

HERB & AROMA INFO

Lavender: a shrubby plant with long narrow leaves and purple flowers that has been used for purifying and relaxation since the time of the Greeks and Romans. It has a naturally soothing effect and is extremely versatile in its uses.

- Brings relief from headaches and migraines.
- Eases breathing.
- Calms nerves.
- Combats sleeplessness.
- Provides an overall soothing effect.

Thyme: a short herb with dark green leaves and pink flowers. It is best known for its ability to treat respiratory ailments.

- Relieves coughs and eases breathing.
- Reduces anxiety and mental fatigue.
- Soothes muscle aches and joint swelling.

Lemon Balm: a small aromatic herb with pale green leaves and soft yellow or white flowers. Lemon balm is known to encourage perspiration, so is useful as a cleansing agent.

- Eases symptoms of colds and flu.
- Relieves fevers.
- Soothes anxiety and depression.

Hyssop: a small perennial with narrow leaves and small blue flowers. Taken internally, hyssop is very powerful and has a balancing effect on the cardiovascular system. Our products use a small amount of the herb as an aroma therapy.

- Loosens bronchial congestion.
- Eases coughs.

Orange Peel: contains both sweet and bitter oils first used by the Chinese for a variety of uses. Orange has the combined ability to refresh and relax at the same time.

- Eases anxiety and depression.
- Helps with digestion.
- Provides an overall feeling of well-being.

Rosemary: a small shrub plant with greenish-gray leaves and small white flowers. Highly revered by the ancient Greeks and Romans as an antiseptic, it has many uses, but is powerful and should be used in small amounts.

- Stimulates circulation.
- Eases headaches.
- Reduces fatigue.
- Soothes bronchitis symptoms.

Eucalyptus: blue-green leaves from the tall trees favored by the Koala Bears in Australia. The Aborigines were some of the first people to use Eucalyptus for therapeutic purposes. The plant is well known for its ability to clear the head and refresh the spirit. It also has many other uses.

- Eases asthma, sinusitis, bronchitis and other respiratory ailments.
- Soothes muscle and joint aches and pains.
- Relieves symptoms of colds and flu.
- Reduces fever.

Peppermint: rounded green leaves with spikes of purple flowers. A refreshing scent, peppermint is also known for its soothing effects on the digestive system.

- Settles upset stomachs and reduces nausea.
- Eases skin irritations and sunburn.
- Alleviates headaches.
- Relieves cold and flu symptoms.
- Provides overall refreshment and energy boost.

Rose Buds: used for its fragrance and healing properties for centuries. Many also consider it to be an aphrodisiac. There are hundreds of different roses, but they all offer the same general benefits.

- Relieves cramps and emotional stress associated with menstruation.
- Eases headaches.
- Reduces fatigue.
- Provides an overall uplift to mood.