Natural Touch Aromatherapy


True Quality

Natural Touch is uncompromising on Essential oil quality. Our oils are used extensively in hospitals, hospices, clinics and colleges, organisations that depend on true purity. The oils are powerful and vibrant. Such natural power and strength means that one or two drops go a long way in Aromatherapy with greatly enhanced efficacy.

Each oil we sell is tested independently and comes with a detailed purity certificate (please see example on the last page) confirming origin, botanical species and component percentages. Natural Touch spends considerable sums on testing oils - an expense we bear to maintain superior quality.

Natural Touch essential oils are wholly natural. We firmly reject oils known to be from crops grown with the extensive aid of pesticides, herbicides and chemical fertilisers.

Whilst our oils will always be of the same high quality we reserve the right to substitute the usual country of origin with an alternative. Customers will be advised if this becomes necessary.

GLC testing

An important part of our testing process is analysis by Gas Liquid Chromatography. As essential oils can be adulterated at any stage, we test all our oils at the Scottish Agricultural College or Traceability Ltd irrespective of how well we know and trust the grower. GLC tests are carried out by Natural Touch as follows:

- Standard classical purity profiles are established for each of our oils, relating directly to the region in which our oil is grown and the specific sub-species.
- The GLC machine is calibrated with our 'library' of individual components so we can tell which peak on the test graph relates to which component. There are over 100 components to calibrate.
- Oils to be tested are split into two samples, one sample is run on the GLC, one retained for records. The GLC peaks are recorded and compared to the classic profiles. If the two match an oil is forwarded to our panel for final assessment, if not it is rejected.
PURE ESSENTIAL OILS & ABSOLUTES

Basil Sweet – Bulgarian
Ocimum basilicum species. Bulgarian sweet basil contains low percentages of methyl chavicol where other species including French and Comores contain up to 69% (methyl chavicol is moderately toxic and irritating to the skin). Our Bulgarian basil has a delicate, rounded sweet-spicy aroma and a mild, herbal nature.

Benzoin Resinoid – Siamese
Styrax benzoin species. Our benzoin resin is collected directly from Siamese styrax trees. Siamese benzoin is of higher quality and has a more refined colour than Santalum benzoin. Siamese benzoin has a smooth, sweet vanilla-like aroma. The resinoid is a dark brown-orange, viscous liquid.

Bergamot – Sicilian & Bergamot-Sicilian FCF
Citrus bergamia species of the rutaceae family. An outstanding bergamot essential oil obtained by cold expression of the peel of nearly ripe Sicilian fruits. Sicilian bergamot is regarded as being of higher quality than the Ivory Coast bergamot. The essential oil is a dark greenish-orange liquid with a sweet, fruity aroma and a slight spicy-herbal undertone.

Black Pepper – Indian
Piper nigrum species of the piperaceae family. Our black pepper essential oil is obtained by steam distillation of dried, crushed Indian black peppercorns. Distillation takes place in England and the oil has a warming, dry, woody-spicy, pepper aroma.

Cajuput – Vietnamese
Melaleuca cajuputi from the myrtaceae family. A pale yellow-green oil with a deep penetrating camphoraceous aroma. Steam distilled from the fresh leaves and twigs, the oil has a high cineole content. The oil is quite powerful and high concentrations may produce irritation.

Camphor – Chinese
Cinnamomum camphora of the lauraceae family. Produced in China our white camphor is a colourless, mobile oil with a fresh penetrating camphorous aroma. It is made by distilling crystals found in the wood of the tree. Only white camphor is used in Aromatherapy as the other fractions contain safrole which is carcinogenic. Long used for ceremonial purposes in the Far East and for its insecticidal properties it is a strong stimulant and should be used with care.

Carrot Seed – French
Daucus carota of the apiaceae family. Our oil is a pale yellow mobile liquid with a slight sweet, dry aroma. Produced in France by steam distillation of both the domestic and wild carrot seed it blends well with cedarwood, geranium, rosemary, citrus and spice oils.

Cedarwood – Atlas
Cedrus atlantica species of the pineaceae family. Atlas cedarwood is preferred in aromatherapy over Virginia and Texas types (Atlas type confirmed by GLC). Our Atlas cedarwood essential oil is a yellow-orange liquid with a camphoraceous top note and a sweet-balsamic undertone. Atlas cedarwood essential oil is more sweet and light, and less woody than Virginia and Texas oil.

