


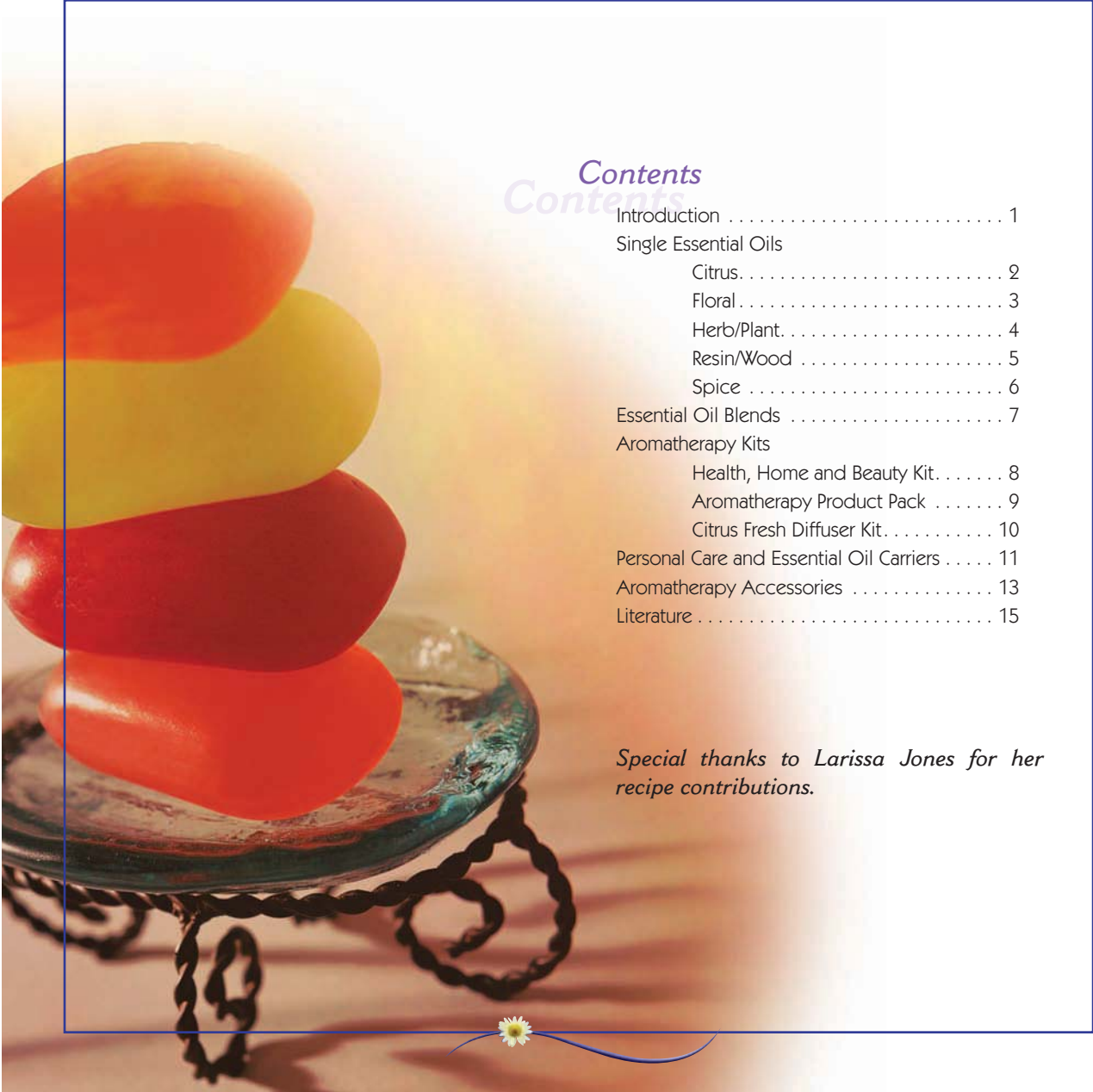
N A T U R E ' S S U N S H I N E

# HomeSpa Aromatherapy

*Using pure plant  
essential oils*

A woman with long brown hair, wearing a white dress with a colorful floral pattern, stands barefoot on a sandy beach. She is looking out towards the ocean, where waves are breaking against several large, dark rocks. The sky is a clear, pale blue. The overall scene is peaceful and serene.

