



ANGELICA (Root) ✦	Archangelica officinalis - aroma: earthy, musky, herbaceous. Soothing oil for fatigue, stress & detoxifying. Used in high grade perfumes for musk - like notes which are hard to define. Also used in high grade Liqueurs. Properties of Angelica revealed to a monk by an Angel, thus giving its name.	Rhizome
BASIL (Linalool )	Ocimum basilicum - Invigorating oil, good for clearing mind/aiding concentration - especially when tired. Ideal after a stressful day.	Herb
BERGAMOT ✦ ✦	Citrus bergamia - Relaxing, refreshing, excellent for skin care - especially oily or blemished skin. Used to flavour Earl Gray Tea.	Fruit Rind
BLACK PEPPER ✦	Piper nigrum - Stimulating, warming oil. Helpful muscle rub, use in massage oil before and after exercise. Strengthening, aids digestion and concentration.	Corn
CAJAPUT ✦	Melaleuca cajuputi - A penetrating camphoric odour. A very useful oil during the winter months for its clearing properties. Blends well with citruses.	Leaves/twigs
CARDAMOM	Elettaria cadamomum - strong character of fresh cardamom, sweet, spicy, fresh, slightly woody. Ideal choice to add to a massage oil or bath after a hectic day in the office. Soothing and one of my favourite aromas.	Seeds
CARROT SEED	Daucus carota v. sativa - Warm, sweet, dry, slightly spicy and woody Ideal skincare oil. Its actions are soothing and gentle, and can be used to treat a variety of skin disorders. It is also helpful for mature skin as it has revitalising and toning properties.	Seeds
CEDARWOOD	Cedrus atlantica - Soothing woody aroma - helpful for oily skin and itchy scalp. Add to Aroma Disc in wardrobe to repel moths.	Wood
CHAMOMILE, Roman	Anthemis nobilis - Sweet fruity aroma. Excellent for skin care, especially sensitive & problem skin. Soothing and relaxing, encourages sleep.	Flowers
CHAMOMILE, German	Matricaria Recutita- Blue Chamomile , Aroma: deep, pungent, earthy floral. Ideal for stiff swollen joints and muscles - ideal in a warm compress.	Flowers
CINNAMON LEAF ✦	Cinnamomum zeylanicum - Spicy, warming. Stimulating to the system. An ideal room fragrance. Blends well with orange and clove. Powerful germ killer.	Leaves
CITRONELLA	Cymbopogon winterienus- Wonderfully refreshing lemony aroma, uplifting, repels insects and is deodorizing- great to use in floor wash and vaporizing.	Leaves
CLARYSAGE	Salvia sclarea - Soothing and relaxing. Ideal for mature skin Clear, sweet aroma. Excellent nerve tonic. Blends well with nutmeg.	Herb/flowers
CLOVE BUD ✦	Eugenia caryophyllata - Warm, spicy aroma. Excellent mouthwash and antiseptic. Repels insects. Blends well with Orange and Cinnamon Leaf	Buds
CORIANDER SEED	Coriandrum sativum - Sweet, spicy aroma. Stimulating and refreshing. Useful muscle rub. Encourages appetite and digestion.	Herb/seed
CYPRESS ✦	Cupressus sempervirens - refreshing aroma, natural deodorant and astringent often used in aftershave. Useful for cellulite and sweaty feet & menopause.	Leaves
EUCALYPTUS	Eucalyptus globulus - Strong antiseptic. A well known winter oil traditionally used for its penetrating clearing aroma. Burn to keep the air germ reduced or add to massage oil for a clearing chest rub. Ideal for sports people. Blends well with Lavender.	Leaves/twigs
FENNEL, Sweet ✦	Foeniculum vulgare - Fresh Aniseed aroma, A detoxifying oil which improves circulation and helps combat cellulite and weight gain.	Herb/seed
FRANKINCENSE	Boswellia carterii - Warm soothing aroma. Traditionally burnt as an aid for meditation - creates 'spiritual' atmosphere. Useful skin care oil - ideal for mature skin. (claimed to have rejuvenating qualities). We also supply frankincense tears (resin) to churches, which is used during religious ceremonies.	Resin
GERANIUM	Pelargonium graveolens - A refreshing balancing oil for mind and body. The pleasing flowery aroma is used widely in the perfume industry.	Leaves/flowers
