



Essential Oils



Note

Do not use pure essential oils directly on the skin! If applying to the skin, dilute first in a carrier oil such as almond, avocado, grapeseed, jojoba, olive, sesame or sunflower. Dilution rate is three to five drops of essential oil to one tablespoon.

Application

Select the appropriate oil for the desired effect. Two or more oils with similar properties will produce a greater effect than one alone since they will act together to enhance the particular properties.

Massage

Blend three to five drops of essential oil with one tablespoon carrier oil. Use the lower number of drops for oils with possible irritation or sensitization reactions and the higher number of drops for the gentle oils such as lavender.

In the bath

Use up to 10 to 15 drops of essential oil added directly to the bath water.

Diffuser

Use eight to 12 drops of essential oil to two tablespoons of water in diffuser bowl or simmering pot. Take care not to let the water completely evaporate from the bowl, adding more if necessary.

Inhalation

Excellent for respiratory relief. Add three to five drops of essential oil to a large bowl of hot water. Close your eyes and cover your head with a towel while keeping about 12 inches away from the bowl. Breathe deeply for five minutes. It is also effective to inhale the vapors directly from the bottle. The latter method is not recommended for people suffering from asthma.

Synergies

Synergies are healing blends of pure essential oils, handcrafted and carefully selected to achieve a therapeutic whole greater than the sum of the parts. Please note that our synergies are undiluted blends of pure, natural essential oils. These undiluted blends are ideal for use in an aroma lamp, room diffuser, soap making, body care products, or to be diluted in a carrier oil for bath or massage. For prices on larger quantities, please contact us.

Essential Oil Blend	Oil Contents	5ml \$	10ml \$	20ml \$	50ml \$
Acne Aid	Carrot Seed, Lavender, Rosewood, Tea Tree	6.20	9.60	14.00	22.60
Aphrodite Delight	Bergamot, Cinnamon, Neroli, Mandarin	9.80	12.40	16.00	36.00
Bug Bite Relief	Chamomile, Eucalyptus, Lavender, Peppermint	6.20	9.80	10.40	26.00
Captured Mind	Bergamot, Lemon, Juniper Berry, Rosemary	5.10	7.70	9.20	22.90
Cellufirm	Black Pepper, Grapefruit, Lemongrass, Juniper Berry	6.20	9.80	10.70	22.50
Cold n' Flu	Camphor, Eucalyptus, Peppermint, Tea Tree	4.60	6.10	11.00	19.40
Daisy Deodorant	Lavender, Neroli, Patchouli, Rosemary	4.90	7.40	9.80	34.00
Enchanted Garden	Geranium, Lavender, Palmarosa, Ylang Ylang	8.50	11.40	15.70	22.20
Enviro Planet	Eucalyptus, Fir, Lemon, Orange, Pine	6.20	8.90	11.90	18.80
Exotic Heart	Neroli, Orange, Patchouli, Ylang Ylang	6.80	8.30	12.50	32.10
Feminine Balance	Bergamot, Clary Sage, Geranium, Ylang Ylang	7.55	12.50	18.10	30.10
Flea Free	Cedarwood, Citronella, Lemongrass, Thyme	4.50	6.90	10.10	15.60
Four Fruit	Grapefruit, Lemon, Lime, Patchouli, Tangerine	5.10	6.20	8.80	24.60
Healthy Hair	Clary Sage, Lemon, Rosemary, Ylang Ylang	4.50	6.90	8.10	26.10
Knight Spice	Clove, Geranium, Lime, Patchouli, Sandalwood	4.50	7.00	8.80	28.00