Chamomile – German
Matricaria recutica species of the asteraceae family. Our oil is grown and distilled by a farmer/grower co-operative in Eastern Germany. The essential oil is an inky-blue liquid with a herb-like, slightly sweet scent. Various grades of German chamomile exist. Lower grades typically have dominant, harsh notes. Our top grade oil possesses a smooth, balanced, appealing chamomile aroma. German chamomile turns green then brown with age so always ensure the oil has its fresh, inky-blue colour.

Chamomile – Moroccan
Ormenis multius species. Moroccan wild chamomile plants are distantly related to Roman and German chamomile. Our essential oil is steam distilled from fresh flowering tops and has a fresh, sweet, herbaceous aroma which resembles Roman chamomile. Extremely popular due to its soothing and calming properties. We find this particular Moroccan chamomile to be unique in quality of aroma and therapeutic effectiveness. A highly acclaimed oil.

Chamomile – Roman
Chamaemelum nobile species of the asteraceae family. A major essential oil in aromatherapy. Obtained by steam distillation of fresh, chamaemelum nobile flower heads. Our oil is produced by the same farmer/grower co-operative that produces our high quality German chamomile. Our Roman chamomile has a smooth, strong chamomile aroma that is regarded as a key factor in the oils relaxing and soothing actions.

Cinnamon Leaf – Sri Lankan
Cinnamomum zeylanicum of the lauraceae family. Our oil is produced in Sri Lanka by steam distillation of the leaves and twigs. It is deep yellow-brown colour and has a sharp, spicy aroma. Distinguished from its more aggressive counterpart of cinnamon bark by its low cinnamaldehyde content; it should still be used in moderation to avoid irritation of the mucous membranes and skin.

Citronella – Sri Lanka
Cymbopogon nardus species of the gramineae family. The tall aromatic perennial grass that produces the citronella oil belongs to the same family as lemongrass. Whilst the grass is originally a native of Sri Lanka many related varieties are grown around the world. Our oil is a yellow-brown mobile liquid produced by the steam distillation of the grass. Its powerful scent is reminiscent of lemon and melissa. Historically it has been used as an insect repellent and it blends well with bergamot, cajuput, neroli, and ylang-ylang although the percentage should be kept low, one percent or less.
Clary Sage – French
Salvia sclarea species. Clary sage is preferred to its close relative Dalmation sage because of its non-toxic, non-irritant, non-sensitising nature. Our French grower/distiller of clary sage is internationally renowned for its clary sage oil. The herbs are grown in the foothills of the Alps in southern France and the oil is a pale yellow in colour, with a deep, herbaceous aroma.

Clove Bud – Madagascar
Eugenia caryophyllata of the myrtaceae family. A pale yellow oil with a strong, warm spicy fragrance produced by distillation of the buds. It has stimulating and uplifting properties. Our oil produced from the buds has a lower eugenol content than those from other parts of the tree but it is still a strong oil and should be treated with respect. Blends well with Benzoin, Cinnamon, Grapefruit and Lemon.

Coriander Seed – Russian
Coriandrum sativum of the apiaceae family. Obtained by distillation of the seeds. The clear oil has a warm, sweet spicy aroma and is said to be a revitalising stimulant which warms the body and mind. It blends well with other spice oils plus Jasmine and Geranium.

Cypress – French
Cupressus sempervirens of the cupressaceae family. This superior French Cypress essential oil is obtained by steam distillation of the needles and twigs. A pale yellow-greenish oil with a quality, sweet, cypress-balsamic aroma.

Elemi – Manilla
Comarium luxurcium of the burseraceae family. Our oil is produced by steam distillation of the pale yellow resin that is produced by the tree when it is in leaf. The resin gives an oil with a pale yellow hue and a delightful citrus like aroma with undertones of spices. It blends well with many oils including Frankincense, Ginger, May Chang and Orange.

Eucalyptus – Spanish
Eucalyptus globulus species (polypnacta blue strain) A Spanish eucalypt whose quality is reflected in its aroma and high eucalyptal (cineol 1.8) content, proven by GLC analysis. The oil has typically penetrating, camphoraceous, woody-sweet scent.

