

# NICE & BELLA

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## ESSENTIAL OILS

### STARTER KIT

# Guide

Pure & Natural • Therapeutic Grade



*«Plants have always served human beings, having nourished and cared for them. The medicinal properties of plants come from the wisdom of the earth combined with that of the universe.»*

-Dr. Malte Hazzel





# INTRODUCTION

## *Essential Oils & Aromatherapy*

### **WHAT ARE ESSENTIAL OILS?**

The main goal of Nice & Bella Essential Oils is to achieve mental and physical balance creating an oasis of calm, tranquility, serenity, sensuality and wellness. Essential oils are pure and natural aromatic, complex chemical compounds extracted from plants including, bark, leaves, flowers, stems, twigs, branches and fruit peels. The aroma and valuable benefits of the plant are highly concentrated. The high concentration, versatility and benefits of essential oils allow for a wide range of uses.

### **PURPOSE OF ESSENTIAL OILS AND AROMATHERAPY:**

Nice & Bella Essential Oils are used in aromatherapy as a holistic approach to find balance of mind, body and emotions. A non-invasive approach to promote the body's ease and ability to maintain physical, psychological, and spiritual health. Each person's experience with aromatherapy is unique. It depends on individual preferences of aromas, skin sensitivity, health and emotional needs. By inhaling the aroma of essential oils, one creates an ambiance of calm and serenity stimulating feelings of happiness and tranquility. In addition to inhalation, essential oils are absorbed through the skin. To achieve better absorption and to protect the skin, essential oils must be mixed with carrier oils.

## BRIEF HISTORY OF ESSENTIAL OILS AND AROMATHERAPY:

Throughout history, many civilizations have used what we know today as essential oils. There is plenty of evidence of the beneficial use of oils, ointments and powders derived from flowers, seeds, barks, resins, roots and grasses.

They have been used in religious ceremonies, during celebrations, for spirituality, as aphrodisiacs and as healing, energizing agents. In ancient Greece Hippocrates discovered the power and benefits of plants and used them to heal, protect and bring comfort. He practiced the art of stimulating the natural healing energies of the body. Today, the use of essential oils is known as aromatherapy.

Aromatherapy incorporates the benefits of essential oils into everyday life to help us cope with the demands of modern life. The use and benefits of essential oils have withstood the test of time.

## WHAT IS A CARRIER OIL?

Oil extracted from vegetables, nuts or seeds which are relatively odorless and used as a base to facilitate the absorption and to transport the benefits of essential oils into the skin. Essential oils should not be applied undiluted. Carrier oils or base oils help to prevent skin sensitivity and irritation. Mineral oils are never used in aromatherapy. They do not allow essential oils to be absorbed by the body. Mineral oils are not carrier oils. Two of the best and most practical carrier oils for aromatherapy are fractionated coconut oil and sweet almond oil.

## EXTRACTING THE OILS:

To obtain pure and natural essential oils, plants must undergo one of two extraction methods.

The method used depends on the part of the plant from which the oil is extracted; flowers, bark, leaves, branches, stems or fruit. The oil is obtained by a process of water or steam distillation or compression. Following the distillation, the essential oil is physically separated from the watery liquid and isolated.

There are basically two methods of extracting essential oils:

- Steam Distillation: the plant material is subjected to pressurized steam to force the water from the oil to evaporate inside a chamber. The oil then separates from the water, floats to the top and is captured. The result is pure and natural essential oil.
- Cold Compression: the rind of the fruit is pressed resulting in a mixture of essential oil and liquid. Over time, the resulting mixture will naturally separate, leaving the essential oil in its purest form.





# APPLYING ESSENTIAL OILS:

## METHODS OF APPLICATIONS:

The method of application will depend on the desired effect, speed of reaction time and the essential oil selected. When inhaled their aroma stimulates brain activity purifies, soothes, relaxes, promotes a positive mood. N&B Essential Oils should always be mixed with our N&B carrier oils when applied topically. As oils are absorbed by the skin into the bloodstream, they deliver a relieving, soothing, detoxifying, revitalizing benefit to the whole body.

### Application method: Diffusion

- Use the Nice & Bella Diffuser to infuse water with N&B Essential Oils to create an aromatic mist adding beneficial humidifying molecules into the air.
- The diffuser disperses the mixture of N&B Essential Oils and water through a fine mist delivering a fresh, natural aroma to relax and soothe the body and mind.

