safe absorption).

Q. How can I be sure that the essential oils I use are safe?

A. Buy from a reputable source and follow professional directions for safe application.

Q. Can I use an essential oil neat on my skin?

A. As a general rule it's better to dilute 5-10 drops of essential oil to a ¼ teaspoon of carrier oil. A few, like Manuka or Lavender, are fine for most people in small amounts, but most require dilution. Always defer to cautious use, and follow directions. Our Mother & Child marked essential oils and pure blends are safe for most adults to use on pulse points and therapeutically.

Q. Are there any instances when essential oils would be dangerous to use?

A. Some essential oils have properties that are considered dangerous for certain conditions. Pregnancy, asthma, epilepsy, high blood pressure... if you have a condition to consider, always consult a healthcare professional (or our e-consult service at www.absoluteessential.com).

Q. Is it unsafe to take essential oils internally?

A. We cannot officially recommend that you take any essential oil internally, unless you have been to see a qualified practitioner who has given you clear directions for safe usage and correct dilution/dosage. You should always check that any essential oil you wish to take internally is **organically certified, and of the highest medicinal grade**.

(If an oil is ingested by accident, drink fatty milk and seek advice, do not drink water or induce vomiting.)



MOTHER & CHILD Q&A

Q. Is special care needed when using essential oils during pregnancy, on babies and on children?

A. Yes it is. But all Absolute Essential products that are safe for use during pregnancy and with babies and children are easy to identify as they carry the Mother & Child symbol (see above).

We recommend that you keep scent around babies simple and gentle, provided no specific conditions exist. You could try Rose, Lavender Sweet and Chamomile Roman, as they are beautifully soft, soothing and nurturing. Dosage guide:

Pregnancy: use 1/2 the recommended dosage on our Mother & Child-safe products.

Babies: use 1/8 to 1/4 the recommended dosage on our Mother & Child-safe products.

Children: use 1/2 the recommended dosage on our Mother & Child-safe products.



Visit absoluteessential.com and enter your email address to sign up to our monthly newsletter which is packed with helpful tips to improve your health and lifestyle naturally.

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