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Natural Therapy Essential Oils



We have one of the widest range of pure essential oils in Singapore.

All our essential oils are 100% pure and we sell only therapeutic grade essential oils imported from Australia for use in Aromatherapy.

We are able to offer you the such high quality oils at a fair price because we are wholesalers of essential oils. We supply our essential oils to many spas and therapists in Singapore.

Remember, Essential Oils applied onto the skin are absorbed into the body and that is why we use only pure and natural ingredients, and you and your clients should too.

(* We have special discounts for massage students, massage salons and spas in Singapore. [Contact us](#) for the Student/Professional price.)

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Stringent Quality Control

All our oils have been tested in Australia to very stringent standards to ensure the purest quality oils. [\(Read more about our testing methods.\)](#)

The oils are selected, tested and certified according to International quality guidelines - with accredited certification under the Code of Good Manufacturing Practice (GMP). The GMP is an internationally recognised standard controlled by Pharmaceutical Inspection Convention Scheme. [\(Read more about types of certification\)](#)

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We have an extremely wide range of 100% pure therapeutic grade essential oils available for you to choose from:

	<u>Essential Oil</u>	<u>Botanical Name</u>
1	Basil Sweet France	Ocimum Basilicum
2	Bay West Indies	Pimenta racemosa
3	Bergamot Ivory Coast	Citrus aurantium ssp. bergamia
4	Cajeput Ambon	Melaleuca cajeputi
5	Carrotseed West Indies	Daucus carota
6	Cassia Cochin	Cinnamomum cassia
7	Cedarwood Atlas Algeria	Cedrus atlantica
8	Cedarwood Himalayan	Cedrus deodara
9	Cedarwood USA	Juniperus virginiana
10	Celery Seed West Indies	Apium graveolens
11	Chamomile Roman France	Anthemis nobilis
12	Chamomile German Extra Blue	Matricaria recutita

13	<u>Cinnamon Ceylon</u>	Cinnamomum zeylanicum
14	<u>Citronella Ceylon</u>	Cymbopogon nardus
15	<u>Clary Sage French</u>	Salvia sclarea
16	<u>Clove Java</u>	Eugenia caryophyllata
17	<u>Cypress Provence</u>	Cupressus sempervirens
18	<u>Elemi Philippines</u>	Canarium luzonicum
19	<u>Eucalyptus Australia</u>	Eucalyptus radiata ssp.radiata
20	<u>Eucalyptus Blue Gum Australia</u>	Eucalyptus globulus
21	<u>Fennel Sweet France</u>	Foeniculum vulgare
22	<u>Fir Needle Siberian</u>	Abies sibirica
23	<u>Frankincense West Indies</u>	Boswellia ssp.
24	<u>Geranium Egyptian</u>	Pelargonium graveolens
25	<u>Ginger Cochin</u>	Zingiber officinalis
26	<u>Grapefruit Australia</u>	Citrus paradisi
27	<u>Hyssop France</u>	Hyssopus officinalis
28	<u>Jasmine Egyptian</u>	Jasmine grandiflorum
29	<u>Juniperberry Himalayan</u>	Juniperus communis
30	<u>Lavender French Alpine</u>	Lavandula angustifolia
31	<u>Lemon Cold Pressed Australian</u>	Citrus limon
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44	<u>Orange Bitter Brazil</u>	Citrus aurantium ssp amara
45	<u>Orange Valencia</u>	Citrus sinensis
46	<u>Palmarosa Himalayan</u>	Cymbopogon martinii var. motia
47	<u>Parsley Seed France</u>	Petroselinum crispum
48	<u>Patchouli Javanese</u>	Pogostemon cablin
49	<u>Peppermint Australian</u>	Mentha piperita
50	<u>Pepper Black Cochin</u>	Piper nigrum
51	<u>Petitgrain Bigarade Paraguay</u>	Citrus aurantium ssp. amara
52	<u>Pine Austrian</u>	Pinus nigra
53	<u>Rose Otto, Bulgarian</u>	Rosa damascena
54	<u>Rosemary Spanish</u>	Rosmarinus officinalis

55	Rosewood Brazilian	Aniba roseodora
56	Sage Dalmatian Yugoslavia	Salvia officinalis
57	Sandalwood East Indian	Santalum album
58	Sandalwood West Indian	Amyris balsamifera
59	Spearmint USA	Mentha spicata
60	Tangerine USA	Citrus reticulata var. tangerine
61	Tea Tree Australian	Melaleucca alternifolia
62	Thyme Red Spanish	Thymus vulgaris
63	Vetiver Javanese	Vetiveria zizanioides
64	Ylang Ylang Madagascar	Cananga odorata

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Essential Oils Description L - N

Lavender French Alpine (Lavandula angustifolia)

Lavender, is one of the most popular oils in aromatherapy. It has a floral, sweet and herbaceous scent.

Our lavender is one of the finest lavender oils available. Wonderful sweet floral aroma from wild lavender flowers picked from the French alps.

It is a wonderful antidepressant, useful in treating depression, anxiety, anger and phobias. **Add a few drops to the pillow/sheet for peaceful sleep.**

Lavender is a great remedy for headaches and migraines, and also cleanses, detoxifies and stimulates lymphatic flow, which makes it a wonderful addition to a massage.

It can help slow a rapid heart beat, ease muscular pains and aches



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and soothe menstrual cramps and PMS.

Lavender is a great support oil for bronchitis, sinusitis, throat infections and coughs, since it acts as an expectorant and has a soothing effect on mucous membranes.

It's a wonderful tissue regenerator helping with many skin conditions, such as burns (with geranium), eczema, psoriasis, cuts, and scars.

Used with Tea tree oil, it can be a wonderful remedy for acne. Blend both oils, and put a drop or two on a cotton swab and dab it on. A drop of lavender can also soothe insect bites.

Blends with many other oils.

* Retail Price		
EOLAV	10 ml	S\$20.50
EOLAV5	50 ml	S\$49.50

Lemon Cold Pressed Australian (Citrus limon)

Lemon oil is produced from the cold expression of its rind. Lemon has a fresh, citrus scent that is revitalizing and uplifting.

A good rejuvenating oil.

Lemon works well as a digestive aid as it increases slow digestion and helps with indigestion, heartburn, and constipation.

Lemon is also an immune stimulant and a wonderful disinfectant against airborne microbes when diffused or inhaled. It can help fight colds and flu, and has a cleansing effect on the respiratory tract, helping with sinusitis and bronchitis. It soothes a sore throat and can be effective against tonsillitis. Put a couple of drops in warm water and gargle. Make sure not to swallow any of the mixture.

Lemon is very useful for skin ailments of an eruptive nature, such as cold sores and mouth ulcers, since it contains properties that counteract and heal them. It also has properties that help alleviate fungus flesh growths, thus making it effective against warts and boils. Finally, lemon stimulates blood and lymphatic flow, which makes it a great detoxifying oil.



* Retail Price		
EOLEM	10 ml	S\$18.50
EOLEM5	50 ml	S\$46.00

Lemon Eucalyptus Australia (Eucalyptus citriodora)

The oil has a sweet, lemony, fresh, with a woody hint. The oil has a strong citronella-like scent that is uplifting and comforting.

Eucalyptus Citriodora is effective in balancing blood pressure, is soothing to those suffering from shingles while it also helps eliminate the virus triggering the condition.

Highly anti-inflammatory, making it an excellent oil to use for arthritis and rheumatism.

A number of eucalyptus types were used to test their impact on three bacteria (Escherichia coli, Bacillus megaterium and Staph aureus, two yeast (Candida albicans and Saccharomyces cerevisiae) and two moulds (Aspergillus niger and Zygorrhynchus).



Eucalyptus Citriodora was the most active against all three test groups of contagions.

* Retail Price		
EOLMEUC	10 ml	S\$18.50
EOLMEUC5	50 ml	S\$46.00

Lemongrass Nepal (Cymbopogon flexuosus)

This oil has a fresh sweet, lemon scent that helps increase awareness and ease mental fatigue.

It helps improve concentration, combats stress and exhaustion, and thus can help relieve headaches.

Lemongrass oil can be used to ease the pain of arthritis (with Rosemary and Lavender) or to relieve general muscular aches, sprains and bruises.

It is useful for oily skin and hair (a few drops in an ounce of shampoo) and can be used in a massage for cellulite as it is said to help increase circulation and lymphatic flow.

Lemongrass oil can also help athlete's foot.



* Retail Price		
EOLG	10 ml	S\$18.50
EOLG5	50 ml	S\$46.00

Lime Cold Pressed Mexico (Citrus aurantifolia)

Lime oil has a fresh, zesty scent that is refreshing and uplifting, making it helpful for depression, anxiety, lethargy, and a tired mind.

Use it in your morning bath to give you a boost of energy to start the day, or add it into your diffuser or aroma lamp.

Lime may also help stimulate appetite when inhaled and ease stomach and intestinal cramping.

Tangy sweet fragrance is energizing and uplifting. Great men's scent.



* Retail Price		
EOLIM	10 ml	S\$18.50
EOLIM5	50 ml	S\$46.00

Mandarin Australian (Citrus reticulata)

Mandarin oil is produced by the cold expression of the rinds.

Inhaling its fruity, sweet aroma helps ease feelings of anxiety, depression, hysteria and restlessness and reconnects us to feelings of well-being.

A great companion oil to Lavender, it is a good choice for insomnia that is related to nervous tension and anxiety. Helps to sleep better.

Mandarin oil improves circulation and used locally on the skin acts as a toner, working on scars, stretch marks and acne. It also works on the digestive system by increasing appetite, calming an upset stomach, travel sickness and indigestion.

* Retail Price		
EOMAN	10 ml	S\$18.50
EOMAN5	50 ml	S\$46.00



Marjoram Spanish (Thymus mastichina)

Wild Marjoram (*Thymus mastichina*) comes mostly from Spain. Marjoram oil is derived from the steam distillation of the flowering plant.

It is also warming and soothing, and works to combat loneliness, grief, heartbreak, trauma and may help one deal with emotions.

Physically, marjoram oil is great at soothing muscular aches and pains, muscle stiffness, sprains, spasms, arthritis, headaches and rheumatic pain.

It is good in a massage blend for tired, sore muscles after a work out and may help lower blood pressure when inhaled.

* Retail Price		
EOMARS	5 ml	S\$16.50



Marjoram Sweet France (Origanum majorana)

The plants thrive on sunny hillsides. Sweet Marjoram originates in Libya, Egypt, the Mediterranean area and France.

When used as a steam inhalation, marjoram will clear the chest and ease respiratory difficulties quickly. It is one of the best oils to use in the treatment of asthma, bronchitis and colds. It can be massaged into the throat and chest to soothe a tickle in the throat and coughs.

Marjoram oil stimulates the vagus (parasympathetic) nerve and does not act on the sympathetic nerve, therefore its action is tranquilizing and lightly narcotic, a nervous sedative.

The sedative properties must not be abused. It can dull the senses and cause drowsiness. In large dosages it can be stupefying. Marjoram is a good remedy for insomnia.

The Sweet, yet spicy fragrance is calming and relaxing.

Marjoram is a wonderful sedative and is great for slowing a racing mind before bed. It can also calm hyperactivity and hysteria, and eases stress, anger and irritability.



* Retail Price		
EOMARF	10 ml	S\$23.50
EOMARF5	50 ml	S\$52.50

May Chang China (Litsea Cubeba)

A tree, which grows up to 10 metres, with bright green, lance shaped leaves on slender branches which bear fluffy, white flowers and small, round, green fruit about the size of a peppercorn

Litsea Cubeba is sometimes called May Chang or Chinese pepper.

Litsea Cubeba has a strong effect on the psyche and is good for depression, nervousness, anxiety and stress as it is uplifting and promotes mental clarity.

It is an excellent skin toner and helps control acne and oily skin. It is also good for muscle aches and pains, travel sickness, indigestion and stress related tension.



* Retail Price		
EOMC	10 ml	S\$16.50
EOMC5	50 ml	S\$42.00

Myrrh France (Commiphora molmol)

This oil is thick and golden yellow in color with a sweet balsamic, earthy scent.