### Application method: Direct Inhalation

- Add N&B Essential Oils onto a clean cloth or cotton pad and take a couple of deep breaths.
- Use in conjunction with deep diaphragmatic breathing to stimulate the mind.

### Application method: Topically

- Dilute N&B Essential Oils with Nice & Bella Carrier Oils.

### Application method: Compress

- Dilute N&B Essential Oils into warm water. Soak a cloth with the mixture. Use the hot compress to apply the aroma to desired aromatherapy points.



### Application method: Bath

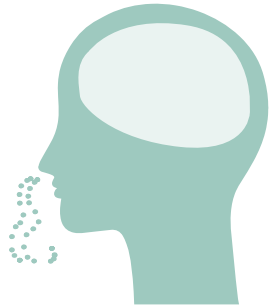
- Dilute N&B Essential Oils directly into bath water, first mixed with Epsom salt.
- Dilute N&B Essential Oils into your bath and body products for long lasting body scents.

### Application method: Household

- Dilute N&B Essential Oils directly into water or household cleaning products to add aromatherapy scents to you home.

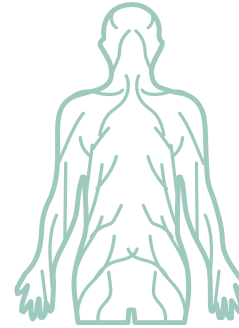
# ABSORPTION TIME OF ESSENTIAL OILS

1

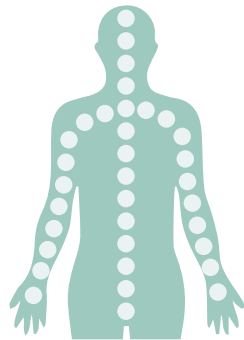


When inhaled it takes around 22 seconds to reach the brain.

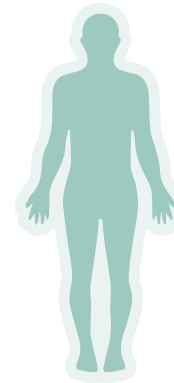
2



Typically it takes 2 to 3 minutes for the oil to reach the bloodstream.



Whether inhaled or applied topically, it takes 20 minutes to reach the entire body.



Once the oil has penetrated our body, either inhaled or topically, it takes 2 1/2 hours to metabolize.



# BASIC GUIDELINES OF ESSENTIAL OILS

- Always store essential oils in a cool dark place to maintain freshness. If refrigerated, bring to room temperature before use.
- Always wash your hands before and after handling any essential oil.
- Listen to your body. If an oil's scent does not agree with you, use a different oil.
- If you experience any kind of adverse reaction, including irritation, discomfort or sensitivity, stop use of this specific oil.



- Open the essential oil only when needed and close it immediately to avoid evaporation and contamination.
- Use essential oils as recommended and suggested.
- Experiment with essential oil blends but observe the safety precautions.
- Essential oils are highly concentrated substances, do not use in excess.



# Safe Use Of ESSENTIAL OILS

## **Before you begin, learn how to use N&B Essential Oils safely:**

- Essential oils are highly concentrated substances and must be used with “sense and sensibility.” It is imperative to follow use, dilution and preparation suggestions and guidelines.
- Whenever you use a new essential oil or a new blend of essential oils, do a Patch Test to see if sensitivity occurs.
- How to do a Patch Test: apply a small amount of the essential oil or blend of essential oils to the inner forearm. If no irritation or redness occurs, then proceed.



1. Do not use essential oils with children without the guidance and supervision of a qualified medical practitioner.

2. Do not use N&B Essential Oils internally or by ingesting. Essential oils are not meant to be taken internally. Even the nontoxic essential oils when applied topically, can be highly toxic when taken internally. There can be a risk of irritation to internal organs, including the throat or even damage to the nervous system. Essential oils, although pure, natural and Therapeutic Grade, are not meant to be ingested or used internally.

3. If you have asthma, hypertension, or allergies, use essential oils under the guidance and supervision of a qualified medical practitioner.

4. The following statement applies to all essential and carrier oils:

Use as suggested. Do not ingest. For External Use Only. Do not apply directly to skin without diluting essential oils first. Test on skin. Avoid eyes, nostrils, inner ear and all sensitive areas of the body. If you are pregnant, nursing or under a doctor's care, consult your healthcare provider. Keep out of reach of children. If rash or any other reaction develops, discontinue use immediately and consult your physician. Do not overuse. Excessive use or amount can cause sensitivity, headache and/or nausea. If you have asthma do not use the direct inhalation method. Caution: For citrus oils applied topically, refrain from exposure to sunlight.