GINGER ✦	Zingiber officinalis - ideal in winter for its warming effect. Helpful muscle tonic. Warm, spicy aroma. Characteristic of ground ginger.	Rhizome
GRAPEFRUIT ✦ ✦	Citrus paradisi - Uplifting, refreshing. Good skin toner and hair tonic. Helpful during times of confusion or depression. Obtained by cold expression.	Fruit rind
HELICHYRYSUM	Helichrysum gymnocephalum - unique refreshing floral aroma, excellent respiratory muscle rub, ideal oil to vaporize in stuffy busy offices.	Leaves/flowers
HELICHYRYSUM	Helichrysum (H. italicum G. Don) (angustifolium DC) fresh, spicy, floral, slightly smoky notes and penetrating. Helps reduce swelling, bruising, aches/pains.	Flowers
HO LEAF (Linalool )	Cinnamomum camphora - A pleasant light flowery aroma. Relaxing and deodorizing. Add to massage oil to help combat tired muscles.	Leaves/twigs
JASMINE ✦	Jasminum grandiflorum - Relaxing, Ideal in moisturiser for dry/sensitive skin. Sensual properties. Heady, deep, floral aroma.	Flowers
JUNIPERBERRY	Juniperus communis - Antiseptic and astringent ideal for oily skin. Add to massage oil or in Bath Base for combating cellulite. Massage into scalp to encourage healthy hair. Has a cleansing effect on the body. Not to be mistaken with the cheaper Juniper.	Berries
LAVENDER	Lavendula angustifolia - Mildest but most effective of all essential oils. Can be used neat as an antiseptic. Excellent for skin care. Restorative - helps restore balance and encourages sleep. Add a few drops to a fragrance by the bed. Blends well with many oils. We grow Organic Lavender.	Flowers
LEMON ✦✦	Citrus limonum - Excellent antiseptic. Refreshing and uplifting - useful insect repellent and hair rinse. Can be used to lighten dull stained hands or to tone and condition nails and cuticles. Blends well with other oils. Obtained by cold expression. Waxes can separate in citruses when cold.	Fruit rind
LEMONGRASS ✦✦	Cymbopogon citratus - Strong sweet 'lemony' aroma, excellent for vaporizing to banish unpleasant smells. Uplifting and refreshing - good for tired sweaty feet, or as a rinse for greasy hair. Best not used on children.	Grass
LIME (Distilled) ✦	Citrus aurantifolia - Excellent tonic and antiseptic. Fresh, sweet, zesty aroma. Obtained by steam distillation. Will uplift and rejuvenate your atmosphere.	Fruit rind
MANDARIN RED ✦ ✦	Citrus reticulata - Sweet & Fruity aroma, Known to have gentle, soothing action, suitable for the very fragile. Helps prevent stretch marks.	Fruit rind
MARJORAM, Sweet	Origanum marjorana - aroma is characteristic of the herb, Warming, comforting oil. Useful for tired aching muscles. Will encourage sleep.	Herb/flowers
MELISSA (True) ✦	Melissa officinalis- AKA Lemon Balm. Green lemony aroma Soothing and uplifting during times of anxiety, excellent for skin care and a useful inhalation.	Herb/flowers
MYRRH	Commiphora myrrha - Exotic aroma. Carried into battle by Greek soldiers. Useful mouth wash and for skin care, especially problem skin.	Resin
NIAOULI ✦	Melaleuca viridiflora- related to Cajeput, camphoric, cineole medicinal aroma, purifying, useful in winter.	Leaves
NEROLI	Citrus aurantium amara - AKA orange blossom, but true Neroli is from the flowers of the bitter orange. Calming and soothing during times of stress, helps restore sleep. Ideal for skin care, especially mature/dry. Exquisite light floral aroma, with bitter sweet nutty qualities. Used by Princesses as a perfume.	Flowers
NUTMEG ✦	Myristica fragrans - Warm, sweet, spicy aroma. Stimulates imagination & dreams. Useful muscle rub. Stimulates digestion.	Seeds
ORANGE ✦ ✦	Citrus sinensis - Soothing and uplifting. A warming jolly oil. Add to bath base in winter. Encourages sleep - ideal when vaporized & blends well.	Fruit rind
PALMAROSA ✦	Cymbopogon martinii - Excellent skin care oil, helps moisturise the skin. Ideal during difficult times. Kills household germs, use to wipe down work surfaces.	Leaves
