



ESSENTIAL OILS

Nature's Rescue Remedies

The use of essential oils, pure essences derived from plants, has been found to provide both physical and psychological benefits when used correctly and safely. There are a wide variety of essential oils available, each with its own healing properties.

Essential oils can be absorbed into the body through either inhalation or topical application to the skin. Their therapeutic properties help strengthen, tone and harmonize the body and its emotions.

Aromatherapy is the therapeutic use of pure essential oils to enhance beauty, health and well-being by balancing energy, mood and physiology.

Authentic Aromatherapy combines quality essential oils with an understanding of their actions. TARA Spa Therapy sources pure unadulterated oils from around the world to ensure that all of our **Single Note Essential Oils** and **blended Aromatherapy formulations** are premium grade, certified organic, pesticide free and wild crafted.

ESSENTIAL OIL	BENEFITS	ESSENTIAL OIL	BENEFITS
BERGAMOT (Citrus aurantium bergamia)	Positive, uplifting, refreshing, alleviates stress, tension - Anti-depressant, anti-anxiety, balancing to emotions - Antiseptic, astringent, fungicide, tonic - Good for acne, eczema, wounds - Sun-sensitive: do not use before outdoor activity	LEMONGRASS (Cymbopogon flexuosus)	Anti-depressant, combats stress, headache - Antiseptic, anti-inflammatory, analgesic - Astringent, tonic - Supports aging skin - Good for respiratory problems
CEDARWOOD (Cedrus deodara anthemis)	Grounding, deeply relaxing - Antiseptic, astringent, insecticide, fungicide - Good for arthritis, aches and pains, acne, oily skin - Contraindicated in early pregnancy	ORANGE, SWEET (Citrus sinensis)	Excellent environmental fragrance - Anti-depressant, anti-anxiety, balances the emotions - Good for muscle spasm, nervous conditions, burnout - Aids digestion of fats, lymph drainage - Anti-inflammatory, antiseptic
CHAMOMILE, ROMAN (Anthemis nobilis)	Calming, comforting, harmonizing, sedating, anti-anxiety - Antiseptic, antiparasitic, analgesic, antispasmodic - Good for stress, nervous tension, insomnia, migraines - Good for inflammation, burns, blisters, acne, psoriasis - Supports healthy menstruation	PATCHOULI (Pogostemon cablin)	Anti-anxiety, grounding, soothing, restorative - Antiseptic, insecticide, aids cell rejuvenation - Good for acne, eczema, dandruff, skin inflammation - Good for dry, cracked skin condition - Aphrodisiac
CLARY SAGE (Salvia sclarea)	Anti-depressant, anti-anxiety, restorative, calming - Antiseptic, astringent, tonic - Balances feminine energy - Female First Aid Kit for PMS and menopause	PEPPERMINT (Mentha piperita)	Refreshing, stimulating, uplifting, cooling - Aids mental clarity, counters fatigue, nervous stress - Aids digestion, eases nausea, flatulence, headache
CYPRESS (Cupressus sempervirens)	Restorative, detoxifying, decongestant - Antiseptic, astringent, tonic, antispasmodic, anti-cellulite - Good for nervous tension, stress, irritability - Tonifying for varicose veins	ROSE ABSOLUTE (Rosa centifolia)	Anti-depressant, anti-anxiety, comforting - Promotes acceptance, patience, harmony, peace, love - Antiseptic, tonic - Soothing and hydrating for dry, sensitive skin - Regulates menstrual cycle, promotes circulation
EUCALYPTUS (Eucalyptus globulus)	Stimulating, warming, centering, balancing to emotions - Enhances mental clarity, concentration - Antiseptic, anti-inflammatory - Good for muscular aches and pains - Excellent for respiratory - helps coughs, bronchitis	ROSEMARY (Rosmarinus officinalis)	Uplifting, energizing, restorative, antiseptic, antispasmodic - Decongestant, analgesic, promotes circulation - Eases muscular aches and pains - Contraindicated for epilepsy, high blood pressure - Good for dry scalp conditions, balances pH of scalp, stimulates hair roots
GERANIUM (Pelargonium graveolens)	Uplifting, anti-depressant, combats nervous tension - Antiseptic, anti-inflammatory, analgesic, astringent, tonic - Aids cell regeneration, boosts immunity - Female First Aid Kit, balances hormones	SANDALWOOD (Santalum album)	Anti-depressant, anti-anxiety, grounding, soothing - Counters aggression, insecurity, grief, stress, tension - Antibacterial, antifungal, boosts immunity - Hydrating to dry skin - Good for menstrual problems, cystitis, acne, congestion
GRAPEFRUIT, PINK (Citrus paradisi)	Uplifting, anti-depressant, balancing, combats stress - Antiseptic, astringent, tonic - Aids lymph drainage, water retention - Avoid sun exposure	TEA TREE (Melaleuca alternifolia)	Antibacterial, antiviral, fungicide, anti-inflammatory - Good for cuts, burns, warts, acne, blemishes - Boosts immunity, decongestant - First Aid Kit
JASMINE ABSOLUTE (Jasminum officinale)	Anti-depressant, anti-anxiety, harmonizing, relaxing - Helps to alleviate PMS, menstrual symptoms - Good for dry, sensitive skin - Natural perfume	VETIVER (Vetiveria zizanioides)	Anti-anxiety, calming, grounding, balancing to emotions - Counters insomnia, irritability, anger - Antiseptic, tonic, muscle relaxant - Apply to arthritic joints
JUNIPER (Juniperus communis)	Anti-anxiety, combats nervous tension, exhaustion - Promotes metabolism, stimulates circulation, diuretic - Antiseptic, antibacterial, astringent, detoxifying - Good for acne, coughs - Good for arthritis	YLANG YLANG (Cananga odorata)	Anti-depressant, anti-anxiety, sedative, meditative - Counters insomnia, nervous tension, stress - Balances hormones, counters PMS - Hydrating, good for acne, congested skin - Good for hypertension - Avoid if history of low blood pressure or apnea
LAV	Calming, balancing, healing, anti-depressant, anti-anxiety - Relieves headache, stress, tension, exhaustion - Antiseptic, antiviral, analgesic, antispasmodic - Aids cell regeneration in burns & wounds - Balancing to skin, good for dry skin	<i>Essential oils can be helpful in preventative care but are not a substitute for professional medical treatment. TARA Spa Therapy makes no health claims for these essential oils.</i>	