Myrrh has been used for thousands of years and is one of the gifts brought by the 3 wise men to baby Jesus. (Gold, Myrrh & Frankincense)

It is helpful for emotional coldness, lack of motivation, calms and eases the mind, helping to reduce over thinking and worry.

Myrrh is very soothing to the skin and can help with inflamed skin conditions, eczema, wrinkles, boils, cracked and chapped skin.

Use it with some patchouli and Lavender for healing cracked heels. It is commonly used as a gargle to help heal gum infections and mouth ulcers.



* Retail Price		
EOMYRR	5 ml	S\$38.50

Myrtle Dalmation Yugoslavia (Myrtus communis)

Evergreen bush that can grow up to 4-5 metres high with glossy green leaves, white flowers and small deep blue berries.

The Greeks considered it to be a symbol of love and immortality. Myrtle leaves formed the crowns of winners of early Olympic games.

Myrtle is useful with pulmonary disorders and night sweats. It promotes restful sleep due to its sedative action.

It resembles eucalyptus in some aspects but is more sedative while



eucalyptus is more stimulating. It is helpful in fighting excessive moisture, bronchial catarrh and clearing sinusitis. It will help keep infection down.

Myrtle has a regulating effect on the genito-urinary system and helps hemorrhoids, diarrhea and dysentery. It may prove useful and effective with cystitis and ureteritis.

It is helpful with addictions and other dependency problems.

* Retail Price		
EOMYD	5 ml	S\$18.50

Neroli Bigarade France (Citrus aurantium ssp amara)

A tree with dark green leaves and fragrant white flowers
The **Bitter Orange** (*Citrus aurantium* var. *amara*) yields **Neroli Bigarade**. (vs the sweet orange tree).

Neroli has a mild hypnotic effect on the mind. One of the most important uses is helping with emotional problems. It relieves depression, stress, anxiety and hysteria.

Neroli is particularly valuable in skin care. It has the property of stimulating the rejuvenation of new cells. It is used on all skin types,

Most useful for dry, sensitive and mature skins, thread veins and scarring. The oil also helps stretch marks.



* Retail Price		
EONER	5 ml	S\$230.00

Neroli Bigarade 3% Dilution

Pure Neroli dilution in pure jojoba oil. This is a cost effective alternative to actual oil. Retains the same scent as the more expensive oil.

* Retail Price		
EO3NER	10 ml	S\$38.90
EO3NER5	50 ml	S\$118.00



Niaouli Pacific Islands (Melaleuca quinquenervia)

Niaouli oil is produced by the steam distillation of its leaves. It has a sweet fresh scent. And is a relative to Tea Tree oil.

Its aroma helps increase concentration and cut through mental fog, thus helping to clear confusion.

Physically, niaouli is said help fortify the immune system, and is a good choice to use in a diffuser to help fight colds and flu as well as to prevent them from coming on.

It is also useful for acne, boils, dermatitis, fungal infections and minor cuts.



* Retail Price		
EONIA	5 ml	S\$16.50

Nutmeg Javanese (*Myristica fragrans*)

The nutmeg tree is usually seven years old before it bears fruit, and after 30 years the quality is at it best.

Nutmegs are dried ripe seeds of the fruit. When the ripe fruits fall and naturally split along a lateral groove, they are collected. The brittle shell is then removed to reveal the nutmeg. This oil is produced via steam distillation of the seeds.

The Spicy aroma is warming and energizing. The scent is strong, spicy and warm and when inhaled, acts as a stimulant.

As such, it can help combat fatigue and debility and invigorates the mind. It is said to activate intense dreams --- use it in a diffuser before bed.

It is also considered a wonderful aphrodisiac and can be used with some of the floral notes, such as rose and jasmine oil. And is helpful for impotence or frigidity.

Nutmeg oil helps calm the stomach and is useful for nausea and indigestion. It also helps encourage appetite. This is a warming oil and as such, can help with muscle pain, sprains, strains, arthritis, gout and rheumatism. It stimulates the heart and circulation,



* Retail Price		
EONUT	10 ml	S\$20.50
EONUT5	50 ml	S\$49.50

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<u>C</u>	<u>G</u>	<u>K</u>	<u>O</u>	<u>S</u>	<u>W</u>	
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Essential Oils Description A - C

Basil Sweet France (Ocimum Basilicum)

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Basil oil is produced from the steam distillation of this flowering plant.

It has a sweet licorice, spicy scent which is uplifting as well as soothing.

It is a wonderful nerve tonic and often used to ease nervous exhaustion, depression, anxiety and hysteria.

On top of this, it is superb for boosting memory and concentration, and promoting alertness. Put a few drops on a tissue and carry it along with you to work to help ease the afternoon sluggishness.

Basil oil contains antispasmodic and analgesic properties and can be used topically to help ease headaches, migraines, muscle spasms, aches and soreness.

* Retail Price		
EOBAS	10 ml	S\$23.50
EOBAS5	50 ml	S\$52.50

**Bay West Indies (Pimenta racemosa)**

This sturdy evergreen tree is a native of West Indies. The Bay tree grows to about 10 meters (30 feet), has long aromatic lance-shaped leaves and small white-yellow flowers and black berries.

The benefit of Bay oil lies in its calming and warming effect on emotions.

Useful to treat general aches and pains, including rheumatic pains. It also settles the digestive system and acts as a tonic on the liver and kidneys.

Bay essential oil is also helpful with hair and scalp conditions.

* Retail Price		
EOBAY	5 ml	S\$18.50

**Bergamot Ivory Coast (Citrus aurantium ssp. bergamia)**

Bergamot oil is from the rind of the bergamot fruit. It is orange in color and grows on the Ivory Coast

Bergamot oil is emerald to olive-green color with a fresh citrus, slightly spicy aroma.

It is very uplifting and balancing, helping to alleviate anxiety, depression, fear and listlessness, and encourages a restful sleep.

Bergamot works as an antiseptic, and helps fight against colds, flu, urinary tract infections, respiratory and mouth infections. **It is also helpful in alleviating varicose veins. Plus, it helps to control and balance the appetite.**

* Retail Price		
EOBER	10 ml	S\$20.50
EOBER5	50 ml	S\$49.50

**Cajeput Ambon (Melaleuca cajeputi)**

The Cajuput Tree originates from the Indonesia coastal plains. An evergreen, vigorous growing tree, with a whitish spongy bark and crooked trunk.

By stimulating sweating, Cajuput oil cools down the body and helps with such infections as colds, laryngitis and bronchitis. Helpful for asthma, sinusitis and a sore throat.

It calms the digestive system, soothes colic, enteritis, dysentery, vomiting and spasms.

Also a repellent against insect bites, lice, and fleas.



* Retail Price		
EOCAJ	10 ml	S\$16.50
EOCAJ5	50 ml	S\$42.00

Carrotseed West Indies (Daucus carota)

A close cousin to the common edible carrot, Carrot Seed oil is derived from a herb with a small, inedible white root.

The seeds are collected and distilled to produce the essential oil. It is typically yellow or amber in color and has a very pleasant sweet, earthy and dry aroma.

Mentally, it can increase our creativity and passion for life.

Carrot Seed oil is a great healer for all kinds of skin issues as well as for keeping skin supple and increasing its elasticity.

It contains cellular regenerating, anti-oxidants, that are helpful for a variety of issues, including scars, boils, eczema and psoriasis.

It is also wonderful to add to unscented creams or lotions for mature, aging skin as it helps tone the skin, increases elasticity and can help prevent and diminish wrinkles.



* Retail Price		
EOCARS	10 ml	S\$20.50
EOCARS5	50 ml	S\$49.50

Cassia Cochin (Cinnamomum cassia)

Cassia is also known as cassia bark or Chinese cinnamon. Cassia is a slender, evergreen tree that grows up to 20 meters with thick, leathery leaves and small white flowers. Cassia oil has a strong, warm smell.

The therapeutic properties of Cassia oil are anti-diarrhea, anti-microbial and anti-emetic. Can be useful for digestive complaints such as flatulence, colic, diarrhea and nausea.

It can also be used for colds, influenza, fevers, arthritis and rheumatism.

Cassia oil should not be used in massage therapy.



* Retail Price		
EOCAS	5 ml	S\$16.50

Cedarwood Atlas Algeria (Cedrus atlantica)

Cedarwood is native to the Atlas mountains of Algeria and is also cultivated in Morocco.

The oil encourages lymphatic drainage and stimulates the breakdown of fats. Cedarwood oil has a pronounced effect on mucous membranes and is good in all catarrhal conditions, especially **coughs and bronchitis**. It may be used with other oils for inhalations for all types of respiratory complaints.

Having a sedative effect, it could be used in conditions associated with anxiety and nervous tension.

Cedarwood has pronounced effect on the skin and is of value for all types of skin eruptions. Its action is sedative, astringent, antiseptic and it relieves itching. This makes it good for **acne**, oily skin and seborrhea of the scalp (oily hair, dandruff)

It is a very good **insect repellent** and is effective against mosquitoes, moths, woodworms, leeches and rats.

Since it has been shown to inhibit the mitosis (cell division) of tumor cells, it may be of value in **cancer** therapy. (*NB: not verified)

* Retail Price		
EOCEDA	10 ml	S\$18.50
EOCEDA5	50 ml	S\$46.00



Cedarwood Himalayan (Cedrus deodara)

Himalayan cedarwood oil is distilled from the wood of Cedrus Deodara which grows at high altitude in the mountains of Himalaya, toward northern India, Afghanistan and Pakistan.

Himalayan Cedarwood Oil is a yellowish to brownish yellow oil, somewhat viscous and of rich, sweet woody, almost balsamic odor.

Helps treat mental fatigue, stress and nervous tension. And skin conditions like Acne, eczema, greasy hair, oily skin and psoriasis.

* Retail Price		
EOCEDH	10 ml	S\$18.50
EOCEDH5	50 ml	S\$46.00



Cedarwood USA (Juniperus virginiana)

Cedarwood is produced by steam distillation of the wood.

It has a pleasant woody, balsamic aroma that is long-lasting and evokes a feeling of balance and a sense of being grounded and connected to the universe.

It balances out our emotions and energies, especially when feeling fear, anger, anxiety and nervous tension. It also strengthens our will by giving us the strength to get through difficult times.

It is a wonderful choice when coming home after a stressful day, if going through a major life change or simply during meditation.

Cedarwood has traditionally been used to help stop hair loss. Use it with jojoba oil and massage scalp before bed and leave on through the night. Wash hair the next morning.



Cedarwood can also help with cellulite. Use it as a support oil to help ease respiratory infections, lung congestion and bronchitis via inhalation.

* Retail Price		
EOCEDU	10 ml	S\$18.50
EOCEDU5	50 ml	S\$46.00

Celery Seed West Indies (Apium graveolens)

Celery seed comes from the same plant as celery (celery stalk). The tiny seeds are brown in color. This oil retains the common scent of celery.

It is said to have sedative properties and tone the nervous system, promoting a good night's sleep. **Also good for feelings of anxiety, nervousness, stress and helps reduce mental clutter.**

Celery seed oil may help ease arthritic/joint pain, as well as nasal congestion. Used to decrease puffiness, skin spots and cellulite.

* Retail Price		
EOCEL	5 ml	S\$16.50



Chamomile Roman France (Anthemis nobilis)

Roman chamomile is a clear, yellow or soft blue oil with a fruity, sweet, warm scent. Like its cousin, german chamomile, it too is produced by steam distillation of its flowers.

With a long-lasting sweet undertone that is relaxing and nurturing.

Roman chamomile is considered a very soothing oil and helps ease depression, anxiety, stress, worry, and helps calm an overactive mind. It is great to use in a bath before bed to help relax the mind and body and bring on sleep.

Roman chamomile is a good choice for menstrual cramps and tension. It is also used to decrease inflammation especially of the skin, such as with eczema, psoriasis, boils, cold sores and sunburn.

Roman chamomile may also decrease the pain associated with arthritis, sprains, inflamed joints, headaches, and stings.

* Retail Price		
EOCHAM	5 ml	S\$89.00



Chamomile Roman France 3% Dilution (Anthemis nobilis)

Pure Roman Chamomile dilution in pure jojoba oil. This is a cost effective alternative to pure chamomile. Retains the same scent as the more expensive oil.