Essential Oil	Latin Name	Country of Origin	5ml \$	10ml \$	20ml \$	Note
Anise	<i>Pimpinella anisum</i>	Spain	4.20	7.80	9.70	Top-Mid
Basil	<i>Ocimum basilicum</i>	France	7.20	8.80	13.70	Top
Benzoin	<i>Styrax benzoin</i>	India	5.90	7.80	12.20	Base
Bergamot	<i>Citrus bergamia</i>	Italy	8.10	10.50	14.90	Top
Black Pepper	<i>Piper nigrum</i>	India	8.40	11.30	13.80	Middle
Carrot Seed	<i>Daucus carota</i>	Hungary	17.30	23.70	36.30	Middle
Cedarwood	<i>Cedrus deodrata</i>	India	4.70	6.90	8.20	Base
Chamomile, German	<i>Matricaria chamomilia</i>	Hungary	44.90	82.00	132.00	Mid-Base
Chamomile, Roman	<i>Anthemis nobilis</i>	U.K.	29.80	52.85	70.80	Middle
Cinnamon	<i>Cinnamomum zeylanicum</i>	Sri Lanka	4.60	6.60	8.40	Base
Citronella	<i>Cymbopogon nardus</i>	Indonesia	3.10	5.20	6.90	Top
Clary Sage	<i>Salvia sclarea</i>	Bulgaria	9.10	11.90	14.50	Top-Mid
Clove	<i>Eugenia caryophyllata</i>	Madagascar	6.10	8.90	12.90	Base
Cypress	<i>Cupressus sempervirens</i>	Austria	7.70	11.10	15.00	Mid-Base
Eucalyptus	<i>Eucalyptus globulus</i>	China	3.90	5.90	8.20	Top
Fennel	<i>Foeniculum vulgare</i>	Spain	6.80	9.90	12.20	Mid-Top
Fir	<i>Abies balsamea</i>	Canada	5.10	8.80	11.10	Middle
Frankincense	<i>Boswellia thurifera</i>	France	12.80	17.90	25.00	Mid-Base
Geranium	<i>Pelargonium graveolens</i>	Egypt	9.80	12.40	16.00	Middle

Essential Oil	Latin Name	Country of Origin	5ml \$	10ml \$	20ml \$	Note
Ginger	Zingiber Officinalis	India	7.60	11.60	18.10	Top
Grapefruit	Citrus Paradisi	U.S.A.	6.80	10.40	15.60	Top
Jasmine (absolute)	Jasminum Officinale	India	101.00	170.00	290.20	Mid-Base
Jasmine 10% in Jojoba	Jasminum Officinale	India	12.10	19.40	30.10	Mid-Base
Juniper Berry	Juniperus Communis	Croatia	8.50	15.20	18.30	Middle
Lavender	Lavendula Officinalis	France	5.70	7.00	10.80	Middle
Lemon	Citrus Limonum	Argentina	4.80	6.10	9.00	Top
Lemongrass	Cymbopogon Citratus	India	4.00	6.50	7.60	Top
Lime	Citrus Aurantifolia	Mexico	5.10	6.90	10.50	Top
Litsea Cubeba	Litsea Cubeba	Malaysia	3.90	5.10	7.00	Top
Mandarin	Citrus Reticulate	Italy	5.90	9.90	11.50	Top
Manuka	Leptospermum Scoparium	New Zealand	18.90	29.10	56.30	Mid-Base
Marjoram	Thymus Mastichina	Spain	10.30	14.20	17.80	Middle
Myrrh	Commiphora Myrrha	France	19.00	38.20	54.00	Base
Neroli (natural)	Citrus Aurantium	Tunisia	128.20	232.00	375.00	Mid-Base
Neroli 10 % in Jojoba	Citrus Aurantium	Tunisia	17.80	29.90	42.60	Mid-Base
Orange	Citrus Sinensis	Brazil	4.50	6.90	7.80	Top
Palmarosa	Cymbopogon Martini	India	5.10	8.80	11.10	Middle
Patchouli	Pogostemum Patchouli	Indonesia	7.10	11.40	13.10	Base

