

Calming Essential Oils for Sleep and Relaxation



Essential oils capture the natural volatile compounds of flowers, fruits and various parts of plants, distilling the essence of each unique species into a concentrated liquid. The range of scents that essential oils offer are as varied and unique as each botanical source.



Research suggests that aromatherapy with selected essential oils may help promote a sense of calm, relaxation, sleep, the uplifting of spirit and relieve anxiety by creating a feeling of peace and contentment.



We've identified a selection of these calming oils for you to consider in your next relaxing range of health, wellness and beauty products.



Calming Essential Oils for Sleep and Relaxation



Bergamot Oil
Citrus bergamia

Lemongrass Oil
Cymbopogon flexuosus

Blue Tansy Oil
Tanacetum annuum

Lime Oil
Citrus aurantifolia

Cedarwood Atlas Oil
Cedrus atlantica

Mandarin Oil
Citrus reticulata

Chamomile Roman
Anthemis nobilis

Marjoram Oil
Origanum majorana



Clary Sage Oil
Salvia sclarea

Myrrh Oil
Commiphora myrrha

Fennel Oil
Foeniculum vulgare

Myrrh Oil
Myrtus communis

Frankincense Oil
Carterii Boswellia carterii

Orange Oil - Sweet
Citrus sinensis



Geranium Oil
Pelargonium graveolens

Patchouli Oil
Pogostemon cablin

Holy Basil Oil
Ocimum tenuiflorum

Peppermint Oil
Mentha piperita

Jasmine Oil
Jasminun officinale

Rose Oil
Rosa damascena

Lavender Oil
Lavandula angustifolia

Rosemary Oil
Rosmarinus officinalis



Lemon Balm (Melissa) Oil
Melissa officinalis

Sweet Basil Oil
Ocimum basilicum

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 2 of 4

NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA
Phone: +1 661-347-3206 Email: sales@napproducts.com
Web: napproducts.com



Calming Essential Oils for Sleep and Relaxation



Tangerine Oil
Citrus reticulata

Ylang Ylang
Cananga odorata

Valerian Oil
Valeriana officinalus

Yuzu Oil
Citrus junos

Vetiver Oil
Vetiveria zizanioides



Looking to balance your
range with more uplifting
and stimulating scents?
Check out our Mint &
Spice Oils brochure

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

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 3 of 4

NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA
Phone: +1 661-347-3206 **Email:** sales@napproducts.com
Web: napproducts.com



Calming Essential Oils for Sleep and Relaxation

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.

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.



DISCLAIMER

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 guarantee 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 formulating chemist and/or health practitioner.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 4 of 4

NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA
Phone: +1 661-347-3206 **Email:** sales@napproducts.com
Web: napproducts.com