* Retail Price		
EO3CHAM	10 ml	S\$33.90
EO3CHAM5	50 ml	S\$103.00



Chamomile German Extra Blue (Matricaria recutita)

A related species to Roman chamomile, German Chamomile has similar uses. Both species have white, daisy-like flowers, but the flower receptacle of German chamomile is hollow while that of Roman chamomile is solid.

German chamomile oil has a sweet, straw-like fragrance, and its special characteristic is the oil is a dark blue in color.

* Retail Price		
EOCHAMG	5 ml	S\$89.00

**Cinnamon Ceylon (Cinnamomum zeylanicum)**

Cinnamon oil is derived from the steam distillation of its leaves and bark.

A spicy fragrance that is warming and sensual.

Enlivening the senses, invigorating the body, mind and spirit, and increasing creativity. It is a warming oil and helps with emotional coldness, and helps bolster confidence, courage and libido.

Cinnamon can help ease colds and flu as well as disinfect an environment that has been exposed to these. It is a circulatory stimulant, helping to restore heat to the body.

Cinnamon oil is also used to ease muscular spasms and pain as well as rheumatic pain.

Inhale the aroma to help with nausea and indigestion.

* Retail Price		
EOCIN	10 ml	S\$18.50
EOCIN5	50 ml	S\$46.00

**Citronella Ceylon (Cymbopogon nardus)**

A grass found in tropical areas, grows wild in Sri Lanka and other tropical countries.

Citrus scent is uplifting and energizing

Citronella is one of several plants having a penetrating lemon odour, stronger than lemon itself. Limonene, the primary constituent in lemon is present in large amounts in citronella.

Treats Arthritis, Rheumatism and Digestive Problems.

Also commonly used as a natural mosquito repellent.

* Retail Price		
EOCIT	10 ml	S\$18.50
EOCIT5	50 ml	S\$46.00

**Clary Sage French (Salvia sclarea)**

Clary sage oil is extracted by steam distillation of its flowering tops.

It has a sweet spicy fragrance, is soothing and euphoric.

Mentally calming and may help turn around a depressed mood, including the post-natal variety, and can calm a hyperactive child or adult. It helps with mental fatigue and enlivens the senses.

Clary sage is another great support oil (like cedarwood) when going through a life crisis and is said to encourage vivid dreams and increase one's sexual desire.

It is also considered a sedative and nerve tonic and can help reduce headaches, migraines, nervous exhaustion and insomnia.



* Retail Price		
EOCLA	10 ml	S\$18.50
EOCLA5	50 ml	S\$46.00

Clove Java (Eugenia caryophyllata)

Clove bud oil is extracted by water distillation of the bud. It has an uplifting aroma, which is warming and sense-enhancing.

Helps get rid of depression and sluggishness. Inhaled, it re-energizes the mind and aids concentration and recall. **Inhale its spicy aroma before a test or anytime you need to increase your mental capacity.**

Traditionally used for tendonitis, sore muscles, achy joints, sprains, and can help relieve colds, and bronchial congestion.

Use it in a diffuser to help disinfect a room.



* Retail Price		
EOCLV	10 ml	S\$18.50
EOCLV5	50 ml	S\$46.00

Cypress Provence (Cupressus sempervirens)

Cypress is a clear to pale yellow oil with a woody, pine-like, spicy scent.

Helps us to accept and then let go of things in life. It is soothing and calming and eases grief, anger, nervous tension and stress. It is also a good oil for purifying and cleansing the spirit.

Cypress is a circulatory stimulant and may help with varicose veins, hemorrhoids, cellulite and bruises.

It is an excellent choice for relieving menstrual cramps and the general symptoms of PMS and menopause. Blend it with clary sage and lavender.

Fresh, woody and pine-like fragrance is relaxing and refreshing.



* Retail Price		
EOCYP	10 ml	S\$20.50
EOCYP5	50 ml	S\$49.50

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Natural Therapy Essential Oils



At Natural Therapy we use only therapeutic grade essential oils in our products. Remember, Essential Oils applied onto the skin are absorbed into the body and that is why we use only pure and natural ingredients, and you and your clients should too.

* We have special discounts for massage students, massage salons and spas in Singapore. [Contact us](#) for the Student/Professional price.

Essential Oils Description E - J

Elemi Philippines (Canarium luzonicum)

Elemi is a tropical tree from the Philippines and exudes a pale yellow resin when the tree spouts leaves. The resin solidifies on contact with the air and the resin stops when the tree loses its leaves.

Elemi can be useful with respiratory complaints such as bronchitis, dry cough and excess mucus.

It is also helpful in cases of heavy perspiration, cuts, wounds and skin infections.

It can be used in cases of nervous exhaustion and stress related conditions; it gives a feeling of peace and lifts the spirit.



* Retail Price		
EOELE	10 ml	S\$16.50

[Wholesale Items](#)[Information](#)[Massage Courses](#)[Blending Recipes](#)[Our Company](#)[About Us](#)[Join As Member](#)[Contact Us](#)**Eucalyptus Australiana (Eucalyptus radiata ssp. radiata)**

The leaves and mature branches of the eucalyptus tree are steamed distilled to produce the oil. Its fresh, camphor-like scent is uplifting and mentally stimulating, aiding in concentration.

Diffuse it in a room after you have had a verbal argument or if you feel the "vibes" in a room are negative. It is said to balance extremes of mood.

Eucalyptus is a great expectorant and decongestant and is used in many popular chest rubs. **Relieves bronchitis, sinusitis and lung congestion since its great at removing excess mucous and decreasing inflammation.**

Make your own chest rub using it in a carrier oil and possibly in a blend with other essential oils (rosemary, peppermint, frankincense).

Has antimicrobial aspects, which aid in relieving colds, flu. A great idea is to put it in a spray bottle diluted with water and spray the room or environment during and after illness to help stop the spread of infection.

Eucalyptus has a many other uses and can be used for bruises, headache, swollen lymphs, migraines, skin infections and sprains.



* Retail Price		
EOEUC	10 ml	S\$18.50
EOEUC5	50 ml	S\$46.00

Eucalyptus Blue Gum (Eucalyptus globulus)

The young trees have bluish-green leaves, while mature trees develop long, narrow, yellowish leaves, creamy-white flowers and a smooth, pale gray bark often covered in a white powder.

The effectiveness of Eucalyptus against airborne bacteria and viruses appears to be the combined action of aromadendrene and phellandrene. When combined in the air, these two constituents produce ozone in which bacteria and viruses cannot live.

In epidemics and with infectious diseases, Eucalyptus essential oil helps the patient, and protects the aromatherapist or other visitors. A mixture of 10 grams to a litre of water can be used to fumigate rooms.

The antiseptic and healing properties of eucalyptus are well known. There are surgeons in Europe who used a solution with eucalyptus to wash out operation cavities and apply eucalyptus impregnated gauze as a post-operative dressing. It is also valuable for burns and helps to form new tissue as the burn heals. In addition, urinary tract infections respond well to eucalyptus and its diuretic action can make it useful in washing out the urinary system.

Eucalyptus oil can be used in massage to relieve pain in **rheumatism**, muscular aches and fibrositis. Although we have a wide choice of oils for such applications, we can use it for people who do not mind its powerful odour or perhaps even find its familiar medicinal smell reassuring.

*NB: Not recommended for children under 2 years of age.

* Retail Price		
EOEUCBG	10 ml	S\$18.50
EOEUCBG5	50 ml	S\$46.00



Fennel Sweet France (Foeniculum vulgare)

Fennel oil is derived via the steam distillation of its seeds, and belongs to the same family as anise.

Sweet, aroma is calming and strengthening.

Fennel is a nerve tonic and helps ease tension and stress, and it also increases energy and invigorates a sluggish mind.

Fennel, helps ease muscle spasm and pain. **And is good for constipation, indigestion, nausea and a sluggish liver.** Use it in a dilution and rub it over the abdomen area. Fennel helps move toxins out of the body.

Can increase libido and, used in a massage, can help restore muscle tone.

It can also be used to ease menstrual cramps and menopausal symptoms.

* Retail Price		
EOFEN	10 ml	S\$18.50
EOFEN5	50 ml	S\$46.00



Fir Needle Siberian (Abies sibirica)

Many small villages in Russia produced a quantity of Fir essential oil. Its use can be easily traced back as it is referred to in the bible as the 'Balm of Gilead'.

It is used today by many massage therapists because it is a relaxant to the nervous system and muscles. It is milder than pine and an ideal substitute as it gentler on the skin.

As the oil is a respiratory antiseptic it is very good for the respiratory tract. It also seems to have a very good effect on conditions of the bronchi including fluid, mucous and pus buildup.

The essential oil seems to relieve tiredness that accompanies colds and flu. It has a tonic effect on the nervous system and the fresh scent lifts spirits.

* Retail Price		
EOFIR	5 ml	S\$16.50



Frankincense West Indies (Boswellia ssp.)

Frankincense oil is steam distilled from the resin found in its bark.

Rich, sweet, balsamic yet woody aroma is calming and rejuvenating.

Its woody and earthy scent is a wonderful choice for easing anxiety, indecision, depression, fears and helps us clear past emotional wounds.

Very useful in meditating and cleanses the aura.

Frankincense is moistening to the mucous membranes, which makes it great for dry, irritated sinuses, nasal passages and dry coughs. It also helps expel excess mucous and eases shortness of breath, especially when due to anxiety.

A great skin balancer, it is a great choice for dry, aged skin as well as oily, blemished skin.



Frankincense is also a cell regenerator, which makes it helpful for scars, wrinkles and wounds.

* Retail Price		
EOFRK	10 ml	S\$28.50
EOFRK5	50 ml	S\$58.50

Geranium Egyptian (Pelargonium graveolens)

Geranium has a fresh, sweet, green, rose-like scent and is extracted via steam distillation of its leaves and/or flowering plant.

Geranium helps lift depression, reduce stress and anxiety, and helps with jet lag and travel fatigue. Put a drop or two each on a cotton cloth and carry it to inhale throughout the flight.

It works as a circulatory and immune stimulant, and encourages lymphatic drainage so is great as a full body massage.

Geranium is good against inflammation and wound infection, and helps with bruises, burns, eczema, hemorrhoids and acne. Helps control excessive oiliness of the skin.

It is said to help reduce the symptoms of PMS and menopause. Great when combined with clary sage.

Geranium has a wonderful green, flowery aroma and is both uplifting and calming. Eases anxiety and tension of mentally and physically demanding days. Promotes harmony and balances aggressive and passive tendencies.



* Retail Price		
EOGER	10 ml	S\$20.50
EOGER5	50 ml	S\$49.50

Ginger Cochin (Zingiber officinalis)

Its spicy, warm aroma is grounding, aids memory, sharpens the senses, and eases nervous exhaustion and tiredness.

Great oil during cold months or when one is feeling cold emotionally.

Ginger promotes the secretion of digestive juices and is great for the digestive system, helping with colic, nausea, constipation, travel sickness indigestion and vomiting. Again, use it as an abdominal rub and inhale it in a diffuser, in a bath or put some drops on a cloth.

The spicy, warm scent is also sensual and warm.



* Retail Price		
EOGIN	10 ml	S\$18.50
EOGIN5	50 ml	S\$46.00

Grapefruit Australia (Citrus paradisi)

Grapefruit oil is expressed from its rind.

The citrus scent is refreshing, uplifting and purifying.

Its aroma helps balance emotions, uplifts the mood and helps dispel anger and anxiety.

It can also help soothe jet lag (with geranium), boost confidence and ease nervous exhaustion.

Grapefruit makes a good environmental disinfectant and can be dispersed via a diffuser or in a sprayer diluted in water.

As part of a massage, it can help stimulate lymphatic drainage and circulation, as well as ease muscle aches and pain.

It can also help as a support oil when going through alcohol and drug withdrawal.



* Retail Price		
EOGF	10 ml	S\$18.50
EOGF5	50 ml	S\$46.00

Hyssop France (Hyssopus officinalis)

Hyssop oil is produced by the distillation of the flowering tops. Spicy, warm and woody in fragrance, it is warming, stimulating and centering.