PATCHOULI	Pogostemon patchouli - A musky, exotic oil. Helps prevent dry, rough skin. Add to shampoo/final rinse for dark hair - massage into scalp for dandruff or use as a perfume. Popular during the 60's for it's earthy sensual aroma and still is. Blends well with Sandalwood, Rose or Jasmine.	Leaves/Stem
PEPPERMINT ✦	Mentha piperita - Clearing, penetrating odour. Invigorating - ideal travel companion. Use to bathe tired sweaty feet. A good insect repellent. Has a cooling effect on the body. Ideal for use by sports people. Best not used on children under three. Refreshes and awakens.	Herb
PETITGRAIN	Citrus aurantium - Refreshing aroma- floral, citral & woody - ideal when used in massage for uplifting qualities. Final rinse to encourage healthy hair.	Leaves/twigs
PINE	Pinus sylvestris - Distilled from the needles. Aroma is characteristic of fresh penetrating pine. Clearing and deodorizing, air-freshener and antiseptic.	Needles
RAVINTSARA	Cinnamomum camphora- nice fresh aroma, clearing, cleansing & purifying. Ideal during change of weather - winter times.	Leaves/Stem
ROSE	Rosa damascena - Known as the queen of oils because of its affinity to the female system. Widely used in skin care, especially for dry, sensitive types. Soothes anger and grief. Renowned sensual properties. Sweet floral aroma. Rose Otto solidifies under 16 °C & melts at hand temperature.	Flowers
ROSEMARY ✦	Rosmarinus officinalis - One of most stimulating of all oils. An ideal 'pick me up', aids memory and clear thinking. Few drops on a Aroma disk.	Herb/flowers
SANDALWOOD	Santalum album - A rich musky oil often burnt as an aid to meditation. Creates an exotic atmosphere, excellent for skin care. Especially when dry or sensitive. Useful for dry/damaged hair and as a body fragrance. Antiseptic, soothing. Very tenacious traditional Indian perfume. Rub on untreated wood.	Wood
SPIKENARD	Nardostachys jatamansi - fresh slightly musk - root like aroma. A soothing and relaxing oil that helps aid sleep. Adds intersting notes to a perfume.	Rhizome
TAGETES ✦ ✦	Tagetes glandulifera - A powerful, sweet floral aroma. Has excellent fungicidal properties. Repels flies. Use with caution and dilute well- do not use prior to exposure to the sun or ultra violet rays. Blends well with Lavender, Clarysage, and citrus oils. We spray our green house to stop fungus on grapes.	Flowers
TEA TREE	Melaleuca alternifolia - Powerful antiseptic. Ideal for vaporizing to kill germs - especially beneficial during the winter months. Useful 'cleansing' agent for skin. Helps combat foot odour. Can be used as a disinfectant with Palmarosa. Repels fleas on pets, when mixed with Citronella: shampoo and on collar.	Leaves/twigs
THYME RED ✦✦	Thymus vulgaris - A powerful oil, strong thymol aroma, use with extra caution. Kills many germs, especially when used with Palmarosa. Repel insects.	Herb/flowers
VALERIAN	Valeriana officinalis - Very soothing and relaxing especially during difficult times. Encourages sleep and restfulness. Earthy Musky odour which pets like.	Rhizome
VETIVERT	Andropogon muricatus - Woody, smoky aroma. Deeply relaxing, ideal in massage or bath. Traditionally used in men's toiletries. Blends well with Lavender.	Rhizome
YARROW ✦	Achillea millefolium - lighter, aroma than Chamomile Roman, Excellent oily skin cleanser, good for stress related conditions, country name: nose bleed. Yarrow stalks were used by ancient Chinese in conjunction with I Ching -divination. Blends well with Roman Chamomile.	Flowers-Stems
YLANG YLANG ✦	Cananga odorata genuina - 'Flower of flowers' a sweet exotic floral oil, long used for its sensual properties. Soothing and relaxing. Ideal for dry skin and as a hair rinse. Blends well with Bergamot, Lemon or Orange. Ylang grading is done by the time of distillation and density of the oil, profile can cross grades.	Flowers