Essential Oil	Latin Name	Country of Origin	5ml \$	10ml \$	20ml \$	Note
Peppermint	Mentha Piperita	India	4.80	6.40	8.00	Middle
Petigrain	Citrus Aurantium	Paraguay	6.70	9.80	10.40	Mid-Top
Pine	Pinus Sylvestris	Austria	5.10	7.70	9.20	Middle
Rose (absolute)	Rosa Centifolia	Morocco	90.20	164.80	224.00	Mid-Base
Rose 10% in Jojoba	Rosa Centifolia	Morocco	9.80	17.30	32.00	Mid-Base
Rosemary	Rosemarinus Officinalis	Tunisia	4.90	7.40	9.80	Middle
Rosewood	Aniba Rosaedora	Brazil	8.50	11.40	15.70	Middle
Sage	Salvia Lavandulaefolia	Spain	6.20	8.90	11.90	Top
Sandalwood	Santalum Album	India	38.10	59.80	172.50	Base
Sandalwood 10% in Jojoba	Santalum Album	India	19.90	32.10	46.30	Base
Spearmint	Mentha Spicata	China	4.50	6.90	10.10	Top
Spruce	Tsuga Canadensis	Canada	4.80	7.10	10.90	Mid-Base
Sweet Birch	Betula Lenta	U.S.A.	5.10	6.20	8.80	Top
Tangerine	Citrus Reticulata	U.S.A.	4.50	6.90	8.10	Top
Tea Tree	Melaleuca Alternifolia	Australia	4.50	7.00	8.80	Top
Thyme	Thymus Vulgaris	Spain	6.80	8.50	12.60	Top-Mid
Vanilla	Vanilla Planifolia	U.K.	9.30	16.80	21.00	Middle
Vetivert	Vetivera Zizanioides	Indonesia	7.70	14.80	17.20	Base
Ylang Ylang	Cananga Odorata	Comores	6.60	7.80	11.20	Mid-Base

Essential Oil Blend	Oil Contents	5ml \$	10ml \$	20ml \$	50ml \$
Mint Medley	Peppermint, Spearmint	6.80	8.50	12.60	22.30
Muscle Pain	Black Pepper, Camphor, Eucalyptus, Rosemary	6.10	9.00	14.40	25.60
Nice Spice	Cassia, Clove, Ginger, Orange, Vanilla	7.70	12.00	17.20	26.50
Nurtured Soul	Clary Sage, Geranium, Lavender, Petitgrain	6.60	7.80	11.20	28.50
Scent Baby	Chamomile, Cedarwood, Lavender, Mandarin	6.80	11.80	19.50	28.10
Toner Blend	Geranium, Lavender, Grapefruit, Rosewood, Tea Tree	6.10	10.80	13.90	21.60
Tranquil Daze	Chamomile, Fennel, Lavandin, Peppermint	7.70	12.60	18.40	34.10
Tropical Island	Lavandin, Mandarin, Vanilla, Vetivert, Ylang Ylang	7.50	9.20	14.60	28.80
Well Being	Bergamot, Clary Sage, Rosewood, Ylang Ylang	5.30	8.20	12.90	28.70
Wrinkle Rescue	Carrot Seed, Geranium, Fennel, Frankincense, Rose	8.80	12.90	23.10	37.80

Which oils could be dangerous?

Below is a list of some of the traditionally accepted contraindicated oils for specific conditions. Concentrated oils are quite strong and although they are derived from a natural source, that doesn't mean they can't be harmful.

Pregnancy: basil, cinnamon clary sage, cypress, fennel, jasmine, juniper, marjoram, myrrh, pennyroyal, peppermint, rose, rosemary, sage, savory and thyme.

Breast-feeding: mint, parsley, sage and jasmine.

High blood pressure: cypress, eucalyptus, ginger, rose, rosemary, sage and thyme.

Low blood pressure: clary sage, garlic, lavender, lemon, marjoram and ylang ylang.

Epilepsy: fennel, hyssop, rosemary, sage and wormwood.

Use care when using machinery or driving: clary sage and vetivert

Use care with sun exposure: bergamot, lemon, grapefruit, lime, ginger and orange.

Use care if drinking alcohol: clary sage

Scentimental Creations uses 100% pure grade aromatherapy essential oils.

Essential oils are defined as, “highly concentrated essences extracted from portions of a plant” and are extremely powerful. They have been valued throughout history for their rejuvenating, therapeutic and aromatic qualities. The use of essential oils contributes to your well-being and inner harmony and is a natural way to balance your body, mind and spirit.

Essential oils are stored away from direct light and kept in a cool dark area away from heat. Leave oils capped as they are highly volatile and evaporate easily. Avoid touching the dropper portion as this will contaminate the product and eventually lead to rancidity.

Essential oils are not intended for the treatment of specific medical conditions. For health ailments, consult a licensed practitioner. Please note, seasonal crops and market fluctuations affect price, which are subject to change without notice. Please keep essential oils out of the reach of children and pets.



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