Use this oil to clear negative energy and to ease grief.

Hyssop oil is also used for clearing mucous and infections, and is great to use for sinusitis, bronchitis, and asthma since it has anti-inflammatory properties as well.



* Retail Price		
EOHYS	5 ml	S\$18.50

Jasmine Egyptian (Jasmine grandiflorum)

Jasmine is a very expensive oil made from expressing the Jasmine flower. It has a deep, floral fragrance that is so mesmerizing.

Full honey like sweetness is sensual and romantic.

It is an uplifting oil, lessening depression and is thought to increase artistic expression.

It is said to increase confidence and optimism, and acts as an aphrodisiac, combating impotence and frigidity.

Jasmine is a great remedy for painful menstruation and uterine spasms, and can also help regulate breathing, especially when feeling anxious or under duress.



* Retail Price		
EOJAS	5 ml	S\$148.00

Jasmine Egyptian 3% Dilution

Pure Jasmine dilution in pure jojoba oil. This is a cost effective alternative to actual oil. Retains the same scent as the more expensive oil.

* Retail Price		
EO3JAS	10 ml	S\$38.90
EO3JAS5	50 ml	S\$118.00

**Juniperberry Himalayan (Juniperus communis)**

The berries from the juniper shrub are steam distilled to produce the essential oil.

It is uplifting and revitalizing, and helps those feeling emotionally drained.

Juniper is best known for its diuretic properties and its treatment of cystitis. Use it in a half-filled bath and soak.

Juniper also helps ease muscular aches and pains, gout pain, rheumatism and arthritis.

It is particularly good at helping the body and skin with the removal of toxins. It is a circulatory stimulant that helps with a sluggish lymphatic system, cold hands and feet, varicose veins and hemorrhoids. **It is great in a bath for detoxifying and works synergistically with black pepper.**



* Retail Price		
EOJUN	10 ml	S\$20.50
EOJUN5	50 ml	S\$49.50

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* We have special discounts for massage students, massage salons and spas in Singapore. [Contact us](#) for the Student/Professional price.

Essential Oils Description L - N

Lavender French Alpine (Lavandula angustifolia)

Lavender, is one of the most popular oils in aromatherapy. It has a floral, sweet and herbaceous scent.

Our lavender is one of the finest lavender oils available. Wonderful sweet floral aroma from wild lavender flowers picked from the French alps.

It is a wonderful antidepressant, useful in treating depression, anxiety, anger and phobias. **Add a few drops to the pillow/sheet for peaceful sleep.**

Lavender is a great remedy for headaches and migraines, and also cleanses, detoxifies and stimulates lymphatic flow, which makes it a wonderful addition to a massage.

It can help slow a rapid heart beat, ease muscular pains and aches



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and soothe menstrual cramps and PMS.

Lavender is a great support oil for bronchitis, sinusitis, throat infections and coughs, since it acts as an expectorant and has a soothing effect on mucous membranes.

It's a wonderful tissue regenerator helping with many skin conditions, such as burns (with geranium), eczema, psoriasis, cuts, and scars.

Used with Tea tree oil, it can be a wonderful remedy for acne. Blend both oils, and put a drop or two on a cotton swab and dab it on. A drop of lavender can also soothe insect bites.

Blends with many other oils.

* Retail Price		
EOLAV	10 ml	S\$20.50
EOLAV5	50 ml	S\$49.50

Lemon Cold Pressed Australian (Citrus limon)

Lemon oil is produced from the cold expression of its rind. Lemon has a fresh, citrus scent that is revitalizing and uplifting.

A good rejuvenating oil.

Lemon works well as a digestive aid as it increases slow digestion and helps with indigestion, heartburn, and constipation.

Lemon is also an immune stimulant and a wonderful disinfectant against airborne microbes when diffused or inhaled. It can help fight colds and flu, and has a cleansing effect on the respiratory tract, helping with sinusitis and bronchitis. It soothes a sore throat and can be effective against tonsillitis. Put a couple of drops in warm water and gargle. Make sure not to swallow any of the mixture.

Lemon is very useful for skin ailments of an eruptive nature, such as cold sores and mouth ulcers, since it contains properties that counteract and heal them. It also has properties that help alleviate fungus flesh growths, thus making it effective against warts and boils. Finally, lemon stimulates blood and lymphatic flow, which makes it a great detoxifying oil.



* Retail Price		
EOLEM	10 ml	S\$18.50
EOLEM5	50 ml	S\$46.00

Lemon Eucalyptus Australia (Eucalyptus citriodora)

The oil has a sweet, lemony, fresh, with a woody hint. The oil has a strong citronella-like scent that is uplifting and comforting.

Eucalyptus Citriodora is effective in balancing blood pressure, is soothing to those suffering from shingles while it also helps eliminate the virus triggering the condition.

Highly anti-inflammatory, making it an excellent oil to use for arthritis and rheumatism.

A number of eucalyptus types were used to test their impact on three bacteria (Escherichia coli, Bacillus megaterium and Staph aureus, two yeast (Candida albicans and Saccharomyces cerevisiae) and two moulds (Aspergillus niger and Zygorrhynchus).



Eucalyptus Citriodora was the most active against all three test groups of contagions.

* Retail Price		
EOLMEUC	10 ml	S\$18.50
EOLMEUC5	50 ml	S\$46.00

Lemongrass Nepal (Cymbopogon flexuosus)

This oil has a fresh sweet, lemon scent that helps increase awareness and ease mental fatigue.

It helps improve concentration, combats stress and exhaustion, and thus can help relieve headaches.

Lemongrass oil can be used to ease the pain of arthritis (with Rosemary and Lavender) or to relieve general muscular aches, sprains and bruises.

It is useful for oily skin and hair (a few drops in an ounce of shampoo) and can be used in a massage for cellulite as it is said to help increase circulation and lymphatic flow.

Lemongrass oil can also help athlete's foot.



* Retail Price		
EOLG	10 ml	S\$18.50
EOLG5	50 ml	S\$46.00

Lime Cold Pressed Mexico (Citrus aurantifolia)

Lime oil has a fresh, zesty scent that is refreshing and uplifting, making it helpful for depression, anxiety, lethargy, and a tired mind.

Use it in your morning bath to give you a boost of energy to start the day, or add it into your diffuser or aroma lamp.

Lime may also help stimulate appetite when inhaled and ease stomach and intestinal cramping.

Tangy sweet fragrance is energizing and uplifting. Great men's scent.



* Retail Price		
EOLIM	10 ml	S\$18.50
EOLIM5	50 ml	S\$46.00

Mandarin Australian (Citrus reticulata)

Mandarin oil is produced by the cold expression of the rinds.

Inhaling its fruity, sweet aroma helps ease feelings of anxiety, depression, hysteria and restlessness and reconnects us to feelings of well-being.

A great companion oil to Lavender, it is a good choice for insomnia that is related to nervous tension and anxiety. Helps to sleep better.

Mandarin oil improves circulation and used locally on the skin acts as a toner, working on scars, stretch marks and acne. It also works on the digestive system by increasing appetite, calming an upset stomach, travel sickness and indigestion.

* Retail Price		
EOMAN	10 ml	S\$18.50
EOMAN5	50 ml	S\$46.00



Marjoram Spanish (Thymus mastichina)

Wild Marjoram (*Thymus mastichina*) comes mostly from Spain. Marjoram oil is derived from the steam distillation of the flowering plant.

It is also warming and soothing, and works to combat loneliness, grief, heartbreak, trauma and may help one deal with emotions.

Physically, marjoram oil is great at soothing muscular aches and pains, muscle stiffness, sprains, spasms, arthritis, headaches and rheumatic pain.

It is good in a massage blend for tired, sore muscles after a work out and may help lower blood pressure when inhaled.

* Retail Price		
EOMARS	5 ml	S\$16.50



Marjoram Sweet France (Origanum majorana)

The plants thrive on sunny hillsides. Sweet Marjoram originates in Libya, Egypt, the Mediterranean area and France.

When used as a steam inhalation, marjoram will clear the chest and ease respiratory difficulties quickly. It is one of the best oils to use in the treatment of asthma, bronchitis and colds. It can be massaged into the throat and chest to soothe a tickle in the throat and coughs.

Marjoram oil stimulates the vagus (parasympathetic) nerve and does not act on the sympathetic nerve, therefore its action is tranquilizing and lightly narcotic, a nervous sedative.

The sedative properties must not be abused. It can dull the senses and cause drowsiness. In large dosages it can be stupefying. Marjoram is a good remedy for insomnia.

The Sweet, yet spicy fragrance is calming and relaxing.

Marjoram is a wonderful sedative and is great for slowing a racing mind before bed. It can also calm hyperactivity and hysteria, and eases stress, anger and irritability.



* Retail Price		
EOMARF	10 ml	S\$23.50
EOMARF5	50 ml	S\$52.50

May Chang China (Litsea Cubeba)

A tree, which grows up to 10 metres, with bright green, lance shaped leaves on slender branches which bear fluffy, white flowers and small, round, green fruit about the size of a peppercorn

Litsea Cubeba is sometimes called May Chang or Chinese pepper.

Litsea Cubeba has a strong effect on the psyche and is good for depression, nervousness, anxiety and stress as it is uplifting and promotes mental clarity.

It is an excellent skin toner and helps control acne and oily skin. It is also good for muscle aches and pains, travel sickness, indigestion and stress related tension.



* Retail Price		
EOMC	10 ml	S\$16.50
EOMC5	50 ml	S\$42.00

Myrrh France (Commiphora molmol)

This oil is thick and golden yellow in color with a sweet balsamic, earthy scent.

Myrrh has been used for thousands of years and is one of the gifts brought by the 3 wise men to baby Jesus. (Gold, Myrrh & Frankincense)

It is helpful for emotional coldness, lack of motivation, calms and eases the mind, helping to reduce over thinking and worry.

Myrrh is very soothing to the skin and can help with inflamed skin conditions, eczema, wrinkles, boils, cracked and chapped skin.

Use it with some patchouli and Lavender for healing cracked heels. It is commonly used as a gargle to help heal gum infections and mouth ulcers.



* Retail Price		
EOMYRR	5 ml	S\$38.50

Myrtle Dalmation Yugoslavia (Myrtus communis)

Evergreen bush that can grow up to 4-5 metres high with glossy green leaves, white flowers and small deep blue berries.

The Greeks considered it to be a symbol of love and immortality. Myrtle leaves formed the crowns of winners of early Olympic games.

Myrtle is useful with pulmonary disorders and night sweats. It promotes restful sleep due to its sedative action.

It resembles eucalyptus in some aspects but is more sedative while



eucalyptus is more stimulating. It is helpful in fighting excessive moisture, bronchial catarrh and clearing sinusitis. It will help keep infection down.

Myrtle has a regulating effect on the genito-urinary system and helps hemorrhoids, diarrhea and dysentery. It may prove useful and effective with cystitis and ureteritis.

It is helpful with addictions and other dependency problems.

* Retail Price		
EOMYD	5 ml	S\$18.50

Neroli Bigarade France (Citrus aurantium ssp amara)

A tree with dark green leaves and fragrant white flowers
The **Bitter Orange** (*Citrus aurantium* var. *amara*) yields **Neroli Bigarade**. (vs the sweet orange tree).

Neroli has a mild hypnotic effect on the mind. One of the most important uses is helping with emotional problems. It relieves depression, stress, anxiety and hysteria.

Neroli is particularly valuable in skin care. It has the property of stimulating the rejuvenation of new cells. It is used on all skin types,

Most useful for dry, sensitive and mature skins, thread veins and scarring. The oil also helps stretch marks.



* Retail Price		
EONER	5 ml	S\$230.00

Neroli Bigarade 3% Dilution

Pure Neroli dilution in pure jojoba oil. This is a cost effective alternative to actual oil. Retains the same scent as the more expensive oil.

* Retail Price		
EO3NER	10 ml	S\$38.90
EO3NER5	50 ml	S\$118.00



Niaouli Pacific Islands (Melaleuca quinquenervia)

Niaouli oil is produced by the steam distillation of its leaves. It has a sweet fresh scent. And is a relative to Tea Tree oil.