*Discover how fun and easy it is  
to make health, home and beauty  
products for pennies!*



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*Special thanks to Larissa Jones for her recipe contributions.*

*Since ancient times,* humankind has used pure plant essential oils for their health benefits. Essential oils have many uses. Some soothe, relax or invigorate the spirit.

Many popular products in stores today use additives and artificial fragrances. Discover how affordable it is to make your own luxurious and pampering products using Nature's Sunshine's 100 percent natural, pure essential oils.

*Here are just a few things  
you can make with NSP essential oils:*

- Air-Freshening Blends
- Refreshing Body Mists
- Calming Massage Oils
- Luxurious Bath Salts
- Body-Pampering Products
- Refreshing Soap
- Facial Care Products
- Soothing Pedicure Scrubs
- Natural Hair Care Products
- Personalized Perfume Blends
- Chemical-Free Home Cleaning Aids



## Single Essential Oils

**Citrus:**  
*Citrus*  
 Refresh,  
 uplift and  
 rejuvenate.



	<u>Stock No.</u>
<i>Bergamot BIO (5 ml)</i>	3900-5
<i>Grapefruit, Pink BIO (5 ml)</i>	3906-7
<i>Lemon BIO (5 ml)</i>	3908-2
<i>Mandarin, Red (5 ml)</i>	3897-4

### Easy Refreshing Spritzer Recipe

- 2-ounce glass bottle with spritzer/mister top
- 1 3/4 ounces of purified water
- 8 drops Pink Grapefruit
- 3 drops Red Mandarin
- 2 drops Neroli

Fill the spritzer bottle with water, add oils and shake before every use.



## Single Essential Oils



Floral:  
Sweet and  
euphoric.

	<u>Stock No.</u>
<i>Chamomile, Roman (5 ml)</i>	3901-6
<i>Helichrysum (5 ml)*</i>	3943-0
<i>Jasmine Absolute (2 ml)</i>	3890-1
<i>Neroli (2 ml)*</i>	3891-2
<i>Rose Bulgaria (2 ml)</i>	3892-8
<i>Ylang Ylang Complete BIO (5 ml)</i>	3917-7

\*Available while supplies last.

### Jasmine Perfume Recipe

- 1 drop Jasmine
- 2 drops Sandalwood
- 1 drop Ylang Ylang
- 3 to 5 ml Massage Oil (1/2 to 1 tsp.),  
depending on desired strength
- 1 roll-on bottle (0.5 oz.)

Blend massage oil and essential oils.  
Apply as a perfume to pulse points.



## Single Essential Oils

*Herb/Plant:*

*Herb/Plant*

**Balancing—**

*some are relaxing*

*and some are energizing.*



**Stock No.**

<i>Clary Sage (5 ml)</i>	3902-4
<i>Eucalyptus BIO (5 ml)</i>	3904-9
<i>Geranium (5 ml)</i>	3905-3
<i>Lavender Fine AOC (5 ml)</i>	3907-8
<i>Marjoram, Sweet (5 ml)</i>	3896-3
<i>Oregano, Wild (5 ml)</i>	3934-6
<i>Patchouli (5 ml)</i>	3909-0
<i>Peppermint (5 ml)</i>	3910-9
<i>Pine Needle (5 ml)</i>	3911-5
<i>Rosemary (5 ml)</i>	3914-8
<i>Tei Fu Oil (0.17 fl. oz.)</i>	1618-7
<i>Thyme Linalol BIO (5 ml)</i>	3913-2
<i>Tea Tree (.5 fl. oz.)</i>	1777-1

### *Rosemary Room Deodorizer for Home and Office*

- 6 drops Rosemary
- 6 drops Pink Grapefruit
- 4 drops Lemon
- 2 ounces purified water

Combine oils and water in a 2-ounce glass spritzer bottle. Shake well before each use and spray liberally into the air.

This spray will combat odors. During the fall and winter seasons, add 2 drops of eucalyptus. The blend also works well in a nebulizing diffuser.



## Single Essential Oils



*Resin/Wood:*  
*Resin/Wood*  
*Calming*

*and grounding.*

*Frankincense (5 ml)*

*Myrrh (5 ml)*

*Sandalwood (5 ml)*

Stock No.

