



naturalmente®

ESSENTIAL OILS

Essential oils are perfumed substances or aromatic compounds which in nature are found in different parts of plants (such as flowers, leaves, peels, fruits, roots and resins) in the form of small oily droplets. Since the essential oils are more or less volatile (i.e. they tend to easily switch to a gaseous state), they should be stored in dark bottles in a cool room, leaving the bottles open as little as possible and away from both light and heat to prevent oxidation and flammability.

According to the different degrees of evaporation, essential oils can be divided into three different large groups:

A Head notes for the more volatile, dynamic, active and outgoing oils, with high and fresh vibrations (e.g. orange, eucalyptus, mint, etc.), and with spiritual or heretical effects.

B Heart notes for the on the average volatile, intense, flavouring, sensual oils, with a soft and floral fragrance (chamomile, neroli, rose, etc.), with effects on personal character and soul.

C Base notes for the not very volatile, calming, stabilizing, balsamic oils, with a strong and permanent fragrance (such as cinnamon, incense, patchouli, etc.), and effects on the body level.

The classification according to type of note is very important for the preparation of a harmonious and well balanced mixture such as a perfume, in which it is advisable to do a proper apportionment of the three notes, which must always be present.

A soft-focus background featuring a pink lily flower, a white mortar and pestle with ground herbs, a white candle, and a white towel, all set against a light, airy backdrop with green foliage on the left side.

AROMATHERAPY

The term Aromatherapy means the use of essential oils according to the multiple possibilities of application in order to reinstate or enhance psycho-physical well-being and improve some physiological conditions. Aromatherapy is practised by breathing pure natural essences or by putting them into massage oils, compresses, baths or other beauty treatments, such as shampoos, lotions, masks and poultices, to be applied on the part to be treated, such as the scalp or hair, in the specific case, or on the entire body.

For example, we consider using it in rooms with the use of diffusers or special aroma lamps. Olfactory perception aromatherapy is the most interesting because the nasal mucosa is the only part of the body where the central nervous system comes into direct contact with the outside world. The cells of the nasal mucosa are neurons, and olfactory stimulation go directly, without any deviations, to the internal parts in the centre of the brain. Here lies the oldest part of our brain, the limbic system, in which to date science locates our motivations, likes, dislikes, sexuality, memories and creativity.

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**SWEET ALMOND OIL
for dry skin**

It is an oil obtained by cold pressing. It has moisturizing, nourishing and refreshing properties, does not irritate, is suitable for all skin types, and is very effective on dry skin owing to its anti-inflammatory properties.

It contains a lot of vitamin D, a great strengthener for nails and suitable for newborn babies, children and elderly persons. It is used to treat stretch marks both during pregnancy and when dieting.

**JOJOBA OIL
for oily skin**

In order for the oil to keep all of its active properties intact, it is very important to extract it with the cold pressing process. As it has a very low triglyceride content, it is a special oil, and this is why it is great on oily skin. It helps regenerate and oxygenate the skin and follicles while protecting them. It is also able to regulate the moisture of the skin and purifies oily skin in a balanced way.

Excellent emollient and anti-inflammatory, it promotes luminosity and elasticity



VANILLA OIL

It is a great anti-stress treatment when 3 drops of vanilla essence are put on a handkerchief and the fragrance is deeply inhaled. It can also be used for a relaxing massage by pouring 10 drops of essential oil of vanilla into 2 tablespoons of vegetable oil. The temples and forehead can also be massaged using 3 drops of the previous mixture.

Put a few drops into the room diffuser too;

Aphrodisiac: perform massages by putting 10 drops of essential oil of vanilla into 2 tablespoons of vegetable oil or take a bath with it.

BERGAMOT OIL

It is an anti-depressant in aromatherapy and is used for fighting stress and for reducing agitation, confusion, depression and fear as it instils optimism and serenity.

If inhaled, it induces a joyful and dynamic mood, eliminating psychological barriers.

Room diffusion: 1 drop per every square metre of the room where it is diffused using an essential oil burner or radiator humidifiers.

Relaxing bath: fill the tub completely with water. Pour 8 drops of bergamot essence and stay submerged for at least fifteen minutes. Repeat daily or even twice a day to treat urogenital irritations

PETIT GRAIN OIL

The essential oil of Petit grain rebalances the nervous system, and relaxes and refreshes the mind in case of headache. It is relaxing in the case of irritability, nervousness or tachycardia caused by anxiety and insomnia.

It has a softening effect on the heart, and sends away negative and sad thoughts and disappointment.

It calms anger and panic attacks.

Relaxing bath: pour 15 drops into the bath water and soak for 10 minutes to ease nervousness, irritability, stress.





EUCALYPTUS

Aromatherapeutic action:
Purifying, antiseptic, tonic,
stimulant, mucolytic,
parasitocidal, cicatrizant,
anti-rheumatic.

Aromatic mixability:

Lavender, rosemary,
sandalwood, orange mint

ROSEMARY

Aromatherapeutic action:
Purifying, detoxifying,
general nervous tonic,
anti-oxidant, anti-bacterial,
anti-mycotic

Aromatic mixability:

Orange, lavender, incense,
eucalyptus, sandalwood

MANDARIN

Aromatherapeutic action:
Astringent, tonic,
stimulating, deodorant,
dermopurifying

Aromatic mixability:

Sandalwood, eucalyptus,
ylang ylang and all citrus
fruits



PATCHOULI

Aromatherapeutic action:
Soothing, invigorating,
stabilizing, disinfectant,
erotic, anti-mycotic

Aromatic mixability:
Lavender, sandalwood,
geranium, orange.