# AROMATHERAPY

The Holistic Approach

Essential oil is the true essence of a single plant and is usually extracted by steam distillation. Each plant yields its own unique essential oil - whether herbs, spices, resins, leaves or flowers.

Essential oils have long been used for their healing properties as well as for their fragrant aromas.

They may be used on many levels - physical, emotional, mental, spiritual and are ideal when used in combination with other therapies or on their own.

Kobashi essential oils are sourced from around the world. They are all high quality, pure and derived from named botanical species.

We always recommend that the oils are **diluted** before application to the body. Lavender may be used neat for specific applications. The oils may be used singularly or in combination, but do not exceed the dilution ratios recommended.

**The oils may be used in the following ways:**

## BATH

Simply add a total of 2 or less drops essential oil to 5mls of Kobashi **Luxury Bath Base**. Soak for up to 20 minutes allowing the oil to penetrate the skin while enjoying the luxurious vapours. Choose oil to suit your mood:

- \* Rosemary, Helichrysum &/or Peppermint to get you going in the mornings.
- \* Ylang Ylang, Lavender, Valerian &/or Cedarwood to relax you in the evenings.

## MASSAGE

Add a total of 1 drop or less essential oil to every 5mls of Kobashi **Massage Body Oil** or **Moisturising Lotion**. Choose any oil to suit your condition or mood.

- \* Chamomile and Lavender to encourage sleep.
- \* Ylang Ylang, Sandalwood &/or Frankincense for a sensuous massage.

## PERFUME

Essential oils have always been used as perfumes - either singularly or in blends. They can be used simply for pleasure or to reinforce the effect of other aromatherapy applications. Use a total of 1 drop or less to 5mls of base.

- \* Try blending Grapefruit, Basil, Bergamot & Lavender for a pleasant aroma.
- \* For men try Cypress, Frankincense &/or Basil in **moisturiser** for a great shave.

## VAPORISATION

Add 4 to 8 drops of essential oil to the bowl of a Kobashi **Burner**. Fill with water and place over night light - ideal for banishing strong smells. For a subtler effect try using a Kobashi **Light Bulb Ring** or **Aroma Disc**. Particularly helpful in stuffy centrally-heated rooms. Electric Aromastones & Aromastreams are safe to leave on all night.

- \* Try Ravensara, Palmarosa, Cinnamon &/or Thyme to kill airborne bacteria.
- \* Lemongrass, Lime, &/or Fennel to clear smoke and create a pleasant atmosphere.

**More specifically they may be applied to the body in the following ways:**

## HAIR

Essential oils are excellent beauty aids which help to condition the scalp which in turn produces healthy hair.

For very dry and damaged hair try Sandalwood, Patchouli and/or Vetivert (add 3 drops or less of oil to 10 ml warm Jojoba or base Body oil, massage into scalp, wrap in a warm towel for 20 minutes and shampoo out). Alternatively, try adding your chosen oil to any Kobashi conditioning shampoo.

- \* For greasy hair try Chamomile, Grapefruit, Lemon &/or Orange.
- \* As a tonic use Rosemary and Juniperberry &/or Petitgrain.

## SKIN/FACE CARE

(Mixing ratio: up to 1 drop or less to every 5 ml base product)

Essential oils are excellent beauty aids - they encourage the sebaceous glands (the glands just under the skin) to function more efficiently. This improves the general health of the skin. Use with **Kobashi Luxury Moisturiser, Aloe Vera Gel or Massage Oils** to create your own individual preparations. These base products have been specially formulated to readily absorb essential oils. Either mix enough to last a few weeks or a few days. The oils can be used singularly or in combinations. Choose the oils to suit your skin type &/or an oil you have a personal preference for. Less can be more with essential oil, so start off with a drop, smell it then add another drop if you prefer.

- \* See large Kobashi poster & other side of this leaflet.

## BABIES AND CHILDREN

Essential oils can be very beneficial to babies and children as long as they are used with care. **Always dilute** the essential oil in a Kobashi base before applying to the skin or adding to the bath. For babies use only one drop of oil to 10ml of base: for children use half the amount an adult would use. We have an excellent ready to use Baby Lotion.

- \* Try Lavender & Chamomile at night to encourage sleep.
- \* Grapefruit calms and soothes.