TARA® AROMATHERAPY

HOW ESSENTIAL OILS WORK

Essential oils are absorbed into the body in two ways:

- Inhalation through the olfactory nerve in the back of the nose (aromatherapy diffuser, steam shower, facial sauna)
- Topical application to the skin (bath, shower, massage, facial mask, etc.)

PRECAUTIONS

Essential oils are for external use only. Avoid contact with eyes or mucous membranes. Essential oils are extremely concentrated and should always be diluted before applying to the body. For first time use of an essential oil, test for sensitivity by placing a few drops of diluted oil on the skin of your inner arm. If irritation occurs, bathe the area with cold water and discontinue use.

DIRECTIONS FOR CARE

Store in a cool, dark place. Tighten cap to avoid evaporation. Keep out of reach of children.

ESSENTIAL OIL APPLICATIONS FOR HOME SPA USE

APPLICATION METHOD	# OF DROPS	AMOUNT OF CARRIER
Massage Oil (general use)	20-30	2 oz. of unscented base oil
Topical (localized application)	50-60	1 oz. of unscented base oil
Compress	4-6	1/2 pint of water
Bath	10-20	Tub of water
Inhalation	5	Bowl of hot water
Facial Sauna	10	Bowl of hot water
Facial Mask	5	French Clay
Facial Oil	10	1 oz. of unscented base oil
Hair Oil	25	1 oz. of unscented base oil