3899-9

3939-3

3915-4

## Single Essential Oils

Spice:  
Spice  
Warming.



	<u>Stock No.</u>
<i>Cinnamon Leaf (5 ml)</i>	3898-6
<i>Clove Bud BIO (5 ml)</i>	3903-1

### *Cinnamon Leaf Spray for Surfaces*

- 3 drops Cinnamon Leaf
- 5 drops Pine
- 2 drops Frankincense
- 10 drops Bergamot
- 1/8 teaspoon Sunshine Concentrate
- 2 ounces purified water

Combine essential oils with Sunshine Concentrate/  
soap in a trigger spray bottle. Spray on and wipe  
surface dry.

Freshens countertops, stovetops and tile.





## Essential Oil Blends

*Our blends* have been specially created to target specific emotional and functional goals.



	<u>Stock No.</u>
<i>Breathe Free (5 ml)</i>	3919-1
<i>Cellu-Tone (5 ml)</i>	3927-3
<i>Deep Relief (5 ml)</i>	3926-2
<i>Guardian (5 ml)</i>	3922-9

### *Clearing and Stimulating Inhalation*

Add 2–3 drops of Breathe Free essential oil blend to a bowl of steaming water. Cover your head with a towel so that it encloses both your head and the bowl. Close your eyes and breathe deeply, keeping your head 10–12 inches from the bowl.



## Aromatherapy Kits

### Health, Home and Beauty Kit

### Health, Home and Beauty

**This versatile collection** of oils can be used to create dozens of blends for everything from luxurious pampering products to cleaning your bathroom tiles.

This kit contains one bottle each of:

Lavender Fine AOC (5 ml)

Bergamot BIO (5 ml)

Cinnamon Leaf (5 ml)

Lemon BIO (5 ml)

Pink Grapefruit BIO (5 ml)

Geranium (5 ml)

Frankincense (5 ml)

Pine Needle (5 ml)

Red Mandarin (5 ml)

Peppermint (5 ml)

**Health, Home and Beauty Kit**

**Stock No.**

3954-1



### Lavender–Peppermint Soap Recipe

4 ounces clear, solid glycerin (usually about 3 cubes)

15 drops Lavender

5 drops Peppermint

soap molds

coloring (optional)

Melt glycerin in the microwave (about 40 seconds) or in a double boiler. Pour hot glycerin into the soap molds. Allow it to cool slightly, then drop in the essential oils and coloring. Glycerin blocks and soap molds are available at craft stores.

Soap hardens in about one hour.

## Aromatherapy Kits

### Aromatherapy ProductPack ProductPack

*Here's everything you will need* to start making your own pampering and cleaning products for pennies! (Some additional supplies may be needed depending on recipe.)

**Aromatherapy ProductPack**

**Stock No.**  
11164-9

- 1 Health, Home and Beauty Kit
- 1 bottle of Sunshine Concentrate (32 fl. oz.)
- 1 bottle of Massage Oil (4 fl. oz.)
- 1 bottle of Aloe Vera Gel (8 fl. oz.)
- 3 Bottles with Sprayers (2 oz.)
- 3 Roll-on Bottles (.5 oz.)



## Aromatherapy Kits

### Citrus Fresh Diffuser Kit Citrus Fresh Diffuser

*Fragrance your home* with the refreshing smell of pure citrus oils:

Lemon BIO (5 ml)

Red Mandarin (5 ml)

Pink Grapefruit BIO (5 ml)

**Citrus Fresh Diffuser Kit**

**Stock No.**  
3949-4

Use these oils with the easy-to-use plug-in diffuser included in the kit. To change the fragrance, simply replace the diffuser scent card. (Includes 10 replacement cards. Additional replacement cards may be purchased separately.)



## Personal Care and Essential Oil carriers

### **Massage Oil (4 fl. oz.)**

**Stock No.**  
3928-7



**Our light body oil** features a blend of unscented apricot kernel oil, sweet almond oil, hazelnut oil, borage oil and vitamin E.

