

MODES OF USE

MASSAGE: The normal, maximum concentration of essential oil to carrier oil should be 2.5%. This is equivalent to 1 drop of essential oil to each 2ml of carrier oil.

IMPORTANT: For babies, children, pregnant women or the elderly, reduce the concentration to 0.5-1% (0.5% = 1 drop of essential oil to 10ml of carrier oil, 1% = 1 drop of essential oil in 5ml of carrier oil).

For facial massages use 1-1.25% concentration.

AROMATIC BATH

- Add 5-10 drops of essential oil to a full bath and agitate to disperse. For an extra skin softening effect, mix 25 drops of essential oils into 50ml of base oil. Use 10ml of this oil blend in each bath.
- When using the Tri Nature dispersant, add 5-10 drops of essential oil to 5ml of dispersant and stir to blend. Tip into water stream and rinse into bath.

VAPORISER: Place 8-10 drops of essential oil into your electric vaporiser dish. For candle vaporisers, add the oils to water in the vaporiser pan. For further information and warnings refer to the instruction manual of your electric vaporiser.

ULTRASONIC DIFFUSER: Tri Nature essential oils can be used with ultrasonic diffusers. For further information regarding the amount of essential oils to use, please refer to the instruction manual of your ultrasonic diffuser.

ESSENTIAL OIL BLENDS

Within the description of each essential oil below, you will find some suggestions for ratios to create essential oil blends.

FOLLOW THESE STEPS

- Step 1:** Select your usage; massage, bath, vaporiser or ultrasonic diffuser.
Step 2: Follow the blending guides for your chosen usage and add the recommended number of drops to your carrier oil, vaporiser, ultrasonic diffuser, or bath.

RECIPE CONVERSION

- To convert a massage formula for use in a vaporiser, simply use the same formula ratios but leave out the carrier oil.
- To convert a vaporiser formula for use as in massage oil, add up the number of drops in the formula and multiply by 2. That is the amount of carrier oil (in ml) to use for the formula.
 Example: A formula for a vaporiser containing 14 drops of essential oil would be added to 28ml of carrier oil. This would result in a standard 2.5% concentration of essential oil.
- **IN THE BLENDING OF ESSENTIAL OILS, QUANTITY SHOWN REFERS TO NUMBER OF DROPS OF ESSENTIAL OILS.
 20 DROPS OF ESSENTIAL OIL = 1ML.
 SEE INDIVIDUAL OIL PROFILES FOR RESTRICTIONS AND CAUTIONS**

STORE YOUR ESSENTIAL OILS IN A COOL, DARK PLACE OUT OF DIRECT SUNLIGHT.

CAUTION

KEEP OUT OF REACH OF CHILDREN. KEEP OUT OF EYES, EARS AND NOSE.

IF YOU ARE PREGNANT, NURSING OR UNDER A DOCTOR'S CARE, PLEASE CONSULT YOUR PHYSICIAN BEFORE USING ANY ESSENTIAL OILS.
 ESSENTIAL OILS ARE HIGHLY CONCENTRATED AND ARE RECOMMENDED FOR EXTERNAL USE ONLY.

THIS INFORMATION IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

BERGAMOT ESSENTIAL OIL (*Citrus bergamia*)

With its sunny disposition, Bergamot essential oil uplifts and refreshes the spirit and is known for benefiting oily and combination skin.

Actions Uplifting, refreshing, calming, balancing

Warnings Photo-sensitising - increases the burning effect of the sun and UV light.
 Avoid use in massage or bath, prior to sun or UV exposure. Do not use on the skin in concentrations higher than 1%. Use no more than 4 drops in 20ml of massage oil base. Complementary oils may be added.

Suggestions Soothing Massage: Bergamot 10, Frankincense 5, Lavender 10 in 50ml carrier oil
 Beat the Blues Bath: Bergamot 5, Geranium 3, Lavender 2 in 5ml Tri Nature essential oil dispersant

Blends well with Chamomile, Coriander, Cypress, Geranium, Jasmine, Juniper, Lavender, Neroli, Citrus Oils

CEDARWOOD (ATLAS) ESSENTIAL OIL (*Cedrus atlantica*)

With its warm and woody aroma, Cedarwood essential oil is calming, comforting and grounding and is known to promote skin vitality and clear breathing.