Its aroma helps increase concentration and cut through mental fog, thus helping to clear confusion.

Physically, niaouli is said help fortify the immune system, and is a good choice to use in a diffuser to help fight colds and flu as well as to prevent them from coming on.

It is also useful for acne, boils, dermatitis, fungal infections and minor cuts.



* Retail Price		
EONIA	5 ml	S\$16.50

Nutmeg Javanese (*Myristica fragrans*)

The nutmeg tree is usually seven years old before it bears fruit, and after 30 years the quality is at it best.

Nutmegs are dried ripe seeds of the fruit. When the ripe fruits fall and naturally split along a lateral groove, they are collected. The brittle shell is then removed to reveal the nutmeg. This oil is produced via steam distillation of the seeds.

The Spicy aroma is warming and energizing. The scent is strong, spicy and warm and when inhaled, acts as a stimulant.

As such, it can help combat fatigue and debility and invigorates the mind. It is said to activate intense dreams --- use it in a diffuser before bed.

It is also considered a wonderful aphrodisiac and can be used with some of the floral notes, such as rose and jasmine oil. And is helpful for impotence or frigidity.

Nutmeg oil helps calm the stomach and is useful for nausea and indigestion. It also helps encourage appetite. This is a warming oil and as such, can help with muscle pain, sprains, strains, arthritis, gout and rheumatism. It stimulates the heart and circulation,



* Retail Price		
EONUT	10 ml	S\$20.50
EONUT5	50 ml	S\$49.50

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Essential Oils Description O - R

Orange Bitter Brazil (Citrus aurantium ssp amara)

A tree with hardy branches and beautiful white flowers. Fresh, dry and floral aroma with a rich, sweet undertone.

3 essential oils are produced from this tree: Neroli, from the flowers; Petitgrain, from the leaves; Bitter Orange, from the rind of the fruit.

It has a very calming action on a nervous stomach. Orange will help balance gastric problems such as diarrhea and constipation. It stimulates bile flow and helps with the digestion of fats and aids absorption of vitamin C. This makes it beneficial for use with colds, bronchitis and fever.

In addition, the relaxing nature of the oil helps relieve stress found with painful and sore muscles. The oil causes the system to relax. It is useful with clients who have insomnia or restless sleep.

This oil is good for the skin. It encourages the removal of toxins in



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congested skin. Orange helps with the formation of collagen. It appears to deal effectively with dry skin, wrinkles and dermatitis.

Overall this is a wonderful essential oil. It leaves the room smelling fresh and uplifts the mind. It is one of the favourites amongst the elderly.

* Retail Price		
EOBOR	10 ml	S\$18.50
EOBOR5	50 ml	S\$46.00

Orange Valencia (Citrus sinensis)

Sweet and refreshing, just like the fruit.

With a rich, fresh citrus scent, the essential oil of Orange lifts the spirits yet is calming to the nerves. Uplifting and cheery.

Its scent also helps us face our fears, let go of obsessions and create a positive mental attitude.

Orange oil may help ease constipation, indigestion, and may calm a nervous stomach. Add to massage oil for digestive system.

It increases circulation when applied topically and helps regeneration, making it good for cracked and chapped skin, wrinkles and dermatitis. Orange oil also gets the lymphatic system moving when congested and helps fight colds and flu as well.

* Retail Price		
EOVOR	10 ml	S\$18.50
EOVOR5	50 ml	S\$46.00

**Palmarosa Himalayan (Cymbopon martinii var. motia)**

Palmarosa has a light, lovely floral aroma which is uplifting.

It aids clarity of mind, lifts the mood and soothes the spirit. This helps us feel more secure with ourselves and lessens our need to cling to others. It also helps us let go of jealousy in relationships by opening us up to unconditional love, and it lifts the spirits.

Physically, palmarosa oil is great for the skin. It is a cell-regenerator, anti-inflammatory and hydrates the skin and is used successfully for acne, wrinkles, scar tissue, dry and sluggish skin, eczema and psoriasis. Use it with Lavender and other recommended oils as a rub or in a bath.

It makes a wonderful skin care oil when mixed with Sweet Almond Oil. It stimulates cellular regeneration and moisturises making it particularly good for mature skin care and acne.

* Retail Price		
EOPAL	10 ml	S\$18.50
EOPAL5	50 ml	S\$46.00

**Parsley Seed France (Petroselinum crispum)**

The parsley plant is very nutritious in vitamins A and C. It is also widely used as a herbal remedy to stimulate hair growth and suppress numerous ailments.

Sweet, spicy warm fragrance is tonic and astringent.

Mentally it helps relieve nervous strain.

Physically it relieves Asthma and other respiratory conditions.

Also used to relieve nausea.



* Retail Price		
EOPAR	5 ml	S\$18.50

Patchouli Javanese (Pogostemon cablin)

Patchouli oil is extracted via steam distillation from its leaves and flowers.

It has a musky, earthy, exotic aroma. Soothes and uplifts the spirit. It can be stimulating in high doses and sedating in low doses and helps ease stress and nervous tension. It is also grounding and helps sharpen the mind.

It blends nicely with citrus oils and is a wonderful aphrodisiac. Nice sensual properties, and a Musky aroma that lingers.

Like Tea Tree, Patchouli is also good for certain skin ailments as it contains astringent, and anti-inflammatory actions and is a cell regenerator. Use it with jojoba oil on acne, dermatitis, eczema, cracked skin, scars, wrinkles, loose skin and oily hair and scalp. It also helps against athlete's foot, and other fungal infections.

It is soothing to the skin and is reported to be especially good for mature skin. Useful in protecting dry, mature or blemished skin. Use on scalp for dandruff.



* Retail Price		
EOPAT	10 ml	S\$18.50
EOPAT5	50 ml	S\$46.00

Pepper Black Cochin (Piper nigrum)

The unripe, dried berries of the black pepper plant are steam distilled to produce the oil.

The pungent, woody, spicy scent is sensual and stimulating.

Black pepper oil is known for being a mental stimulant when inhaled, and helps increase concentration and alertness.

It also increases one's energy and endurance. Moreover, black pepper is said to help during times of adversity, encouraging feelings of hope and faith.

Physically, black pepper may ease the pain associated with arthritis, sprains and strains, muscle soreness, rheumatism, and neuralgia.

It is also a great digestive aid and helps with constipation, appetite loss, indigestion, heartburn and nausea.



And last but not least, it is a wonderful aphrodisiac.

* Retail Price		
EOPEP	10 ml	S\$28.50
EOPEP5	50 ml	S\$58.50

Peppermint Australian (Mentha X. piperita)

A refreshing minty scent that is invigorating and cooling.

Peppermint when inhaled acts as a mental and physical stimulant, providing clarity and helping with mental exhaustion and depression. It also can help release pride and feelings of inferiority.

Peppermint is an all-rounded oil that works on many different body systems.

It is a wonderful digestive tonic and helps with indigestion, heartburn, gas, travel sickness, nausea, and abdominal cramping.

Peppermint also acts as an expectorant and decongestant, so use it in a diffuser, bath or with steam inhalation for bronchitis, sinusitis, coughs, and general lung congestion. Use it in a bath to help with slight fevers and to help ease colds and flu.

It is also a great oil for use in massage as it stimulates lymphatic flow and drainage, eases muscular aches, pain and stiffness, sciatica, and rheumatism.

It is also an excellent remedy for headaches and migraines (use with lavender).

Peppermint helps the skin retain moisture, relieves itching, and can help against ringworm, scabies and athlete's foot.

It is a terrific insect repellent, especially effective with mosquitoes and ants.



* Retail Price		
EOPPM	10 ml	S\$18.50
EOPPM5	50 ml	S\$46.00

Petitgrain Bigarade Paraguay (Citrus aurantium ssp. amara)

The difference between Petitgrain and Neroli oil is the part of the bitter orange tree that is distilled. Petitgrain oil is derived from the leaves, while Neroli comes from the flowers.

Although both share a wonderfully sweet citrus tone, Petitgrain has a woody undertone, reminiscent of earthy potatoes, with a slight floral back note.

This essential oil is used to balance our central nervous system and thus can help when we are feeling nervous, anxious, stressed as well as when we are fatigued, depressed, and exhausted. It may be helpful for those coming off of tranquilizers, and can help with insomnia.

Petitgrain oil can help ease asthma that is brought on by



anxiety or nervousness.

It is a great deodorant as it helps arrest excess perspiration.

As a tissue regenerator, it is good for scars and scar prevention as well as stretch marks.

* Retail Price		
EOPET	10 ml	S\$20.50
EOPET5	50 ml	S\$49.50

Pine Needle Austrian (Pinus Nigra)

A tree with long, stiff needles growing in pairs. The cones are brown in colour and pointed. Bark is reddish brown and deeply grooved. The best oil comes from the buds and young needles.

It is found in the cold upland regions of Europe, Scandinavia and Russia.

Pine is very good for treatment of chest infections. It is a powerful antiseptic and useful for bronchitis, laryngitis and flu. As an expectorant it helps clear sinuses and ease breathing. Inhalations of pine are equally good for colds, catarrh and sore throats.

Pine has a stimulating effect on the circulation and its warming aspects are useful for rheumatic pain, gout, and arthritis.

Use only small proportions and low dilutions for blending.

* Retail Price		
EOPINE	10 ml	S\$18.50
EOPINE5	50 ml	S\$46.00



Rose Otto, Bulgarian (Rosa damascena)

Rose essential oil is one of the most expensive oils in the world. 1000 kg of roses are used to produce 1 litre of the essential oil. It is produced via the water distillation of its petals

Rose oil has the most beautiful scent among all the essential oils. A Deep long lasting fragrance that is relaxing, and very seductive.

It's scent is timeless and has been the symbol of love, comfort and healing for ages.

Use it to seduce or to entice a lover. The scent is irresistible and once you smell this oil, you will never forget the fragrance.

As a fun aphrodisiac, mix it with jojoba and massage it onto your skin to smell like a fresh rose.

A very soothing and calming aroma, rose oil is also helpful when one is experiencing grief, heartbreak, anger, jealousy, resentment or loneliness. It is relieves depression (including post-natal) and sorrow, increasing one's sense of well being.

Considered the skin's best friend, it contains anti-inflammatory, astringent and cell-rejuvenation properties. It is a great choice for helping with broken capillaries, eczema, psoriasis, abscesses, boils, dermatitis, burns and swelling.



* Retail Price		
EOROSE	5 ml	S\$248.00

Rose Otto 3% Dilution

Pure Rose dilution in pure jojoba oil. This is a cost effective alternative to actual oil. Retains the same scent as the more expensive oil.

* Retail Price		
EO3ROSE	10 ml	S\$38.90
EO3ROSE5	50 ml	S\$118.00



Rosemary Spanish (Rosmarinus officinalis)

Rosemary is one of the oldest plants used for food and medicine. Rosemary oil has a fresh, herbaceous scent.

It is well-known for its action on the mental level, sharpening memory and concentration, stimulating and clearing the mind. It is a favorite for periods of intense concentration like exams.

Rosemary's analgesic and antispasmodic properties also aid in relieving muscular aches and pains, headaches, migraines, sprains, tendonitis, arthritis, and rheumatic pain. **Helps to relieve muscle aches. A muscle relaxant which is perfect in Pre and Post sports rubs to maintain suppleness.**

It is one of the top oils recommended for hair loss (along with cedarwood and lavender). Most sources recommend adding about 30 drops of rosemary oil to 1 Tablespoon of jojoba oil and massage into the scalp before bed for 10 minutes. Do not rinse until the following mornings shower.

Also Helps combat water retention and cellulite.

* Retail Price		
EORMS	10 ml	S\$18.50
EORMS5	50 ml	S\$46.00



Rosewood Brazilian (Aniba roseodora)

Rosewood is a tropical tree growing wild in the Amazon basin. It has a sweet-woody, floral-nutmeg aroma.

It is gently strengthening and calming.
Rosewood is a relaxing oil with a beautiful woody, floral fragrance.

Add to massage oil to help combat tired muscles - especially after vigorous exercise.

