

Aromatherapy Responsible Cautions

Most companies alter oils to increase profits or to mimic chemotypes. Manipulated oils cannot carry the same natural healing substances as pure, single specie, unadulterated oils - and may even be harmful. Using only pure oils is the first responsible caution. We are pleased that Neways offers pure, unadulterated, chemical and additive free, single specie oils for your therapeutic use!

- Always keep aromatherapy applications **away from eyes and mucus membranes**.
- **Store in a dark, cool environment** with caps or lids tightly secured, **out of the reach of children**.
- Recommendations are **intended for adults** or children over 16 years of age. Dilute at least twice as much for under 16, and at least 4 times as much for small children. We recommend you consult a qualified practitioner for dilution percentage/applications suitable for younger children, infants, or pets.
- Some oils cause the skin to become **photosensitive**. Avoid direct sunlight when applying **citrus oils**.
- Before applying topically, **skin test** the oils. Dilute a small amount and apply to the skin on your inner arm. Do not use if redness or irritation occurs. (You may still diffuse oil)
- Oils are intended for **external use**. Unless recommended by a health-care professional trained with essential oils, do not take internally. Exceptions are a drop of peppermint oil for intestinal conditions or a drop of Grapefruit in a glass of water.
- **Never use oil undiluted in a bath**. The oil will pool on the surface and may irritate the skin. Always blend with a carrier oil or REFRESH to dispense the oil evenly throughout the water.
- Please **DO NOT use the oils "neat" (undiluted) on your skin**. Because our oils are so pure and so concentrated, we ask you to please dilute them with mixing oils or lotions before applying them directly to your skin. The only exceptions to this would be the pre-diluted Lavender/Chamomile Blend, and Lavender or Tea Tree oils, which can *USUALLY* be safely applied directly to the skin on most people.
- **If you accidentally spill oil** on your skin or get splashed in your eyes, **DO NOT USE WATER TO FLUSH**. Water will only enhance the oil's ability to penetrate. Use pure olive oil to dilute and rinse from the eyes. For the skin, any carrier will do. Mixing oil, olive oil, Tangible Massage Lotion, Refresh Bath and Shower Gel. Dilute well, and then wash off.

Cautions for people with specific medical conditions:

- **Pregnancy-** Always check with your health care practitioner before you use essential oils during any trimester of pregnancy, or if you suspect you might become pregnant. Some essential oils may be beneficial during pregnancy, and others you will want to avoid. As a general rule, women should NOT use the oils of peppermint, or geranium during pregnancy
- **High Blood Pressure-** People with high blood pressure should avoid using the oils of hyssop, wild rosemary, sage, and thyme.
- **Low Blood Pressure-** People with low blood pressure should avoid the more sedating essential oils, such as clary sage, ylang ylang and lavender.
- **Epilepsy-** Rosemary, sweet fennel, hyssop and sage should not be used.
- **Asthma-** Oil of wild rosemary may aggravate asthma in some people.

BLEND:

Agility – Blend for Muscle & Joint Function

Ginger Root, Juniper Berry, Eucalyptus, Wild Rosemary, Marjoram, Cajeput, Peppermint, Lavender

Composure – Blend for Stress

Tangerine, Sandalwood, Ylang Ylang, Rosewood, Lavandin, Orange, Patchouli

Lavender – Chamomile Blend - Suitable for Babies –

Soothing, relaxing and calming properties especially suitable for baby's gentle body and mind
Soybean oil, lavandin, tangerine, amyris, lavender, sandalwood, geranium, chamomile oil, rose

Quiscent – Blend for Relaxation/Sleep

Orange, Rosewood, Mandarin, Cedarwood, Clary Sage, Lavender

Respire – Blend for Cold/Congestion

Eucalyptus, Tea Tree, Lemon, Lavender, Pine Needles, Lavandin, Thyme, Peppermint

Silence – Blend for Snoring (Spray)

Suggested Usage for Essential Oils

There are many ways to enjoy the benefits of essential oils: Full body massage, aromatherapy baths, steam inhalation, aromatherapy body lotion, facial oil, and diffused into the air. The method you use will depend both on the type of oil you are using and the reasons for use, as well as your own personal preference.