Actions Stabilising, calming, clarifying, warming, comforting, grounding

Warnings Avoid using this oil during pregnancy.

Suggestions Breathe Blend: Cedarwood 4, Clary Sage 4, Lavender 5, Frankincense 3, in oil vaporiser
 Relaxing Woodsy Blend: Cedarwood 4, Lavender 4, Orange 3, Ylang Ylang 1, in oil vaporiser or in 20ml carrier oil

Blends well with Bergamot, Clary Sage, Cypress, Jasmine, Juniper, Neroli, Vetiver, Rosemary, & Ylang Ylang

CLARY SAGE ESSENTIAL OIL (*Salvia sclarea*)

With its herbaceous aroma, Clary Sage essential oil promotes relaxation and is helpful for a restful night's sleep. It has also traditionally been referred to as a female's friend.

Actions Relaxing, calming, sleep inducing, confidence building, invigorating

Warnings Do not use during pregnancy. Do not use in conjunction with alcohol as narcotic effects can be exaggerated.

Suggestions Uplifting Blend: Clary Sage 4, Bergamot 4 in oil vaporiser or in 20ml carrier oil
 Women's Blend: Clary Sage 6, Bergamot 10, Ylang Ylang 4, Orange 5 in 50ml carrier oil

Blends well with Bergamot, Juniper, Geranium, Sandalwood, Cedarwood, Cardamom, Jasmine, Frankincense, Citrus Oils

EUCALYPTUS ESSENTIAL OIL (*Eucalyptus radiata*)

With its uplifting, earthy and fresh aroma, Eucalyptus oil helps to clear the mind and has traditionally been used to promote clear breathing. Eucalyptus oil is used in many household surface cleaners and its aroma is often associated with cleanliness.

Actions Clears the mind, increases concentration, purifying

Warnings Although suitable to use on the skin, Eucalyptus oil is toxic by ingestion.

Suggestions Chest Rub: Eucalyptus 5, Cedarwood 3, Frankincense 2, Rosemary 2 in 25ml carrier oil
 Steam Inhalation: Eucalyptus 2, Frankincense 1, Cedarwood 1, Lemon 1 in 1L hot water

Blends well with Peppermint, Lemon, Lavender, Cedarwood, Lemongrass, Pine, Rosemary, Marjoram, Frankincense

FRANKINCENSE ESSENTIAL OIL (*Boswellia carterii*)

With its woody and spicy aroma, Frankincense essential oil promotes relaxation and helps to rejuvenate skin.

Actions Warming, calming, relaxing, meditation facilitator

Warnings Avoid use during the first trimester of pregnancy.

Suggestions Meditating Blend: Frankincense 5, Orange 3, Ylang Ylang 2 in oil vaporiser
 Sunrise Blend: Frankincense 3, Geranium 3, Orange 3 in oil vaporiser

Blends well with Lavender, Geranium, Sandalwood, Orange, Bergamot, Neroli, Rose, Vetiver

GERANIUM (BOURBON) ESSENTIAL OIL (*Pelargonium graveolens*)

With its uplifting rose like aroma, Geranium essential oil lifts the spirits and is known to be beneficial for oily skin.

Actions Uplifting, refreshing, calming, balancing, clarifying

Warnings May cause skin irritation / sensitivity in some individuals; a skin test is recommended prior to use. Not recommended for use during pregnancy.

Suggestions Balancing Blend: Geranium 3, Lavender 3, Bergamot 3 in 20ml carrier oil
 Creativity Blend: Geranium 2, Bergamot 3, Orange 5 in vaporiser or 20ml carrier oil

Blends well with Bergamot, Lavender, Sandalwood, Jasmine, Rose, Juniper, Citrus Oils

GRAPEFRUIT ESSENTIAL OIL (*Citrus paradisi*)

With its uplifting citrusy aroma, Grapefruit essential oil increases vitality and is purported to be beneficial for oily/combination skin.