# ESSENTIAL OIL BENEFITS

## STARTER KIT QUICK REFERENCE GUIDE

*Consult individual Essential Oil product page for more details*



### **BERGAMOT**

Soothing yet energizing, promotes relaxation.



### **ORANGE**

Stimulate the senses, achieve emotional balance with its energizing scent.



### **EUCALYPTUS**

Invigorating, opens air passages and stimulates the mind.



### **OREGANO**

Promotes holistic wellness, purifies and aids in balancing the skin.



### **FRANKINCENSE**

Nurtures emotional wellbeing, spirituality and meditation.



### **PEPPERMINT**

Refreshing, revitalizing, boosts energy and hydrates the skin.



### **LAVENDER**

Soothes, promotes tranquility and emotional peace.



### **ROSEMARY**

Promotes mental wellbeing, clears the mind and battles fatigue.



### **LEMON**

Cleansing, refreshing and uplifting.



### **TEA TREE**

Soothes minor skin irritations, cleansing and purifies.

# BERGAMOT

*Citrus Bergamia*



## BLENDSWELLWITH:



ORANGE

LEMON

## Soothing, Energizing, Relaxing

### CHARACTERISTICS:

- **Extraction Method:** Cold Compression
- **Aroma:** Citrus and floral, similar to a sweet orange
- **Plant Part:** The rind of the Bergamot Orange fruit

### DESCRIPTION:

The Bergamot Orange grows mostly in Italy and is widely prized for its strong scent of citrus and flavor it imparts to anything it is used in. It provides the top note in many commercially produced perfumes because it imparts a youthful, uplifting fragrance.

You can easily combine a few drops of this diluted oil into your existing haircare and skin products to enhance their scent and appeal. Mix with a Nice & Bella Carrier Oil to produce a wonderfully fragranced body moisturizer. Some people profess that Bergamot Oil can be helpful in reducing the appearance of skin spots, although you should never apply the oil undiluted to the skin. Avoid sunlight when using on the skin.

### SUGGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Diffusion will disperse a scent of citrus and florals into the room to uplift the spirits and calm an agitated mind.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take a couple of deep breaths.
- Many people find it both energizing to their mood and calming at the same time.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsps.) of Nice & Bella Carrier Oil.
- Use it as a blend in massage oils.
- Many people love to use it as a final addition when rinsing their hair.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath & body products.
- Combine with other citrus scents in bathwater to wake and refresh the skin.

# EUCALYPTUS

*Eucalyptus Globulus*

## Invigorating, Air Passage Stimulation

### CHARACTERISTICS:

- **Extraction Method:** Cold Compression
- **Aroma:** Woody, Menthol, Fresh, Mint.
- **Plant Part:** Leaves

### DESCRIPTION:

There is a good reason why Eucalyptus is used in the world's most luxurious spas. Not only does it provide a refreshing and welcoming scent but also resets and centers the mind. Eucalyptus Oil is used extensively in commercially prepared cold and cough remedies and is also widely recommended for use in steam inhalation to clear sinus pressure and congestion. Eucalyptus, with its fresh, menthol smell is widely used in foot treatments, creams and soaks. It has a deodorizing effect wherever it is used. Eucalyptus Oil can be combined with mild detergents and water to freshen any surface in the home, including floors and kitchen counters.

### SUGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Diffusion will freshen the air in any environment or use a couple of drops in your shower to help clear congested sinuses.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take a couple of deep breaths.
- Eucalyptus is one of the most popular oils to use with this method and has long been appreciated by anyone wishing to temporarily clear their nasal passage and congestion.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsps.) of Nice & Bella Carrier Oil and rub on to the chest and back, breathe deeply to help soothe throat irritation and to clear the sinuses.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath & body products.
- Use sparingly in the bath as too much may cause burning sensations, particularly in sensitive areas. One or two drops can provide a refreshing experience.

#### HOUSEHOLD:

- Dilute with water or cleaning products to add the invigorating scent of Eucalyptus to your home.