*The examples given should only be used as a guide. We like to encourage our customers to experiment. The oils are flexible and can be used in endless combinations. They are for you to enjoy.*

### KOBASHI LUXURY BASES

The following products have been specially formulated by Kobashi to be used in conjunction with Kobashi essential oils:

- \* Kobashi Moisturiser, Cream, Massage Oils, Bath Base, Soap, Shampoo, Aloe Gel.
- \* All Kobashi base products are blended using vegetable oils making them suitable for vegans and those with sensitive skin and are never tested on animals.

### KOBASHI ACCESSORIES

- \* Aroma-Stones, Aroma-Streams, Stoneware Burners, Light Bulb Rings, Aroma Discs, Storage Chests, Starter Baskets, Posters, Bottles & Wheatbags.
- \* Kobashi has many Floral Waters to choice from.

### !!! CAUTIONS !!!

If accidentally swallowed **DO NOT** induce vomiting - drink at least 1 pint of water - seek urgent medical attention. Show bottle & amount.

We do not recommend any essential oils to be taken internally or applied undiluted to the skin - unless under qualified supervision.

Certain oils may cause irritation and/or sensitisation to the skin of sensitive people and should be used in greater dilutions - they are all marked \* over leaf.

Citrus oils especially Bergamot, should not be used on skin before

exposure to the sun. Except in a shampoo or soap, as most is rinsed. Avoid contact with the eye area: should this happen, immediately wash eyes thoroughly with water and repeat.

Seek medical attention if stinging persists after 10 minutes.

Some people may have allergic reactions to essential oils. Kobashi can not be held responsible for any adverse reactions from their use.

Used responsibly the oils are a safe natural product, here for you to enjoy and to benefit from.

Keep oils out of reach of children!

### COMPANY POLICY — Guaranteed Highest Quality

The oils we supply are of the highest quality - pure, undiluted and derived from the named botanical species. We purchase and test for chemo-type. We always try to supply oils which are organic (no artificial fertilisers or pesticides). We detest harmful chemicals and would like to see the end of their use. We have much concern over the purity and authenticity of essential oils, since it is possible to adulterate or pass off 'substitutes' as essential oils, thus we do not trust anyone when purchasing, so we test the end product. We take great care when purchasing our oils - buying direct from growers and distillers whenever possible. We grow Organic Lavender, Calendula & St John's Wort in Devon. We import frankincense & Myrrh gum by the ton and have it distilled in the UK. Even Oils called Organic have been known to have pesticides and herbicides, this is why we do end product testing and will reject an oil if found in ppm.

The oils are subjected to rigorous testing: weight per mille, optical rotation and refractive index. We use the latest testing equipment to quantify purity - one of the tests being GC-MS in conjunction with Wiley a 360,000 chemical spectra library. GC & GC-MS can quantify the chemical components, of which there can be over 200 in a single oil.

Being natural products, the oils are prone to variations due to geographic location, altitude, climate, season, methods of husbandry, wild or clonal change and method of distillation. In fact, our testing has shown differences on the same farm, from different fields and in the same year. The oils must satisfy our quality standards. If you are not 100% satisfied with our products, please return to place of purchase, within thirty days for a full refund. This does not replace your statutory rights.

### Shelf Life and Storage

Oils are prone to the effects of light, oxygen, heat and moisture. It is recommended that they are kept at a moderate to cool temperature.

KOBASHI oils come in amber glass bottles with droppers, which can be controlled by gradual tilting. Boxing the oils may further protect them from light, heat and trauma - thus extending their shelf life. In some cases, oils such as Patchouli & Frankincense improve with age, although some may become more viscous. The Citrus Oils and Pine have the shortest shelf life - generally 1 year, but can last longer. Refrigeration helps oils last longer, but some oils such as citrus may have wax fallout, which is normal. Shelf life for essential oil is not an exact science and may be more beneficial to the supplier, than the customer. Over a period of time oil residue on top of the dropper may oxidise, giving a false impression of the aroma in the bottle. Taking the dropper out and cleaning it with soap, hot water and drying it will rectify this.

Kobashi is a member of the B.U.A.V (British Union for the Abolition of Vivisection), The Vegan Society and the A.T.C.

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Against Animal Testing