Has a steadying and balancing affect on nerves, useful during exams.

A good anti-depressant and may help migraine and ward off general malaise.



* Retail Price		
EORW	10 ml	S\$20.50
EORW5	50 ml	S\$49.50

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Essential Oils Description S - Z

Sage Dalmatian Yugoslavia (Salvia officinalis)

An evergreen shrubby herb that grows up to 80 cms tall and a mass of deep blue or violet flowers.

A Fresh, yet spicy herbal aroma is soothing and calming.

Sage is found around the world in dry, hot areas. Sage was popular with the Chinese and Romans. The Chinese believed it cured sterility and the Romans thought it cured almost every thing. The Romans knew it as "herba sacra" or the sacred herb. The root word means "to save or to heal". It was popular as a nerve tonic in the Middle Ages and was used as a tea in England.

Sage is particularly good for mouth and throat infections, wounds and headaches. Sage can be put in gargles and mouthwashes, (**do not swallow**) and should be diluted in water to a very low concentration.



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As massage oil, use it for men with very tense muscles. Sage is very warming and penetrating to the muscles and has a softening effect on the muscles, which have been over-developed.

It will induce menstruation, assist in childbirth, has a normalizing effect for late or scanty periods and helps during the onset of menopause. It imitates estrogen and helps regulate menstruation.

* Retail Price		
EOSAGE	5 ml	S\$16.50

Sandalwood East Indian (Santalum album)

Sandalwood is one of the oldest known perfume materials. A small evergreen tree that grows up to 9 metres. It has a brown-grey trunk and many smooth slender branches. It has leathery leaves and small pinky-white flowers. The tree must be thirty years old before it is ready for the production of sandalwood oil. Sandalwood oil is produced by the steam distillation of its wood.

This rich and sweet scented oil has a subtle, woody aroma which brings one to inner awareness, helping with meditation.

It has been used for centuries in religious ceremonies by many religions including Roman Catholicism. It is still used today in most churches.

It is also helpful for depression, insomnia, stress, as well as for overcoming obsessions and feelings of isolation and grief.

Sandalwood oil helps with dry nasal conditions, dry coughs and throat as it helps increase the secretion of mucous.

Sandalwood is also very skin friendly, and helps bring sebum back into balance. It is used for acne, dry and cracked skin, eczema and is soothing to inflamed skin conditions.

It is most important as a powerful urinary antiseptic. It has been used for centuries, for the treatment of various infections of the urinary tract such as cystitis.

It is one of the perfumes that seems to be as popular for use by men as it is with women.

It has a calming effect on anxiety and may be helpful with frigidity and impotence. It reduces fears and makes an individual both physically and emotionally more open to a physical relationship.



* Retail Price		
EOSWEI	5 ml	S\$89.00

Sandalwood West Indian (Amyris balsamifera)

Amyris is also known as West Indian sandalwood, although unrelated to the true Indian sandalwood. It has a woody, slightly sweet, balsamic aroma, suggestive of sandalwood.

Amyris is used mostly for its fragrance. It is a fragrance fixative - it slows the evaporation and dissipation of the fragrance it is added to. It can also be used as a component of soap fragrances.

It is a thick and viscous essential oil that is strengthening, restorative, centering.

It is a relaxing oil for using in a burner that can be useful for tension, depression, nervous exhaustion, and anxiety.

* Retail Price		
EOSWWI	10 ml	S\$16.50
EOSWWI	50 ml	S\$42.00



Spearmint USA (Mentha spicata)

Spearmint is a hardy perennial herb that reaches about 1 meter in height. It has bright green lance-shaped, sharply serrated leaves and lilac-colored flowers.

Unlike Peppermint, Spearmint does not contain significant amounts of Menthol.

Spearmint is used to heal sore gums and also to whiten teeth.

It stimulates a tired mind and helps with headaches, migraines, nervous strain, fatigue and stress.

For the respiratory tract Spearmint oil could help with asthma, bronchitis, catarrh and sinusitis.

Spearmint shares many of the same properties as Peppermint. It is milder than peppermint and better for children.

It has a calming effect also on the digestive system. It will increase bile production and calm digestive upsets. It is a good essential oil to use on indigestion. It may mitigate some of the effects of travel and seasickness.

* Retail Price		
EOSPM	10 ml	S\$16.50
EOSPM5	50 ml	S\$42.00



Tangerine USA (Citrus reticulata var. tangerine)

The tangerine tree, Citrus Reticulata, grows in California, Florida and Texas and is actually the American variety of the East Asian Mandarin.

Some say Tangerine and Mandarin may be used interchangeably, but others find their scents very different, saying that Mandarin seems a bit tarter, closer to a blend of orange and grapefruit. Tangerine Oil is pressed from the peel of the ripe fruit.

Tangerine is a delightful alternative to Orange Oil, a bit lighter and much sweeter when used in a blend.

In France it is regarded as a safe children's remedy for minor stomach ailments.



The wonderful light and sweet citrus scent of Tangerine oil works wonders during gloomy periods. It is uplifting like the other citrus oils and is also great at strengthening as well as calming the nervous system, which makes it helpful for stressful, nervous states.

It may be helpful for muscle cramps and cellulite.

* Retail Price		
EOTAN	10 ml	S\$16.50
EOTAN5	50 ml	S\$42.00

Tea Tree Australian (Melaleuca alternifolia)

The Tea Tree is native to Southeastern Australia. Tea Tree Oil, or Oil of Melaleuca is a concentrated essence from the leaf of the tree, Melaleuca Alternifolia.

Tea tree is a general name for members of the Melaleuca family and has won a reputation as a "cure all" because of its powerful antifungal, antiviral and antibacterial properties and only recently has it been proven scientifically that the oil really possesses an outstanding germ killing effect and high penetration power.

Mentally Tea tree's fresh, spicy and camphorous scent revitalizes our energy, clears our mind and helps us rid of disturbing thoughts.

Tea tree is a very powerful natural antiseptic.

It is very effective for use for athlete's foot and nail fungus. Tea tree is a great skin fungus and bacteria fighter and can be also used for conditions like ringworm, warts, acne, rashes, dandruff, cold sores and cuts.

Tea tree oil strengthens the immune system, which is why it is used to both protect and fight against colds and flu.

Tea tree cleanses the respiratory system and is an expectorant, so is great for bronchitis, coughs, sinusitis, runny nose and tonsillitis.

* Retail Price		
EOTEA	10 ml	S\$18.50
EOTEA5	50 ml	S\$46.00



Thyme Red Spanish (Thymus vulgaris)

Thyme is derived via the steam distillation of the flowering herb. Herbal scent is stimulating and strengthening.

It helps invigorate the mind and the central nervous system, calling into action our psychic and intellectual abilities. It is especially good during convalescence or for those prone to violence.

Thyme is a strong antispasmodic and helps ease sprains, muscular and rheumatic aches and spasms.

It can help increase the immune defenses and decrease airborne infectious agents when dispersed in the environment. This is a good one to put in a diffuser when children come down with a cold/flu or to use preventatively.



As an inhalation, it helps ease bronchitis, coughs, and a runny nose.

It is also a good choice oil for healing acne, cuts and minor skin infections.

* Retail Price		
EOTHY	10 ml	S\$28.50
EOTHY5	50 ml	S\$58.50

Vetiver Javanese (Vetiveria zizanioides)

Vetiver is a unique oil that is extracted from it roots. **Heavy, woody, slightly smokey fragrance is sensual and grounding. It has a rich smoky odour, highly prized by Aromatherapists and perfumers alike.**

It instills a sense of security and calm. It is said to help calm the nerves before a big event.

Vetiver can help ease muscular pains, arthritis and sprains.

It can help to detoxify the body and get the lymphatic system moving.

* Retail Price		
EOVET	10 ml	S\$18.50
EOVET5	50 ml	S\$46.00



Ylang Ylang Madagascar (Cananga odorata)

A Rich fragrant oil that is sedative and seductive.

Ylang ylang oil has a wonderful sweet, floral and warm scent that eases anxiety and fear, as well as encourages a sense of confidence and peace.

It uplifts the mood and relaxes the central nervous system, which makes it a good inhalation for depression, panic and shock.

In low doses, it is a wonderful aphrodisiac as it helps bring on erotic moods and also quells any anxiety about sex.

Ylang ylang essential oil is great for the skin as it has a balancing effect on sebum making it a good choice for all skin types.

It is also used for acne, insect bites, a dry scalp and for possibly aiding new hair growth. Ylang ylang also helps slow down rapid breathing when inhaled.

* Retail Price		
EOYLG	10 ml	S\$20.50
EOYLG5	50 ml	S\$49.50



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At Natural Therapy we use only therapeutic grade essential oils in our products. Remember, Essential Oils applied onto the skin are absorbed into the body and that is why we use only pure and natural ingredients, and you and your clients should too.

* We have special discounts for massage students, massage salons and spas in Singapore. [Contact us](#) for the Student/Professional price.

Essential Oils Description S - Z

Sage Dalmatian Yugoslavia (Salvia officinalis)

An evergreen shrubby herb that grows up to 80 cms tall and a mass of deep blue or violet flowers.

A Fresh, yet spicy herbal aroma is soothing and calming.

Sage is found around the world in dry, hot areas. Sage was popular with the Chinese and Romans. The Chinese believed it cured sterility and the Romans thought it cured almost every thing. The Romans knew it as "herba sacra" or the sacred herb. The root word means "to save or to heal". It was popular as a nerve tonic in the Middle Ages and was used as a tea in England.

Sage is particularly good for mouth and throat infections, wounds and headaches. Sage can be put in gargles and mouthwashes, (**do not swallow**) and should be diluted in water to a very low concentration.



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As massage oil, use it for men with very tense muscles. Sage is very warming and penetrating to the muscles and has a softening effect on the muscles, which have been over-developed.

It will induce menstruation, assist in childbirth, has a normalizing effect for late or scanty periods and helps during the onset of menopause. It imitates estrogen and helps regulate menstruation.

* Retail Price		
EOSAGE	5 ml	S\$16.50

Sandalwood East Indian (Santalum album)

Sandalwood is one of the oldest known perfume materials. A small evergreen tree that grows up to 9 metres. It has a brown-grey trunk and many smooth slender branches. It has leathery leaves and small pinky-white flowers. The tree must be thirty years old before it is ready for the production of sandalwood oil. Sandalwood oil is produced by the steam distillation of its wood.

This rich and sweet scented oil has a subtle, woody aroma which brings one to inner awareness, helping with meditation.

It has been used for centuries in religious ceremonies by many religions including Roman Catholicism. It is still used today in most churches.

It is also helpful for depression, insomnia, stress, as well as for overcoming obsessions and feelings of isolation and grief.

Sandalwood oil helps with dry nasal conditions, dry coughs and throat as it helps increase the secretion of mucous.

Sandalwood is also very skin friendly, and helps bring sebum back into balance. It is used for acne, dry and cracked skin, eczema and is soothing to inflamed skin conditions.

It is most important as a powerful urinary antiseptic. It has been used for centuries, for the treatment of various infections of the urinary tract such as cystitis.

It is one of the perfumes that seems to be as popular for use by men as it is with women.

It has a calming effect on anxiety and may be helpful with frigidity and impotence. It reduces fears and makes an individual both physically and emotionally more open to a physical relationship.



* Retail Price		
EOSWEI	5 ml	S\$89.00

Sandalwood West Indian (Amyris balsamifera)

Amyris is also known as West Indian sandalwood, although unrelated to the true Indian sandalwood. It has a woody, slightly sweet, balsamic aroma, suggestive of sandalwood.

Amyris is used mostly for its fragrance. It is a fragrance fixative - it slows the evaporation and dissipation of the fragrance it is added to. It can also be used as a component of soap fragrances.

It is a thick and viscous essential oil that is strengthening, restorative, centering.

It is a relaxing oil for using in a burner that can be useful for tension, depression, nervous exhaustion, and anxiety.

* Retail Price		
EOSWWI	10 ml	S\$16.50
EOSWWI	50 ml	S\$42.00



Spearmint USA (Mentha spicata)

Spearmint is a hardy perennial herb that reaches about 1 meter in height. It has bright green lance-shaped, sharply serrated leaves and lilac-colored flowers.

