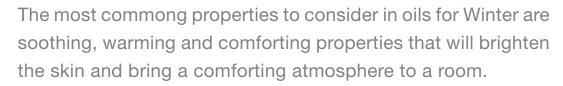




Immunity boosting oils are some of the must-have essential oils for the winter. With the heightened chances of getting sick during these months, daily use (sometimes multiple times a day) of these oils may strengthen the body's ability to stave of sickness.



Whether used in topical formulations for skin and hair care, or incorporated into immunity boosting blends for the winter months, these oils may help combat congestion, coughs, sore throats, etc.







Essential Oils for Winter



Agonis Fragrans Oil (Fragonia)

Agonis Fragrans

Allspice Oil

Pimenta dioica

Bergamot Oil
Citrus bergamia

Black Spruce Oil (Spruce)

Picea mariana

Cajeput Oil
Melaleuca cajuputi

Cardamom Oil
Elettaria cardamomum

Cassia Oil
Cinnamomum cassia

Cedarwood, Atlantic Oil
Cedrus atlantica

Cinnamon Bark Oil *Cinnamomum zeylanicum*

Cypress Oil
Cupressus sempervirens

Clove Bud Oil
Eugenia caryophyllata

Eucalyptus Blue Mallee Oil *Eucalyptus polybractea*

Eucalyptus Lemon Scented Ironbark Oil

Eucalyptus staigeriana

Eucalyptus Mallee Oil *Eucalyptus kochii*

Frankincense Oil
Boswellia carterii

Galbanum OilFerula galbaniflua

Geranium OilPelargonium graveolens

Ginger OilZingiber officinale

Grapefruit Oil *Citrus paradisii*

Kunzea Oil Kunzea ambigua

Lavender Oil
Lavandula angustifolia

Lemon OilCitrus limonum



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Essential Oils for Winter



Lemon Myrtle Oil

Backhousia citriodora

Lime Oil

Citrus aurantifolia

Nerolina Oil

Melaleuca quinquenervia

CT 'Nerolina'

Orange Sweet Oil

Citrus sinensis

Oregano Oil

Origanum vulgare

Peppermint Oil

Mentha piperita

Palo Santo Oil

Bursera graveolens

Ravensara Oil

Ravensara aromatica

Rosalina Oil

(Lavender Tea Tree)

Melaleuca ericafolia

Rosemary Oil

Rosmarinus officinalis

Scotch Pine Oil

Pinus sylvestris

Spearmint Oil

Mentha spicata

Tea Tree Oil

Melaleuca alternifolia

Thyme Oil

Thymus vulgaris

White Cypress Oil

Callitris columellaris

Need some help or more information? Please contact our ingredient experts for customised recomendations based on your objectives. sales@napproducts.com

Winter couple photo created by prostooleh - www.freepik.com

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NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.

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SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot quarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.







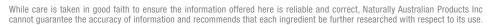












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formulating chemist and/or health practitioner.

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DISCLAIMER

