



Essential Oils for Spring



Open windows, a fresh breeze and blooming flowers all hint at the one season signifying renewal. Spring!

If we were to capture this time of year in scent, it would encompass fresh green aromas, a range of refreshing floral tones and maybe even a hint of mint.



This time of year is best known for rejuvenation. Whether internal or external, essential oils can be used in a range of home cleaning products to elevate kitchen, bath and home care rituals, or to purify your beauty routine with natural essential oils incorporated into body sprays, face serums and other personal care products.



With longer days and warmer weather, it is a good time to for renewing health goals and refreshing homes. Try some of these essential oils for spring.



Essential Oils for Spring



Basil Oil
Ocimum basilicum

Bergamot Oil
Citrus bergamia

Black Pepper Oil
Piper nigrum

Cardamom Oil
Elettaria cardamomum

Cedarwood Atlas Oil
Cedrus atlantica

Chamomile Roman Oil
Chamaemelum nobile

Cinnamon Bark Oil
Cinnamomum zeylanicum

Clary Sage Oil
Salvia sclarea

Clove Bud Oil
Eugenia caryophyllata

Coriander Oil
Coriandrum sativum

Eucalyptus Blue Gum Oil
Eucalyptus globulus

Frankincense Carterii Oil
Boswellia carterii

Frankincense Frereana Oil
Boswellia frereana

Frankincense Serrata Oil
Boswellia serrata

Geranium Oil
Pelargonium graveolens

Grapefruit Oil
Citrus paradisi

Jasmine Oil
Jasminum officinale

Juniper Berry Oil
Juniperus communis

Laurel Leaf Oil
Laurus nobilis

Lavender Oil
Lavandula angustifolia

Lemon Oil
Citrus limonum

Lemongrass Oil
Cymbopogon flexuosus

Lime Oil
Citrus aurantifolia

Manuka Oil
Leptospermum scoparium



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

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Essential Oils for Spring



Myrrh Oil
Commiphora myrrha

Nutmeg Oil
Myristica fragrans

Orange Sweet Oil
Citrus sinensis

Palmarosa Oil
Cymbopogon martini

Patchouli Oil
Pogostemon cablin

Peppermint Oil
Mentha piperita

Ravensara Oil
Ravensara aromatica

Rosalina Oil
Melaleuca ericifolia

Rose Geranium Oil
Pelargonium graveolens
var Roseum

Rose Otto Oil
Rosa damascena

Rosemary Oil
Rosmarinus officinalis

Rosewood Oil
Aniba rosaeodora

Sandalwood Oil
Santalum spicatum

Spearmint Oil
Mentha spicata

Tangerine Oil
Citrus reticulata

Tea Tree Oil
Melaleuca alternifolia

Ylang Ylang Oil
Cananga odorata



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

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Page 3 of 4

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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.

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.

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Page 4 of 4

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