Partial Body Application

Add 10 to 25 drops of pure essential oil to one ounce (1/8 cup) of Mixing Oil or Massage Lotion. Massage painful or effected areas according to your need.

For application to **bottoms of feet** or pulse points, mix 1 to 2 drops of essential oil with 1 dime-sized drop of Mixing Oil or Massage Lotion and massage deeply.

You may blend oils with other lotions, but beware of anything containing mineral oil; it will prevent your skin from absorbing the oil.

All Singles, All Blends

Skin Care Tonic

Mix 4 ounces (1/2 cup) of distilled water or pure hydrosol with 20 to 30 drops essential oil. Shake well before each use. Avoid spraying into eyes. Refrigerate to enhance refreshing effect.

All singles, Composure, Quiescence.

Baths

Simply mix 8 to 12 drops of essential oil with Indulge Bubble Bath or a mixing oil or pure vegetable oil. Add to running bath water. Relax in tub for 20 minutes and then rest for at least 1/2 hour.

NOTE: Mix the essential oil with a carrier (mixing oil) before adding it to the bath. Without a carrier, the essential oil will pool in the water and can cause irritation or discomfort.

All Singles, All Blends

Full Body Massage Oil

Add 10 to 20 drops of essential oil to one ounce (1/8 cup) of Mixing Oil or Tangible Massage Lotion for a full body massage.

All Singles, All Blends

Steam Facial/Sinus Inhalation

Place 5 to 10 drops essential oil into bowl of hot water or facial sauna. Sit comfortably with your face over the steam vapors and place a large towel over your head and the bowl, keeping eyes closed.

When water cools, rinse face with cool water and apply a hydrating toner or facial oil.

All Singles, All Blends

Inhalation

Place 2 to 10 drops of essential oil on a tissue or towel, then inhale deeply.

Another quick method is rubbing a few drops of essential oil in the palms of the hands, then inhaling. Try this with Rosemary to revive your senses.

All Singles, All Blends

Diffusers

Diffusing essential oils is an excellent way to benefit from their healing properties. Particularly viscous oils, such as Patchouli and Sandalwood, must be highly diluted with lighter essential oil to avoid clogging diffuser.

*All Singles,
All Blends except Lavender/ Chamomile*

Compress

To a clean bowl, add 5 to 8 drops of essential oil to 6 ounces (3/4 cup) steaming hot or very cold water. Mix well to disperse oils. Place clean cloth into bowl to absorb liquid. Press out excess liquid. Apply compress to desired area, followed by plastic wrap and topped with a dry towel. Leave on for up to 2 hours.

All Singles, All Blends

Facial Oil

Add 3 to 5 drops essential oil to 1/2 ounce. (1 Tbl) Mixing Oil or After-Sun Lotion.

Singles: Tea Tree, Cypress, Lavender, Frankincense.

Blends: Composure, Quiescence.

Air Freshener

Mix 4 ounces (1/2 cup) distilled water with 40 to 60 drops of essential oil. Shake before spraying.

All Singles, All Blends

Body Lotion

For body lotion, add 15 to 20 drops of essential oil to each ounce. (1/8 cup) of *Tender Care Body Lotion, Tangible Massage Lotion, or Rebound.*

Shake well until mixed. Enjoy your own customized lotion. For a summer cool-down and foot refresher, try adding Peppermint essential oil or a blend with Peppermint. To repel pesky insects, add a Lavender, Cedarwood, Eucalyptus, Geranium, or Cypress.

All Singles, All Blends

Body Spritzer

Mix 4 ounces (1/2 cup) of distilled water or pure hydrosol with 30 to 50 drops essential oil. Shake well before each use. Avoid spraying into eyes.

All Singles, All Blends