CAMOMILE

Aromatherapeutic action:
excellent sedative and
anti-inflammatory agent in
cases of hypersensitivity,
nervousness, neuralgia,
pain and spasms. To be
used on the scalp that
looks tense, unsupple and
sensitive, in cases of skin
allergies, rashes, eczema,
hives.

It is an excellent oil that
can also be used for
pregnant women, and is
recommended for children's
hair.

Use: compresses to apply
before any other application
for people with skin
allergies. It gives blonde
and shiny highlights to the
hair

GERANIUM

Aromatherapeutic action:
balancing, anti-septic,
cicatrizant, tonic,
astringent, anti-neuralgic,
haemostatic, regenerates
tissues and nerves,
hormonal regulator,
anti-mycotic, anti-
depressant, deodorant,
anti-inflammatory, anti-
migraine.

Aromatic mixing:
lavender, patchouli,
Damask rose, sandalwood
and all citrus fruits.





LAVENDER

Aromatherapeutic action:
purifying, decongesting,
balancing, anti-septic,
balsamic, anti-spasmodic,
anti-inflammatory,
cicatrizant, soothing.
Aromatic mixability:
Rosemary, eucalyptus,
patchouli

ORANGE

Aromatherapeutic action:
balances extremities,
purifying, bactericide,
fungicide, tonic anti-
inflammatory, anti-septic,
anti-depressant, digestive.
Aromatic mixability:
with all

YLANG YLANG

Aromatherapeutic action:
Balancing, relaxing,
soothing, anti-
inflammatory, stimulating
hypotensive.
Aromatic mixability:
Lavender, sandalwood,
orange, geranium,
bergamot



INCENSE

Aromatherapeutic action:
cicatrizant, anti-age, anti-
inflammatory, heating,
purifying, immuno-
stimulant, balsamic, free
radicals.

Aromatic mixability:
orange, mandarin, rose,
sandalwood, geranium,
patchouli

ROSE ABSOLUTE

Aromatherapeutic action:
Anti-inflammatory,
soothing, anti-
septic, harmonizing,
antidepressant.

Aromatic mixability:
Sandalwood, lavender,
orange, geranium

SANDALWOOD

Aromatherapeutic action:
Astringent, tonic,
stimulating, decongestant,
moth-repellent.

Aromatic mixability:
Orange, rosemary,
lavender, incense,
patchouli, rose.

MINT

Aromatherapeutic action:
Purifying, vascularizing,
refreshing, anti-prurient,
balsamic, depurative.

Aromatic mixability:
Sage, lavender, rosemary,
citrus fruits



USE AND TIPS

Use	Essences recommended
Women	Ylang-ylang and Lavender
Men	Sandalwood, Orange and Rosemary
Children	Camomile and Mandarin
Blonde hair	Camomile
Dark hair	Rosemary and Sandalwood
Aged hair	Incense, Rosemary and Geranium
Hair loss	Sandal and Rosemary
Split ends	Ylang-ylang, Orange and Geranium
Dry dandruff	Rosemary, Patchouli and Eucalyptus
Oily dandruff	Eucalyptus, Patchouli and Geranium
Weakened hair	Orange, Sandalwood and Incense
Oily hair	Sandalwood, Rosemary and Orange
Very oily hair	Rosemary, Lavender and Sandalwood
To deodorise	Eucalyptus and Mandarin
To give shine	Orange and Mandarin
To polish	Sandalwood, Incense
To opacify	Patchouli, Sandalwood and Rosemary

CROPS

Spontaneous plants are those that grow in their place of origin, without sowing or any type of treatment, usually far from urban centres, in particular places where harvesting is even done by hand and the oils that are obtained have a particular rotund and special fragrance. This type of crop growing involves utmost respect for the plants and an improvement in their state of health, which is enhanced by cutting the flowering plant. For example, in the conventional method the same environmental protection principles are adopted, without the use of chemical fertilizers or pesticides. Attention is paid to the choice of place of production as well as to selection of the plants.

Unfortunately, however, there is no type of certification by local regulatory bodies for the oils that are obtained. The most highly recommended crops, and therefore the most important in terms of quality of the oil, are organic and biodynamic, guaranteed and controlled by specific certification bodies that ensure and protect the quality. Organic farming is regulated by an important framework regulation of the European Community (2092/91), whose main objective is to maintain soil fertility. In organic farming, the agrosystem must be as close as possible to the ecosystem, and both methods are environmentally friendly. They are included in ecologically sustainable projects in which, as already mentioned, synthetic pesticides, chemical fertilizers, pesticides or invasive treatments for the plant are not used.

However, biodynamic crops fit even more into a holistic view of life and are based on the philosophy of the German philosopher Steiner: not only are the balsamic time for the harvest and the lunar phases taken into account, but the harmonious relationship between the plant's pace and the entire cosmos as well.

For example, the fertilizers used are not only natural, but there are biodynamic animal farms from which we get the organic materials to fertilize the soil (for nutrient cycling). There is also an action of regulation of the biochemical cycles, through the use of special preparations (for example, Steiner's Preparation 500) used to regulate the forces at work in the soil to be cultivated. Based on this, it is easy to see the difference between the various crops used by man in order to extract the essential oil and properly choose it according to its use.

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