Unlike Peppermint, Spearmint does not contain significant amounts of Menthol.

Spearmint is used to heal sore gums and also to whiten teeth.

It stimulates a tired mind and helps with headaches, migraines, nervous strain, fatigue and stress.

For the respiratory tract Spearmint oil could help with asthma, bronchitis, catarrh and sinusitis.

Spearmint shares many of the same properties as Peppermint. It is milder than peppermint and better for children.

It has a calming effect also on the digestive system. It will increase bile production and calm digestive upsets. It is a good essential oil to use on indigestion. It may mitigate some of the effects of travel and seasickness.

* Retail Price		
EOSPM	10 ml	S\$16.50
EOSPM5	50 ml	S\$42.00



Tangerine USA (Citrus reticulata var. tangerine)

The tangerine tree, Citrus Reticulata, grows in California, Florida and Texas and is actually the American variety of the East Asian Mandarin.

Some say Tangerine and Mandarin may be used interchangeably, but others find their scents very different, saying that Mandarin seems a bit tarter, closer to a blend of orange and grapefruit. Tangerine Oil is pressed from the peel of the ripe fruit.

Tangerine is a delightful alternative to Orange Oil, a bit lighter and much sweeter when used in a blend.

In France it is regarded as a safe children's remedy for minor stomach ailments.



The wonderful light and sweet citrus scent of Tangerine oil works wonders during gloomy periods. It is uplifting like the other citrus oils and is also great at strengthening as well as calming the nervous system, which makes it helpful for stressful, nervous states.

It may be helpful for muscle cramps and cellulite.

* Retail Price		
EOTAN	10 ml	S\$16.50
EOTAN5	50 ml	S\$42.00

Tea Tree Australian (Melaleuca alternifolia)

The Tea Tree is native to Southeastern Australia. Tea Tree Oil, or Oil of Melaleuca is a concentrated essence from the leaf of the tree, Melaleuca Alternifolia.

Tea tree is a general name for members of the Melaleuca family and has won a reputation as a "cure all" because of its powerful antifungal, antiviral and antibacterial properties and only recently has it been proven scientifically that the oil really possesses an outstanding germ killing effect and high penetration power.

Mentally Tea tree's fresh, spicy and camphorous scent revitalizes our energy, clears our mind and helps us rid of disturbing thoughts.

Tea tree is a very powerful natural antiseptic.

It is very effective for use for athlete's foot and nail fungus. Tea tree is a great skin fungus and bacteria fighter and can be also used for conditions like ringworm, warts, acne, rashes, dandruff, cold sores and cuts.

Tea tree oil strengthens the immune system, which is why it is used to both protect and fight against colds and flu.

Tea tree cleanses the respiratory system and is an expectorant, so is great for bronchitis, coughs, sinusitis, runny nose and tonsillitis.

* Retail Price		
EOTEA	10 ml	S\$18.50
EOTEA5	50 ml	S\$46.00



Thyme Red Spanish (Thymus vulgaris)

Thyme is derived via the steam distillation of the flowering herb. Herbal scent is stimulating and strengthening.

It helps invigorate the mind and the central nervous system, calling into action our psychic and intellectual abilities. It is especially good during convalescence or for those prone to violence.

Thyme is a strong antispasmodic and helps ease sprains, muscular and rheumatic aches and spasms.

It can help increase the immune defenses and decrease airborne infectious agents when dispersed in the environment. This is a good one to put in a diffuser when children come down with a cold/flu or to use preventatively.



As an inhalation, it helps ease bronchitis, coughs, and a runny nose.

It is also a good choice oil for healing acne, cuts and minor skin infections.

* Retail Price		
EOTHY	10 ml	S\$28.50
EOTHY5	50 ml	S\$58.50

Vetiver Javanese (Vetiveria zizanioides)

Vetiver is a unique oil that is extracted from it roots. **Heavy, woody, slightly smokey fragrance is sensual and grounding. It has a rich smoky odour, highly prized by Aromatherapists and perfumers alike.**

It instills a sense of security and calm. It is said to help calm the nerves before a big event.

Vetiver can help ease muscular pains, arthritis and sprains.

It can help to detoxify the body and get the lymphatic system moving.

* Retail Price		
EOVET	10 ml	S\$18.50
EOVET5	50 ml	S\$46.00



Ylang Ylang Madagascar (Cananga odorata)

A Rich fragrant oil that is sedative and seductive.

Ylang ylang oil has a wonderful sweet, floral and warm scent that eases anxiety and fear, as well as encourages a sense of confidence and peace.

It uplifts the mood and relaxes the central nervous system, which makes it a good inhalation for depression, panic and shock.

In low doses, it is a wonderful aphrodisiac as it helps bring on erotic moods and also quells any anxiety about sex.

Ylang ylang essential oil is great for the skin as it has a balancing effect on sebum making it a good choice for all skin types.

It is also used for acne, insect bites, a dry scalp and for possibly aiding new hair growth. Ylang ylang also helps slow down rapid breathing when inhaled.

* Retail Price		
EOYLG	10 ml	S\$20.50
EOYLG5	50 ml	S\$49.50



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Blending Recipes

An essential oil blend can be created for therapeutic effect, or for a unique fragrance - or both. You do not need to be an expert in the use of essential oils to create blends.

The Nature of a Good Blend

A good aromatherapy blend uses all-natural, pure essential oils and delivers a benefit. The oils in it should be synergistic to support and enhance each oil's effect.

Before beginning your blending work, it's important to understand essential oils in general, as well as the specific characteristics and aroma profiles of the oils you want to work with.

You will want to familiarize yourself with the fragrance and effect of essential oils

Breathe the aroma and

i) note how it makes you feel - calm, uplifted, focused, sensual

ii) note the scent - light, fresh, strong, sweet, green, herbal

As you develop a descriptive picture of the oils, think about how they'll work with each other in a blend. What part of the oil do you want to work with? What effects do you want to enhance? What characteristics do you want to tone down?

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Some pointers for creating a balanced blend

There is no limit on how many essential oils you can use in your blend.

You may want to use essential oils with a strong fragrance sparingly - such as peppermint or basil. Lavender may be useful for toning down strong scented oils. You can add just a drop or two of any essential oil to create an appealing fragrance in your blend.

Blended essential oils will merge over time and the fragrance may change. You can leave the blend for a day, then return and test the fragrance. It may be perfect!

And as you experiment with your blend creations keep a record of the number of drops you use of each essential oil in the blend, so that you can recreate the same blend later on.

Common Sense Blending

Learn which oils match the benefit and aroma you're looking for. Then experiment with quantities and combinations until you create the blend you envision. Always keep notes on what you're doing so when you hit upon that perfect blend you can repeat your success. Happy blending!

Massage, burner or direct inhalation

Pure essential oils need to be diluted before they can be applied to the body. Carrier oils are used to dilute essential oils for massage. An example would be oils like Sweet Almond, grapeseed or jojoba oil.

Blends to use in an aroma burner or for direct inhalation do not need to be diluted at all. In fact, if you are creating a blend for your burner, you want the mixture to consist of only pure essential oils.

E.g. Creating a Simple Blend

Imagine an "End of the Day Blend" to help you relax and unwind after a busy, stress-filled day. This blend should be soothing and relaxing, but also uplifting to chase away the cares and worries of the day and give you a little boost to carry you through an evening at home.

Two excellent relaxing oils are chamomile and lavender. Uplifting oils include bergamot and lemon. A blend of these oils would produce a light, sweet aroma. The bergamot, lemon and chamomile would give this blend a fruity sweetness. The lavender would make the sweetness a bit more floral-herbaceous. If you want the blend to be a little less sweet and more stimulating, a small amount of herbal, penetrating rosemary could be added. The relaxing, spicy-woody oil of rosewood might serve as an effective base to this blend.

Essential Oil Recipes

<u>Relaxing</u>	<u>Depression</u>	<u>Cold & Flu</u>

<u>Sensual</u>	<u>Fatigue</u>	<u>Detoxification</u>
<u>Refreshing</u>	<u>Muscle Ache</u>	<u>Insomnia</u>
<u>Stress Relief</u>	<u>Calming</u>	<u>Pain relieving</u>



Relaxing Massage Blends

Recipe 1

2 drops geranium oil

2 drops rose oil

2 drops lavender oil

(blend with 20 ml carrier oil for massage)

Can be used effectively as a face and scalp massage. Relieves anxiety.

Recipe 2

2 drops frankincense

4 drops rosewood

(blend with 20 ml carrier oil for massage)

Especially effective on the neck, shoulders, and temples.

Recipe 3

6 drops lavender

3 drops ylang ylang

(blend with 30 ml carrier oil for massage)

Pleasant floral blend

Recipe 4

3 drops Lavender

2 drops Chamomile

2 drops Tangerine

1 drop Orange

(blend with 30 ml carrier oil for massage)

Relaxing citrus blend, with floral tones

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Depression

Recipe 1

2 drops Bergamot

2 drops Geranium

2 drops Orange

(blend with 20 ml carrier oil for massage)

Inhale directly when feeling depressed or massage onto the head, neck and shoulders.

Recipe 2

4 drops geranium

2 drops lavender

4 drops bergamot

(blend with 30 ml carrier oil for massage)

A floral citrus mix

Recipe 3

2 drops of lemon

2 drops of clary sage

2 drops of sandalwood

2 drops of ylang ylang

(blend with 25 ml carrier oil for massage)

A unique blend that has multiple tones that evolves slowly

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Cold & Flu Blends

Recipe 1

5 drops eucalyptus .

5 drops peppermint

4 drops lavender

(blend with 40 ml carrier oil for massage)

Helpful during allergy season. This can also be used in a diffuser or humidifier. It can also be put on a cotton ball and inhaled. Or massage onto the chest.

Recipe 2

4 drops orange

2 drops lemon

2 drops cinnamon

(blend with 25 ml carrier oil for massage)

A warming and soothing blend.

Recipe 3

2 drops lavender

2 drops rosemary

2 drops eucalyptus

(blend with 20 ml carrier oil for massage)

In a burner at bedtime to help combat airborne viral and bacterial germs and ease sinus congestion. Place up to 4 drops of each in a lamp ring, humidifier, plug in scent ball, aroma fan or any other type of diffuser.

Recipe 4

3 drops Tea Tree

3 drops Eucalyptus

(blend with 20 ml carrier oil for massage)

A strong anti-bacterial blend, with Eucalyptus to soothe congestion

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Sensual Blend

Recipe 1

4 drops ylang ylang

2 drops geranium

1 drop jasmine

(blend with 20 ml carrier oil for massage)

A seductive floral blend

Recipe 2

5 drops Ylang Ylang

5 drops Palmarosa

4 drops Bergamot

(blend with 40 ml carrier oil for massage)

A complex sweet herbal blend.

Recipe 3

4 drops Rose

6 drops Sandalwood

1 drop Ylang Ylang

(blend with 40 ml carrier oil for massage)

A woody floral blend that will captivate both parties.

Recipe 4

6 drops Rose

(blend with 20 ml carrier oil for massage)

A pure, deep lasting, extremely seductive blend

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Fatigue

Recipe 1

2 drops Rosemary

2 drops Lavender

2 drops Peppermint.

(blend with 20 ml carrier oil for massage)

Use in a massage or in a burner to relieve fatigue, after a hard day at work.

Recipe 2

4 drops Ylang Ylang

2 drops Basil

4 drops Rosemary

(blend with 30 ml carrier oil for massage)

A herbal scent to relieve tiredness

Recipe 3

2 drops Geranium

2 drops Lavender

2 drops Rosemary

(blend with 20 ml carrier oil for massage)

Especially effective on the neck, shoulders, and temples.

Recipe 4

4 drops Lemon

2 drops Clary Sage

4 drops Lavender

(blend with 30 ml carrier oil for massage)

A light citrus blend, toned with lavender

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Detoxification

Recipe 1

4 drops Geranium

4 drops Rosemary
4 drops Juniper
(blend with 40 ml carrier oil for massage)

Massage onto the body to raise circulation and flush out toxins.