Actions Balancing, cleansing, refreshing, stimulating, uplifting

Warnings Photo-sensitising - increases the burning effect of the sun and UV light. Avoid use in massage or bath, prior to sun or UV exposure.

Suggestions Energising Blend: Grapefruit 4, Bergamot 3, Lime 3 in vaporiser or 20ml carrier oil
 Good Morning Blend: Grapefruit 6, Peppermint 4 in vaporiser

Blends well with Neroli, Lavender, Palmarosa, Geranium, Cypress, Cinnamon, Citrus Oils, Spice Oils

LAVENDER ESSENTIAL OIL (*Lavandula angustifolia*)

Lavender essential oil has a soothing and calming effect and is useful for revitalising all types of skin

Actions Warming, balancing, calming, comforting, relaxing

Warnings Let it Go Blend: Lavender 4, Bergamot 4, Ylang Ylang 2 in a vaporiser or 20ml carrier oil

Suggestions Peaceful Sleep Blend: Lavender 5, Orange 5 in a vaporiser
 Let it Go Blend: Lavender 4, Bergamot 4, Ylang Ylang 2 in a vaporiser or 20ml carrier oil

Blends well with Clary Sage, Lavender, Rose, Rosewood, Sandalwood, Citrus Oils

LEMON ESSENTIAL OIL (*Citrus limon*)

With its fresh citrus aroma, Lemon essential oil is uplifting and refreshing and is purported to be beneficial for oily skin.

Actions Uplifting, reviving, refreshing, calming, balancing, soothing

Warnings Photo-sensitising - increases the burning effect of the sun and UV light. Avoid use in massage or bath, prior to sun or UV exposure. May cause irritation - Do not use on the skin in concentrations higher than 1%.

Suggestions Uplifting Blend: Lemon 5, Bergamot 4, Rosemary 2 in a vaporiser or 20ml of carrier oil

Blends well with Geranium, Lavender, Neroli, Sandalwood, Ylang Ylang, Juniper, Fennel, Citrus Oils

LEMON MYRTLE ESSENTIAL OIL (*Backhousia citriodora*)

With its refreshing lemon aroma, Lemon Myrtle oil energises and is ideal for freshening the air and removing unpleasant odours.

Actions Uplifting, energising, improves clarity of thought, confidence

Warnings A dermal irritant and sensitiser. Do not use on the skin in concentrations higher than 1%. A skin test is recommended prior to use.

Suggestions Fresh Air Blend: Lemon Myrtle 4, Tea Tree 2, Frankincense 2 in a vaporiser
Winter Blend: Lemon Myrtle 3, Lavender 4, Cedarwood 4, Rosemary 2 in a vaporiser

Blends well with Basil, Bergamot, Cedarwood, Eucalyptus, Geranium, Lavender, Palmarosa, Petitgrain, Rosemary, Tea Tree, Ylang Ylang, Vetiver, citrus oils

LEMONGRASS ESSENTIAL OIL (*Cymbopogon citratus*)

With its intense radiant aroma, Lemongrass essential oil revitalises, helps to improve concentration and may be beneficial for oily skin.

Actions Revitalising, improves concentration, clarity of thought, refreshing

Warnings May cause skin irritation / sensitivity in some individuals; a skin test is recommended prior to use.

Suggestions Mental Clarity Blend: Lemongrass 5, Rosemary 4, Cedarwood 2 in a vaporiser
Energise Me Blend: Lemon 2, Lemongrass 2, Lavender 4, Orange 3, Rosemary 2 in a vaporiser

Blends well with Basil, Bergamot, Cedarwood, Eucalyptus, Geranium, Lavender, Palmarosa, Petitgrain, Rosemary, Tea Tree, Ylang Ylang, Vetiver, Citrus Oils

LIME ESSENTIAL OIL (*Citrus aurantifolia*)

With its uplifting and reviving aroma, Lime essential oil energises and promotes feelings of well-being and is ideal for diffusing into the air.