### **Sunshine Concentrate (32 fl. oz.)**

**Stock No.**  
1551-6



**This highly concentrated formula** works for just about every cleaning need imaginable. It's 100 percent organic, biodegradable, nontoxic and nonirritating. Its uses include: dishes, floors, dusting, bathing, shaving, shampoo, wallpaper removal, stain removal, plant fertilizer, rose bushes, eyeglasses, battery terminals, tires, leather, laundry, aquariums, appliances and bathroom fixtures. This concentrate contains no dangerous phosphates, borates or nitrates to harm precious lakes, rivers and streams. Purchase the Pump Dispenser for easy dispensing. (Stock No. 2583-3)

### **Irish Moss Hand & Body Lotion**

**Stock No.**  
6021-0



**Rich in emollients and nutrients** that hydrate and condition for hours, Irish moss extract soothes and nourishes the skin. It also contains natural plant extracts and protective vitamins that are absorbed deep into the skin. This non-greasy formula leaves your skin smooth, soft and naturally healthy looking.

## *Personal Care and Essential Oil carriers*



***Aloe Vera Gel (8 fl. oz.)***

**Stock No.**  
1679-2

***NSP Aloe Vera Gel*** is 100 percent pure and spreads on quickly to penetrate deeply. It leaves no stickiness, making it ideal for essential oil application. Try blending it with Lavender for a cooling gel.



***Herbal Trim  
Skin Treatment (8 fl. oz.)***

**Stock No.**  
1669-0

***Herbal Trim provides*** moisture to smooth and soften dry skin and promotes healthy-looking skin tone. It contains aloe vera, pau d'arco extract, lobelia extract, Irish moss plant extract, allantoin, Tei Fu oil blend, soluble collagen, elastin and citric acid.



***Golden Salve (1 oz.)***

**Stock No.**  
1698-0

***This soothing ointment*** contains extracts of comfrey leaf, golden seal root, yarrow flower, white oak bark and more. Works great on baby's delicate skin. Use externally to soothe and moisturize rough, dry skin and lips. Apply liberally as often as needed. Blend with helichrysum and/or lavender and apply to problem areas.



***Jojoba Oil (0.5 fl. oz.)***

**Stock No.**  
1695-1

***A few drops lightly*** massaged into the hair and scalp after shampooing helps moisturize the scalp. Jojoba also lightly coats the hair, giving it extra shine, body and protection.



## Aromatherapy Accessories

### *Empty Amber Bottle (.5 fl. oz.)*

**Stock No.**  
3894-0



*Use this bottle* with our luxurious Massage Oil to create your own blends. The cap includes a dipstick for easy application.

### *Funnel (2 oz.)*

**Stock No.**  
3956-4



*This funnel* is the perfect size for filling your roll-on, 2-ounce bottle or 15-ml bottle with massage oil.

### *Nebulizing Diffuser*

**Stock No.**  
3932-2



*The Nebulizing Diffuser* from France features nearly silent operation and an output control that covers 300–600 square feet. This unit ionizes undiluted essential oils into an ultra-fine vapor that remains suspended in the air for maximum availability.

## Aromatherapy Accessories



**Aromaball Plug-in Diffuser**

**Stock No.**  
3895-7

**The Aromaball Diffuser** allows you to use a few drops of essential oils to freshen up a room. The diffuser comes with 10 absorbent cards to which you apply a few drops of oil. Simply slip the card into the diffuser, and plug it into a wall socket.



**Diffuser Scent Cards (10)**  
(Sold in packs of 10)

**Stock No.**  
3951-3



**Bottle with Sprayer (2 oz.)**

**Stock No.**  
3936-9

**This amber bottle** can be used with a cap for your massage blend; or attach the spray pump for a refreshing room or body mist.



**Clear Roll-on Bottle (0.5 oz.)**

**Stock No.**  
3950-2

**This bottle makes** homemade perfumery easy. Just fill the bottle with NSP Massage Oil, add your favorite essential oils and roll on your unique perfume. Try adding Peppermint and Grapefruit for a refreshing pulse-point roll-on.





## Literature

***NSP Essential  
Oils Guide (5 pack)***

Stock No.

2775-2



***This handy information booklet*** serves as a ready reference guide to Aromatherapy and all of NSP's quality single essential oils, blends, kits and accessories.

N A T U R E ' S S U N S H I N E

# HomeSpa Aromatherapy



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