

ESSENS OIL



SLOW LIVING

## ESSENS SLOW LIVING

*Enjoy our 100% natural essential oils, relax, enjoy the peace and calm of the present moment.*

*Slow down, breathe, live with joy.*

### HOW TO USE THE OILS?



#### **Inhalation:**

You can drip small amounts of oils into aroma lamps or diffusers. You will enjoy the scent of the interior and create a pleasant mood according to the specification of each individual oil. It can also be combined with water to use in sprays, oil atomisers or to scent your pillows.



#### **Massage:**

By massaging the oils into the skin you will achieve a pleasant feeling of relaxation, and thanks to the benefits of the specific oils, you can fully enjoy the power of these 100% natural oils. It is suitable for foot massage, relaxing the neck area and muscles, massaging into the temples or can be used with a compress bandage.



#### **Cosmetics:**

Mix the oil with your favourite skin or body cream (1-2 drops are sufficient, but we recommend testing on a smaller sample first).



#### **Bath:**

Add 3-5 drops to the bath or spray it onto the shower wall and enjoy the aroma created through the water vapor.

**Warning:** Not intended to be ingested. When applied to the skin, use it in very small doses (1 - 2 drops), sensitive persons may dilute with another carrier oil, such as coconut.



### LAVENDER

100% natural essential oil is used to improve the overall condition of the body and soul. Lavender has relaxing properties, promotes restful sleep and soothes irritated skin.

**Our tip:** Try a few drops on the pillow before going to bed. It can also be applied to the skin, massaged into the feet or added to body creams or shampoos.

### THYME

100% natural essential oil is used to improve the overall condition of the body and soul. Thyme is a well-known antioxidant, it has cleansing effects and is suitable for colds. It supports the overall well-being of the organism.

**Our tip:** Try a foot or chest massage to relieve colds and coughs.

### EUCALYPTUS

100% natural essential oil is used to improve the overall condition of the body and soul. Eucalyptus helps cleanse the airways, strengthens the immune system and promotes respiration.

**Our tip:** Suitable for use as a massage oil on the chest to ease colds or lower abdomen during menses. Can also be used to scent dressing rooms and closets.

### LEMON

100% natural essential oil is used to improve the overall condition of the body and soul. Lemon supplies energy, improves mood, immunity and has versatile uses.

**Our tip:** Try a few drops into your bath. You can also use it together with compress bandage or massaged into the feet or temples.

### ORANGE

100% natural essential oil is used to improve the overall condition of the body and soul. Orange is an antioxidant, stimulates the body and mind and refreshes the skin.

**Our tip:** It can be massaged into the feet or temples. A drop rubbed in the palms and rubbed into the neck will give you energy. Suitable for skin, body creams or shower gels.

### LEMONGRASS

100% natural essential oil is used to improve the overall condition of the body and soul. Lemongrass tones, cleanses, sharpens the senses and supports a good mood. It repels insects.

**Our tip:** Rejuvenates the muscles of athletes after intense exercise. Suitable for sprays and to use on clothing and body as an effective repellent.

### ROSEMARY

100% natural essential oil is used to improve the overall condition of the body and soul. Rosemary relieves fatigue, encourages and contributes to better concentration.

**Our tip:** Massaging in the temples increases the concentration during studying. Scalp massage supports hair density.

### PEPPERMINT

100% natural essential oil is used to improve the overall condition of the body and soul. Peppermint acts against insomnia and headaches. It mobilises the senses, calms the digestive system and promotes healthy respiration.

**Our tip:** Massage of the neck and lungs relieves feelings of tension. Adds a cooling effect by using cold compresses or foot baths.