Actions Uplifting, reviving, refreshing, calming, soothing

Warnings Photo-sensitising - increases the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or UV exposure. Do not use on the skin in concentrations higher than 1%

Suggestions Relax & Soothe Blend: Lime 4, Bergamot 3, Grapefruit 3, Cedarwood 2 in a vaporiser
Uplifting Blend: Lime 3, Bergamot 3, Eucalyptus 2, Rosemary 1, Peppermint 1 in a vaporiser

Blends well with Geranium, Lavender, Neroli, Nutmeg, Rose, Rosemary, Vetiver, Ylang Ylang, Citrus Oils

ORANGE (SWEET) ESSENTIAL OIL (*Citrus sinensis*)

With its sunny and radiant aroma, Orange essential oil is energising and promotes feelings of happiness and warmth.

Actions Comforting, refreshing, soothing, uplifting, warming

Warnings Possibly photo-sensitising - increasing the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or UV exposure. May cause irritation - Do not use on the skin in concentrations higher than 1%.

Suggestions Let the Sunshine In Blend: Orange 3, Geranium 3, Frankincense 2, Ylang Ylang 2 in a vaporiser or 20ml carrier oil
Ease Your Concerns Blend: Orange 3, Bergamot 3, Geranium 2, Ylang Ylang 2 in a vaporiser or 20ml carrier oil

Blends well with Clary Sage, Lavender, Neroli, Citrus Oils

PATCHOULI ESSENTIAL OIL (*Pogostemon cablin*)

With its distinctive musky-sweet, strong spicy and herbaceous aroma, Patchouli essential oil is grounding and is also purported to be beneficial for mature skin.

Actions Grounding, clearing, calming, uplifting

Suggestions Sensual Massage: Patchouli 4, Cedarwood 2, Clary Sage 6, Ylang Ylang 4 in 30ml carrier oil
Peaceful Night Blend: Patchouli 3, Lavender 5, Clary Sage 2 in a vaporiser

Blends well with Bergamot, Clary Sage, Cedarwood, Geranium, Frankincense, Lavender, Neroli, Rose, Sandalwood

PEPPERMINT ESSENTIAL OIL (*Mentha piperita*)

With its refreshing minty aroma, Peppermint essential oil is invigorating and may improve concentration.

Actions Refreshing, invigorating, improves concentration, clarifies the mind

Warnings May occasionally cause sensitising effects. Avoid in pregnancy, lactation and on children less than 3 years.

Suggestions Study Aid Blend: Peppermint 2, Lemon 6, Rosemary 2 in a vaporiser
It's Been a Long Day Blend: Peppermint 2, Lavender 8 in 20ml carrier oil

Blends well with Bergamot, Eucalyptus, Lavender, Marjoram, Tea Tree, Citrus Oil, Mint Oils

ROSEMARY ESSENTIAL OIL (*Rosmarinus officinalis*)

With its refreshing herbal aroma, Rosemary essential oil is invigorating and may help to improve concentration and memory.

Actions Invigorating, restoring, strengthening, improves concentration and memory

Warnings Avoid use during pregnancy. Do not use if suffering from epilepsy or high blood pressure.

Suggestions Study Aid Blend: Rosemary 2, Peppermint 2, Lemon 6, in a vaporiser
Mental Clarity Blend: Rosemary 4, Lemongrass 4, Cedarwood 2 in a vaporiser

Blends well with Cedarwood, Frankincense, Lavender, Peppermint, Petitgrain, Tea Tree

TEA TREE ESSENTIAL OIL (*Melaleuca alternifolia*)

With its distinctive medicinal aroma, Tea Tree essential oil is invigorating and is purported to be useful for repelling insects.

Actions Invigorating, restoring, stimulating

Warnings Possibly sensitising to some users. Toxic if swallowed in large amounts. Store in amber bottles only. Tea Tree oil has been shown to change and oxidise if stored in clear glass bottles. The oxidised product is a potent skin irritant. No such oxidation occurs when kept in amber bottles.

