



focus aid

A clarifying 100% pure essential oil blend of Lemon, Orange, Basil, Cedarwood, Rosemary & Cinnamon.

Traditionally used in aromatherapy to help improve:

- Focus
- Concentration
- Attention span
- Alertness
- Memory



breathe easier

A powerful 100% pure essential oil blend of Eucalyptus, Mint & Myrtle.

Traditionally used in aromatherapy to help relieve:

- Symptoms of Cold & Flu
- Mucous Congestion
- Sinusitis
- Mild Upper Respiratory Infections
- Bronchial Coughs



WARNING: Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



stress relief

A calming 100% pure essential oil blend of Sweet Orange, Mandarin, Lavender, Bergamot & Cedarwood.

Traditionally used in aromatherapy to help relieve:

- Nervous tension
- Headaches
- Fatigue
- Mild anxiety



headache ease

A soothing 100% pure essential oil blend of Lemon, Peppermint & Lavender.

Traditionally used in aromatherapy for the temporary relief of:

- Headaches
- Mild migraines
- Throbbing head
- Sinusitis
- Nausea
- Nervous tension



OIL GARDEN
ESTD BYRON BAY 1985



Methods of Use

Vaporisation:

Add 3-6 drops to the water in your diffuser.

Massage:

Add 2-5 drops to 10mL carrier oil and massage into chest and back. The mixture can be kept for 24 hours at room temperature.

Direct Application:

Apply the roll on oil to temples, chest and back of neck as required. Use as required or up to 6 times a day.





hay fever ease

A refreshing 100% pure essential oil blend of Lemon, Peppermint, Grapefruit & Lavender.

Traditionally used in aromatherapy for the temporary relief of:

- Allergy symptoms
- Upper respiratory congestion
- Nasal Secretions
- Headaches
- Catarrh



sleep assist

A calming 100% pure essential oil blend of Sweet Orange, Lavender, Marjoram & German Chamomile.

Traditionally used in aromatherapy to help relieve:

- Mild insomnia
- Sleeplessness
- Nervous tension
- Restlessness
- Stress
- Mild anxiety



energy boost

An invigorating 100% pure essential oil blend of Sweet Orange, Lemon, Grapefruit, Lime, Bergamot, Lemongrass & Ginger.

Traditionally used in aromatherapy to:

- Revive and uplift
- Assist with tiredness & mental fatigue
- Energise



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immunity guard

A protective 100% pure essential oil blend of Eucalyptus, Lemon, Eucalyptus, Rosemary, Lemon, Cajeput & Tea Tree.

Traditionally used in aromatherapy to assist with:

- A healthy immune system
- Mild viral upper respiratory infection
- Chicken pox
- Minor skin infections
- Facial cold sores
- Mild acne



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100% PURE ESSENTIAL OIL BLENDS

Natural Remedies are 100% pure essential oils expertly blended to enhance health, wellbeing & mood.

www.oilgarden.com.au

