



**100% Pure - Sustainably Harvested - Quality Tested - GMP Certified Facility – Kosher Certified**

### **Quality of Essential Oils**

Our 100% pure essential oils are highly concentrated botanical oils and are never adulterated. All of our oils are validated by GC-MS (Gas chromatography-mass spectrometry) and FTIR (Fourier transform infrared spectroscopy) to positively identify the oil. Most importantly, each oil gets inspected by organoleptic methods. The primary organoleptic indicator of quality for essential oils is olfactory evaluation or smell by someone trained in aromatherapy. The oils are also physically inspected for color, clarity, and viscosity. We source our essential oils by quality, not price, to ensure the best grade for aroma therapeutic use.

### **Full Disclosure**

We want to supply consumers with all the information available regarding our essential oils. All of our labels list the latin/botanical name of the plant, extraction method, plant part used for extraction, country of origin and cultivation method.

### **Extraction Methods**

Extraction methods of essential oils can be a good indication of quality. We choose essential oils that are steam distilled and cold pressed to ensure purity and avoid any unnecessary processing chemicals.

#### *-Steam Distillation*

During the process, the plant material is heated with water which produces a steam that contains the volatile oils from the plant. The steam is then cooled, which condenses the oil, and it is separated from the water and collected.

#### *-Cold Pressing*

For citrus essential oils, the peel of the fruit is separated from the fruit, and the fruit is processed for juice. The peel is cold pressed, meaning no heat is used to ensure that the properties, including scent, are preserved during processing.

### **Applications**

Massage is one of the most common applications of essential oils. The essential oils are added at 1-3% into a carrier oil such as jojoba, sweet almond, or olive oil. Essential oils diluted into carrier oils or lotions and can be used as a daily part of your routine. Adding essential oils to baths are another excellent way to enjoy their benefits, however all of the oils should be diluted into a carrier oil (with the exception of lavender) before adding to the bath. Burners and diffusers are also a great way to enjoy the therapeutic properties of essential oils. Usually the oils are used un-diluted for this purpose. Other methods utilized to experience the properties of essential oils include room sprays, saunas, inhalations, compresses, perfumery, and many more.

### **General Cautions and Safety**

Essentials oils are highly concentrated aromatic oils and should be treated with caution. There are many dilution references for essential oils available and special cautions are outlined for babies,

pregnancy and people with high blood pressure. Essential oils are not for internal use and should be kept out of reach of children. Citrus oils are photosensitive in high concentrations (they react to light) and should not be used on the skin right before going out in the sun for long periods of time. Essential oils should be diluted in a carrier oil before using topically. Also, particularly if you have sensitive skin, do a small patch test before using new oils. Apply the diluted oil to a small patch of skin and wait to make sure no irritation occurs.