Suggestions Bye Bye Bugs Blend: Tea Tree 3, Geranium 3, Peppermint 1, Lemon Myrtle 3 in 20ml carrier oil

Fresh Air Blend: Tea Tree 3, Lemon Myrtle 4, Frankincense 2 in a vaporiser

Blends well with Clary Sage, Lavender, Rose, Rosewood, Sandalwood, Citrus Oils

YLANG YLANG (COMPLETE) ESSENTIAL OIL (*Cananga odorata*)

With its exotic sweet aroma, Ylang Ylang essential oil is calming and is purported to be beneficial for balancing the skin.

Actions Warming, relaxing, restoring, calming, induces serenity, sensuality and exuberance

Warnings Excessive use can lead to headaches and nausea.

Suggestions Women's Blend: Ylang Ylang 4, Clary Sage 6, Bergamot 10, Orange 5 in 50ml carrier oil
Sensual Massage: Ylang Ylang 4, Patchouli 4, Cedarwood 2, Clary Sage 6 in 30ml carrier oil

Blends well with Geranium, Lavender, Neroli, Sandalwood, Rose, Jasmine, Bergamot, Citrus Oils

MOOD BLENDS

All Tri Nature mood blends are suitable for; massage, aromatic bath, vaporisers, and ultrasonic diffusers. For specific instructions regarding these modes of use please refer to the instructions on the reverse side of this leaflet.

WELLBEING

Floral lavender blends with uplifting citrus and a hint of peppermint to encourage a sense of harmony, balance and wellbeing.

Contains Lavender, Grapefruit, Lemon, Peppermint

Warnings Avoid use when pregnant, during lactation and for children under 3 years of age.

Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%.

BREATHE CLEARLY

A clear and refreshing blend to lift spirits during seasonal changes and promote the feeling of clear and open breathing.

Contains Eucalyptus, Peppermint, Ravensara, Bay Laurel, Lemon

Warnings Avoid use when pregnant, during lactation and for children under 3 years of age.

Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%. Eucalyptus oil is toxic by ingestion.

CLEAR FOCUS

Awaken the mind and boost concentration with this bright herbaceous blend. Ideal for use when studying or working on a task that requires careful or prolonged focus.

Contains Peppermint, Lemon, Rosemary, Basil

Warnings Avoid use when pregnant, during lactation and for children under 3 years of age. Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use if

suffering epilepsy or high blood pressure. Do not use on the skin in concentrations over 1%.

EXUBERANCE

A blend of sunshine and cheerfulness. Renew your enthusiasm for life and live each day to its fullest. This blend will enliven and energise you.

Contains Bergamot, Rosewood, Lemon Myrtle, Lemongrass, Peppermint, Lime, Eucalyptus

Warnings Avoid use when pregnant, during lactation and for children under 3 years of age.

Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%. Eucalyptus oil is toxic by ingestion.

INSPIRATION

Stimulate and revitalise your personal power and sense of intention. A blend to encourage you to take charge of your life and to reclaim your independent spirit.

Contains Bergamot, Cedarwood, Mandarin, Lemon, Lemongrass, Lime

Warnings Avoid use during pregnancy. Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%.

PURE THOUGHTS

When you wish to be still and relieve the stresses of your day. This blend will assist in creating inner peace and will aid the process of meditation.

Contains Mandarin, Frankincense, Ylang Ylang, Cedarwood, Patchouli

Warnings Avoid use during pregnancy. Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%.

Excessive use can lead to headaches and nausea.

STRESS FREE

Created to help lift away the common anxieties and stresses of your day. Take time out with this blend to relax and refresh your spirit.

Contains Bergamot, Clary Sage, Lavender, Mandarin

Warnings Avoid use during pregnancy. Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%.

SWEET DREAMS

A blissful blend to help you relax and drift away from the cares of the day to a night of gentle, restful and natural sleep.

Contains Lavender, Marjoram, Mandarin, Petitgrain

Warnings Avoid use during pregnancy. Photo-sensitising. Avoid use in bath or massage or bath prior to UV exposure. Do not use on the skin in concentrations over 1%.