Recipe 2

2 drops of Geranium
2 drops of Juniper
1 drop of Lavender
(blend with 20 ml carrier oil for massage)

Detoxify with this sweet floral blend.

Recipe 3

2 drops Lavender
2 drops Grapefruit,
2 drops Cypress
2 drops Juniper
2 drops Basil
(blend with 30 ml carrier oil for massage)

A blend which treats many problems

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Refreshing

Recipe 1

4 drops lime
2 drops mandarin
2 drops grapefruit
(blend with 30 ml carrier oil for massage)

A bright citrus blend

Recipe 2

4 drops Peppermint
4 drops Eucalyptus
2 drops Lemongrass
(blend with 30 ml carrier oil for massage)

Refreshing and clears the head and lungs

Recipe 3

4 drops Rosemary
4 drops Peppermint
3 drops Lemon
(blend with 30 ml carrier oil for massage)

A unusual blend but gently refreshing

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Muscle Ache

Recipe 1

**2 drops Cedarwood
2 drops Chamomile
2 drops Lavender
2 drops Lemongrass
(blend with 30 ml carrier oil for massage)**

A soothing blend that treats aching muscles and promotes sleep

Recipe 2

**2 drops ginger
3 drops eucalyptus
4 drops rosemary
(blend with 30 ml carrier oil for massage)**

A spicy herbal rub for sore muscles

Recipe 3

**4 drops Rosemary
3 drops Lavender
(blend with 20 ml carrier oil for massage)**

A tried and tested home favorite over the years

Recipe 4

**6 drops black pepper oil
3 drops lavender
3 drops juniper
3 drops ginger
(blend with 40 ml carrier oil for massage)**

A spicy and muscle warming blend

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Insomnia

Recipe 1

**6 drops lavender
(blend with 20 ml carrier oil for massage)**

A simple blend to use before bedtime

Recipe 2

3 drops sandalwood oil
2 drops chamomile oil
(blend with 20 ml carrier oil for massage)

A woody gentle blend to help you sleep

Recipe 3

2 drops Ylang Ylang
5 drops Lavender
(blend with 20 ml carrier oil for massage)

A sweet sleep inducing blend

Recipe 4

3 drops Chamomile
3 drops Lavender
(blend with 20 ml carrier oil for massage)

Extremely effective blend to help treat insomnia

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Stress Relief

Recipe 1

3 drops Bergamot
2 drops Nutmeg
1 drops Lavender
(blend with 20 ml carrier oil for massage)

A warm blend to help release tension

Recipe 2

2 drops rose
4 drops lavender
(blend with 20 ml carrier oil for massage)

A deep floral blend to relax the mind

Recipe 3

4 drops lemon
2 drops peppermint
2 drops juniper
(blend with 30 ml carrier oil for massage)

A citrus blend with minty tones to reduce tension and improve breathing

Recipe 4

3 drops lavender
3 drops sandalwood
3 drops rosewood
(blend with 30 ml carrier oil for massage)

A sweet woody essence that calms and relaxes the body

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**Calming****Recipe 1**

3 drops lavender
1 drops geranium
5 drops bergamot
3 drops rosewood
(blend with 40 ml carrier oil for massage)

A complex blend that calms the mind and lifts the spirit

Recipe 2

3 drops chamomile
3 drops ylang ylang
1 drop jasmine
1 drop rose
(blend with 30 ml carrier oil for massage)

A premium blend that centers the heart and puts the mind at peace

Recipe 3

4 parts Sandalwood
2 drops Frankincense
2 drops Myrrh
(blend with 30 ml carrier oil for massage)

A blend that is excellent for meditation. Calms the mind, spirit and soul.

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**Pain Relieving****Recipe 1**

3 drops Eucalyptus

3 drops Sandalwood
(blend with 20 ml carrier oil for massage)

Relieve aching joints

Recipe 2

1 drop of Chamomile
2 drops of Lavender
1 drop Marjoram
1 drop of Rosemary
(blend with 20 ml carrier oil for massage)

Relieve headaches, migraines, joint aches and back aches

Recipe 3

3 drops Rosemary
3 drops Lavender
3 drops Eucalyptus
(blend with 40 ml carrier oil for massage)

Treat headaches and muscle aches

Recipe 4

4 drops lavender
2 drops clary sage
2 drops ylang ylang
(blend with 30 ml carrier oil for massage)

Relieves cramps and tightness

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Properties of Essential Oils

<u>Essential Oil</u>	<u>Scent</u>	<u>Mental</u>	<u>Physical</u>
Basil Sweet France	Sweet & Spicy	improve memory, keep awake	Relieve migraine, muscles aches
Bay West Indies	Warm	Calming	Relieves aches, hair problems
Bergamot Ivory Coast	Spicy Citrus	helps depression, helps sleep	treat cold/flu, appetite control
Cajeput Ambon	Sweet & Herbal	Stimulating, Balancing	Good for Flu
Carrotseed West Indies	Sweet & Earthy	Increase creativity	Anti-oxidant, treat mature skin
Cassia Cochin	Warm	Stimulating	Digestive complaints
Cedarwood Atlas Algeria	Dry & Woody	Calming	Reduce Phlegm
Cedarwood Himalayan	Dry & Woody	Helps Mediation	Well Being
Cedarwood USA	Woody, balsamic	relief fears, strengthen will	Hair loss, treat cellulite
Celery Seed West Indies	Fresh celery	Sedative, promotes sleep	reduce skin puffiness

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Chamomile Roman France	Sweet & warm	Soothing, helps insomnia	treats skin inflammation
Cinnamon Ceylon	sensual & spicy	bolster confidence, warming	ease cold/flu, warm the body
Citronella Ceylon	lemon scent	Uplifting	Mosquito repellant, treat arthritis
Clary Sage French	Sweet & spicy	treat depression, calm hyperactive	relieve PMS, headache & migraines
Clove Java	Warm & spicy	Improves concentration	Tendonitis, sore muscles, sprains
Cypress Provence	Woody, pine like	Eases grief & anger.	Relieve Menstrual cramps & menopause
Elemi Philippines	Spicy citrus	Feeling of peace & joy	Strengthen immune system
Eucalyptus Australia	Fresh, Camphor	treats negative feelings.	Relieve cold/flu, nasal decongestion
Eucalyptus Australia Blue Gum	Clear and sharp	Clears the head	Relieves cold/flu and diarrhoea
Fennel Sweet France	Sweet	refresh sluggish mind	Detoxification, restore muscle tone
Fir Needle Siberian	Balsamic and refreshing	Warming	Relieve asthma, and aids recovery from flu
Frankincense West Indies	Rich, sweet & Woody	helps indecision, emotional pain	Dry nose & throat. Treat scars, wrinkles.
Geranium Egyptian	Fresh & sweet, Rose like	Relieve depression.	Relieve jet lag, treat acne & bruises
Ginger Cochin	Fresh ginger	sharpens senses	treat digestion problems
Grapefruit Australia	Light citrus	Balancing, dispels anger & anxiety	Ease muscle aches, improve circulation
Hyssop France	Woody	Clear negative energy	Treats sinus, asthma
Jasmine Egyptian	Honey sweetness, sensual	Aphrodisiac, increase confidence	Menstrual cramps, stomach cramps
Juniperberry Himalayan	Peppery & sweet	helps when emotionally drained	Detoxification, muscular aches
Lavender French Alpine	Floral, Herbal	Anti-depressive. Treat Insomnia. Relieve phobias.	Relieve headaches, detoxifies, cold/flu, skin problems - acne, burns, cuts, scars
Lemon Australian	Fresh lemon	Rejuvenating	Helps digestion, clears congestion. Sore throats. Mouth ulcers.
Lemongrass Nepal	Sweet Lemon	Stress relief, treat exhaustion	Oily skin, reduce cellulite
Lemon Eucalyptus Australia	Woody lemon	Comforting	Anti-inflammatory. Arthritis & rheumatism
Lime Cold Pressed Mexico	Zesty & Fresh	Boost energy	Ease stomach cramps, stimulate appetite

Mandarin Australian	Sweet & fruity	Relieve restlessness and anxiety	Skin toner. Travel sickness.
Marjoram Spanish	Spicy & sweet	Combat loneliness, grief	sore muscles, sprains
Marjoram Sweet France	Warm & spicy	Very Calming & sedative	Relieves painful muscles
May Chang China	Sweet citrus	Uplifting & sunny	Stimulating for digestion
Myrrh France	Balsamic & earthy	increase motivation. Reduce worrying	Treat Cracked skin. Gum infections & mouth ulcers
Myrtle Dalmation Yugoslavia	Fresh and sweet	Relieves anger	Treat pulmonary disorders
Neroli Bigarade France	Beautiful floral	Euphoric	Relieve insomnia, treats skin disorders
Niaouli Pacific Islands	Fresh & Sweet	Clear confusion	Strengthen immune system
Nutmeg Javanese	Strong & spicy	Invigorates the mind, induces vivid dreams. Aphrodisiac	Treat Nausea. Treat muscle pain.
Orange Bitter Brazil	Refreshing	Increases energy	Helps digestion, and helps prevent colds/flu
Orange Valencia	Refreshing orange	Create positive attitude	Ease constipation. indigestion. skin regeneration.
Palmarosa Himalayan	Light Floral	Lessens jealousy, feel more secure	Skin problems - acne, wrinkles, mature skin
Parsley Seed France	Herbal	Relieve mental strain	Relieve asthma
Patchouli Javanese	Musky & earthy	Sedative	Treat fungal infections. reduces dandruff.
Peppermint Australian	Minty & refreshing	Provides clarity	Treat indigestion. Jet lag & nausea. Headaches & migraines.
Pepper Black Cochin	Sharp & spicy	Increase alertness, sensual & aphrodisiac	Treat digestive problems
Petitgrain Paraguay	Sweet, Floral	treats exhaustion	Deodorant. Reduce scars and stretch marks.
Pine Needle Austria	Fresh forest	treats mental fatigue	Strong antiseptic. Helps kidney disorders.
Rose Otto, Bulgarian	Beautiful, deep, long lasting	Powerful aphrodisiac, calming and soothing. Strong anti-depressive	Excellent in treating all skin problems. All skin types - matured, oily, dry
Rosemary Spanish	Fresh, Herbal	Focusing, improve concentration	Relieve muscle aches & pains. Pre/post sports massage

Rosewood Brazilian	Sweet woody	Strengthening, relaxing	Combat tired muscles
Sage Dalmatian Yugoslavia	Spicy herbal	Calming	Mouth & throat infections. relief tense muscles
Sandalwood East Indian	Rich, sweet, woody	Treats depression, insomnia. Good for meditation	Balances skin - reduces oily skin & moistures dry skin.
Sandalwood Australian	Rich, sweet, woody	Treats impotence. Reduces fears	Treats most skin problems - acne, eczema, scars
Sandalwood West Indian	Woody & spicy	Calming	Calming
Spearmint USA	Sweet & minty	Stimulates tired mind	Relieve motion sickness, bad breath and aids digestion
Tangerine USA	Light citrus, tart	Uplifting, reduces moodiness	Relief muscle cramp, treat cellulite
Tea Tree Australian	Camphorous, herbal	Clears the mind	Powerful antiseptic & antibacterial. treat athlete's foot, skin fungus. Runny noses and coughs.
Thyme Red Spanish	Herbal	Energizes the mind, reduces anger	Eases aches. Disinfects the environment
Vetiver Javanese	Rich, smokey	Calming	Detoxification
Ylang Ylang Madagascar	Sweet, Floral	Relaxing. Treats depression. Erotic aphrodisiac.	Balances dry or oily skin. Promotes hair growth.

Essential Oils						
<u>A</u>	<u>E</u>	<u>I</u>	<u>M</u>	<u>Q</u>	<u>U</u>	<u>Y</u>
<u>B</u>	<u>F</u>	<u>J</u>	<u>N</u>	<u>R</u>	<u>V</u>	<u>Z</u>
<u>C</u>	<u>G</u>	<u>K</u>	<u>O</u>	<u>S</u>	<u>W</u>	
<u>D</u>	<u>H</u>	<u>L</u>	<u>P</u>	<u>T</u>	<u>X</u>	