### BLENDSWELLWITH:



LEMON



ROSEMARY

# FRANKINCENSE

*Boswellia Carterii*

## Spiritual & Emotional Wellbeing

### CHARACTERISTICS:

- **Extraction Method:** Steam Distillation
- **Aroma:** Fruity, Pine, Woody, Sweet
- **Plant Part:** The resin from the bark of the Boswellia tree

### DESCRIPTION:

Frankincense is one of the most luxurious of the essential oils and was used extensively by the women of ancient Egypt who believed it to be beneficial for the skin, imparting a youthful glow and delaying the onset of the signs of aging. Frankincense has a rich woody scent that is both subtle and spicy. It also has notes of sweetness that are comforting and uplifting to the mood and spirits. There are many perceived benefits to the use of Frankincense, some of which are slowly being investigated by scientific trials and the results are encouraging but not yet conclusive. Used in conjunction with practices such as guided relaxation or meditation, Frankincense can enhance your feeling of connectedness to the Universe and to the realms of the Divine. It can also contribute to the soothing effects of such techniques and exercises as well as promoting positive thinking about one's own health and well-being.



### SUGGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Can encourage emotions of tranquility, happiness, calmness.
- May help to promote practices of self-reflection, meditation, inner peace, and spirituality.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take a couple of deep breaths.
- Use in conjunction with deep diaphragmatic breathing to bring feelings of calm and tranquility during stressful times.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsps.) of Nice & Bella Carrier Oil and apply to affected area. Do not use without diluting it.
- Mix as a massage blend for a truly luxurious massage experience.
- Apply to moisturize dry skin.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Cleanse your body and enjoy a lasting fragrance on your skin.
- Enhance and encourage feelings of relaxation and tranquility.

### BLENDSWELLWITH:



BERGAMOT



EUCALYPTUS



LEMON



PEPPERMINT



ROSEMARY



TEA TREE

# LAVENDER

*Lavandula angustifolia*



## Tranquility & Emotional Peace

### CHARACTERISTICS:

- **Extraction Method:** Steam Distillation
- **Aroma:** Floral, Sweet, Refreshing
- **Plant Part:** Flowers

### DESCRIPTION:

Lavender has long been prized for its sweet, floral scent that seems to calm the senses and relax the mind. It is a very versatile oil that can be used topically, in a diffuser, sprinkled on linen and blended with a Nice & Bella Carrier Oil. It is also commonly used for massages because of its moisturizing and soothing properties. Many people report a better sleeping experience when using a couple of drops of lavender oil on their pillow or bed linen. It can be added to warm bathwater to create a relaxing atmosphere and soothe aching muscles.

### SUGGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Freshen the air and promote a sense of relaxation and calm throughout the room.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take several deep breaths.
- Use in conjunction with deep diaphragmatic breathing to bring feelings of calm and tranquility during desired times of relaxation and rest.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsps.) of Nice & Bella Carrier Oil and apply to promote tranquility and relaxation.
- Apply to moisturize dry skin.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Cleanse your body and enjoy a lasting fragrance on your skin.
- Enhance and encourage feelings of relaxation and tranquility.

### BLENDSWELLWITH:



BERGAMOT



EUCALYPTUS



LEMON



PEPPERMINT



ROSEMARY



TEA TREE



# Cleansing, Refreshing & Uplifting

## CHARACTERISTICS:

- **Extraction Method:** Cold Compression
- **Aroma:** Citrus, Light, Fresh
- **Plant Part:** Rind, Outer Skin or Zest

## DESCRIPTION:

A Lemon's aroma is unmistakable. It is a strong, refreshing fragrance that often leads to feelings of alertness and positivity. Most people will say that it makes them feel uplifted and invigorated. It creates an aura of cleanliness and freshness wherever it is used. Lemon Essential Oil constantly affects people's moods positively by transporting their mind to the heart of a citrus grove. It is a light, summery fragrance that combines well with other citrus oils as well as some of the more earthy aromas of the heavier oils.

## SUGGESTED USES & APPLICATIONS:

Lemon Essential Oil has similar astringent properties to vinegar, but a much more pleasant aroma, making it popular as an addition to the final rinsing water for hair care. Lemon oil is also used widely as a cleansing agent in both commercial and homemade cleaning products. It freshens the kitchen and when mixed with white vinegar to make a washing solution, can also be used to help disperse strong aromas around your home and kitchen.

### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Freshens the air and brings a pleasant, summery feeling to any room.

### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take several deep breaths.
- Helps clear the mind and instill a sense of positivity when you are feeling weary or overwhelmed. Combine the inhalation with deep relaxing breaths for a few minutes for optimum effect.

### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsp.) of Nice & Bella Carrier Oil.
- The natural properties of lemon can help to reduce the appearance of blemishes and uneven skin tone.

### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Provides a refreshing and uplifting bath time experience.
- Helps clear blocked sinuses.



## BLENDS WELL WITH:



LAVENDER



ORANGE



PEPPERMINT

# ORANGE

*Citrus Sinensis*



## BLENDS WELL WITH:



## Sweet, Refreshing & Stimulates Positivity

### CHARACTERISTICS:

- **Extraction Method:** Cold Compression
- **Aroma:** Citrus, Energetic, Sweet, Cheerful
- **Plant Part:** Rind, Outer Skin or Zest

### DESCRIPTION:

The scent of orange oil is sweet and refreshing. It is also a youthful, light essential oil that can be used in a variety of ways to lift the spirits, refresh and cleanse the skin. Orange Essential Oil has been known to stimulate appetite with its enticing orange aroma. It can also help to “waken” your senses and is worth using if you are feeling low in spirits or experiencing a general feeling of lethargy or apathy. Some people believe that inhaling the scent of orange oil provides a sense of joy and using it around the home will deter insects and add an incredible scent to household cleaning.

### SUGGESTED USES & APPLICATIONS:

Orange Oil can be blended with other citrus oils to produce a delightfully youthful fragrance. It can also be added to hair and skin products to add a subtle scent that is refreshing and emotionally energizing.

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- When the citrus scent is diffused into a room it may aid in masking unwanted odors.
- Use to lift the spirits and calm an agitated mind.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take several deep breaths.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsps.) of Nice & Bella Carrier Oil.
- The natural properties of Orange Essential Oil are gentle enough for use on the face and body.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Add a few drops to your bathwater with other citrus oils to wake and refresh your skin.

# OREGANO

*Oreganum Vulgare*



## BLENDSWELLWITH:



## Holistic Wellness, Balances Skin.

### CHARACTERISTICS:

- **Extraction Method:** Steam Distillation
- **Aroma:** Herbaceous, Spicy, Forestry
- **Plant Part:** Leaves, Flowers, Buds

### DESCRIPTION:

Oregano has been commonly used across cultures for a variety of reasons. Along with its multi-functional properties and uses, the health and wellness benefits are often overlooked. However, these benefits are some of the most potent in the botanical world. Oregano Essential Oil is super concentrated and should never be ingested. This essential oil is popular in aromatherapy for its fresh, minty and spicy scent. It is a strong and herbaceous oil that seems to help clear the head and sinuses. It also has other commonly accepted properties such as astringency, making it useful for anyone who has an oily complexion. When diluted and applied to insect bites or stings it can bring relief from irritation. The fresh green scent, reminiscent of forests and the natural world can be a wonderful aid to lifting the spirits, especially if you are stuck indoors all day.

### SUGGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Can help to clear blocked nose and sinuses.
- May help calm throat irritation.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take several deep breaths.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10 ml (approx. 2 tsps.) of Nice & Bella Carrier Oil.
- Rub 1 diluted drop on insect bite or apply to clean a small wound.
- Massage your body following exercise or exertion to stimulate blood flow.
- Use for a sports or therapeutic massage to energize, warm and invigorate.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Use it in the shower or bath to add a fresh tangy aroma to the steam and to lift your mood.
- Oregano Oil can be a useful meditation aid as it tends to sharpen your focus and bring a sense of clarity and purpose to any meditative practices.

# PEPPERMINT

*Mentha Piperita*



## BLENDSWELLWITH:



BERGAMOT EUCALYPTUS FRANKINCENSE LEMON ROSEMARY TEA TREE

## Refreshing, Revitalizing, Hydrating.

### CHARACTERISTICS:

- **Extraction Method:** Steam Distillation
- **Aroma:** Minty, Herbaceous, Refreshing
- **Plant Part:** Flowers, Leaves

### DESCRIPTION:

An ultra-nourishing herb, Peppermint Essential Oil offers ease for itchiness and assists in muscle relaxation. To extract the best quality essential oil, the plant is harvested in the morning during the warm summer months to preserve its intense, cooling, and refreshing qualities. The revitalizing, energy boosting properties can also improve concentration and alertness. When diffused, its concentrated minty aroma delivers refreshing, crisp air. When used in the bath, it hydrates the skin and refreshes. Mix with a Nice & Bella Carrier Oil and apply topically to calm itchiness. Inhale it from a clean cloth or cotton pad for alertness and concentration.

### SUGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Promote alertness, focus, and energize.
- Cleans the air from allergens.
- Detoxifies

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take deep breaths.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10ml (approx. 2tsp.) to a Nice & Bella Carrier Oil and apply to affected area.
- Apply sparingly to relieve muscle and joint discomfort caused by exercise.
- Dilute with water and spray your body to guard off insects and cool the skin.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbs of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Cleanse not only your body but also your mind.
- Re-energize and feel rejuvenated.

#### COMPRESS:

**Dilute 4 to 5 drops onto soaked warm towel.**

- Apply warm, diluted compress to forehead, chest, abdomen and/or other holistic points for rejuvenation.

# ROSEMARY

*Rosmarinus Officinalis*



## BLENDSWELLWITH:



LAVENDER LEMON ORANGE PEPPERMINT TEA TREE

## Mental Wellbeing, Battles Fatigue.

### CHARACTERISTICS:

- **Extraction Method:** Steam Distillation
- **Aroma:** Spicy, Woody, Fresh, Menthol
- **Plant Part:** Leaves of the Herb

### DESCRIPTION:

Because of the widely held belief that rosemary aids concentration, scholars in Ancient Greece used to wear a wreath of rosemary on their heads when taking exams. The clean, fresh and astringent fragrance of the oil can certainly make one feel that it clears the mind and helps you reason through problems. Rosemary Oil has a woody fragrance that reminds us of the forest in springtime and is useful as an aid to lifting gloomy moods.

As a deodorizer for use around the home, rosemary is particularly effective, especially when mixed with water and sprayed onto carpets and upholstery. Although Rosemary Oil has a cool quality, like Eucalyptus Oil, it can also provide a comforting warmth when combined with a vigorous massage onto the joints and muscles.

### SUGGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Freshen the air and bring a feeling of energetic purpose to any atmosphere.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take deep breaths.
- When inhaled directly, rosemary oil has similar effects to eucalyptus and can help to relieve nasal congestion and blocked sinuses.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10ml (approx. 2tsps.) to a Nice & Bella Carrier Oil and apply to affected area.
- Avoid sensitive areas, and do not use on the face near the eyes and mouth as it is too strong for those areas.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Cleanse not only your body but also your mind.
- A few drops in the bath after strenuous exercise can help to bring a feeling of relaxation and invigoration.

# TEA TREE

*Melaleuca Alternifolia*



## BLENDSWELLWITH:



## Soothes Skin Irritations, Purifies.

### CHARACTERISTICS:

- **Extraction Method:** Steam Distillation
- **Aroma:** Strong, Medicinal, Woody, Minty, Herbaceous
- **Plant Part:** Leaves and Branches

### DESCRIPTION:

Tea Tree Oil has a distinctive natural and woody aroma that is used in many cleansing and deodorizing products. Historically, it has been used for centuries for minor skin irritations and is believed to aid in cleansing the exterior of the body and other surfaces. Tea Tree oil has long been prized by the indigenous populations of Australia and Brazil for its many therapeutic and healing qualities. Tea Tree oil is very versatile and can be used in a number of ways to help lift the spirits, freshen the atmosphere in a room, and help to clear congested nasal passages and airways.

### SUGGESTED USES & APPLICATIONS:

#### DIFFUSION:

**Add 4 to 6 drops to the water in the Nice & Bella Diffuser.**

- Clears the air, helps to eliminate odors naturally without the need for synthetic fragrances.
- Refresh any room.
- The fresh and tangy scent can also ease the discomfort of a blocked nose or sinuses.

#### DIRECT INHALATION:

- Add 3 to 4 drops onto a clean cloth or cotton pad and take deep breaths.
- When inhaled directly, rosemary oil has similar effects to eucalyptus and can help to relieve nasal congestion and blocked sinuses.

#### TOPICALLY:

**Dilute with a Nice & Bella Carrier Oil.**

- Add about 5 drops to 10ml (approx. 2tsp.) to a Nice & Bella Carrier Oil and apply to affected area.
- Use in a massage blend when you want an invigorating effect.
- Rub into muscles following intense exercise to create a warming feeling.
- Soothe minor skin irritations.

#### BATH:

**Dilute with Bath water and/or Bath products**

- Add no more than 5 drops to 1 tbsp of Epsom salt and mix into bath water.
- Add no more than 5 drops to your bath body products.
- Adding to your bath may help soothe irritated or dry skin.
- Has a deodorizing effect, useful for anyone engaged in hard physical work or exercise.

# The 10 Essentials

Los 10 Esenciales



**NICE & BELLA**

ESSENTIAL OILS

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