Eucalyptus citriodora – Chinese or Brazilian
Eucalyptus citriodora from the myrtaceae family. This type of eucalypt tree produces pale yellow oil when its leaves and twigs are put through the distillation process. The aroma is very lemony and the oil is sometimes referred to as lemon scented eucalyptus. It is a strong anti-viral and bactericidal oil and several types may be used if treatment continues over a period of time.

Eucalyptus radiata – Australian
Eucalyptus radiata from the myrtaceae family. Again this eucalyptus has a highly penetrating aroma although it is softer than the eucalyptus globulus owing to the lower cineol content. It is a good choice for aromatherapy as it has all the usual decongestant properties associated with eucalyptus but is more easily assimilated and less likely to irritate the skin. The oil, which is pale yellow in colour, may be produced by distillation of either young or old leaves.

Sweet Fennel
Foeniculum vulgare var. dulce species. Also known as roman, garden or French fennel. Sweet fennel is distilled from the crushed seeds of the herb whereas bitter fennel is distilled from the whole herb. Sweet fennel is preferred in aromatherapy because it is non-sensitising. A clear essential oil with a deep sweet, aniseed-like aroma.

Frankincense – Somali
Boswellia carteri species. Also known as alobarnum. Steam distilled in England from top grade white frankincense oleo gum resin tears collected from Somali trees. Our oil carries a beautiful rich, tonacous aroma and lacks the chemical top notes present in lesser quality distillates. The power of the pure oil is readily recognisable.

Goramium – Yunnan
Pelargonium graveolens species of the geraniaceae family. A prestige, deliciously aromatic pure geranium from high elevation growing areas in the Yunnan region of China. Yunnan geranium is yellow-green in colour and has a deep, sweet-herby, rose-geranium aroma.

Ginger – Chinese
Zingiber officinale species. Chinese ginger essential oil distilled from unpeeled, dried ginger roots. Pure ginger oil is vastly superior to commonplace adulterated versions. The essential oil has a rich, gingery, warm, woody-spicry scent. An exceptionally high quality, pure oil.

Grapefruit – Brazilian
Citrus paradisi species. Essential oil cold-pressed from the outer part of fresh Brazilian grapefruits. Brazilian grapefruit essential oil is pale green-yellow in colour with a fresh, sharp, grapefruit-citrus aroma. An extremely high quality oil, refreshing and detoxifying.

Hyssop – French
Hyssopus officinalis of the lamiaceae family. A very potent oil produced by the steam distillation of the leaves and the purplishblue flowers. Our resulting pale yellow oil has a sweet top note with warm herbaceous undertones. Whilst non-irritant and non-sensitising it can be considered a neuro-toxin. Therefore the concentration should be kept low, one percent or less. It should be avoided by epileptics or at any time during pregnancy.
Jasmine Absolute

**Jasminum officinale var. grandiflorum** of the olcaceae family. Egyptian jasmine made from fresh flowers picked by hand at dawn. This jasmine oil is of superior quality to Indian, Chinese and other eastern types. The absolute is a dark orange-brown viscous liquid with an enticing, sweet, warm floral aroma. (From jasmine oils around the world, this Egyptian Jasmine was singled out by our panel of therapists as being vastly superior).

**Juniper Berry – French**

**Juniperus communis** of the cupressaceae family. An essential oil distilled from berries of French juniper shrubs. (The berries were separated from the branches and crushed prior to distillation). Low quality juniper berry oils are produced as a by-product of alcohol manufacture and have a more tarry, less berry-like aroma than direct distillates such as this one.

**Laurel Leaf – Croatian**

**Laurus nobilis** of the lauraceae family. The leaves and small branches of this evergreen tree are distilled to produce our oil which has a yellowish green hue and a strong penetrating odour. Used traditionally to aid digestion and for its antiseptic qualities our oil blends well with other spice oils as well as Cedarwood, Eucalyptus and Juniperberry.

**Lavender – French**

**Lavandula angustifolia**. True French lavender grown in the foothills of the Alps and surrounding areas. This species is superior to spike lavender and lavender and is proven as such by TLC test show its lower camphor and higher ester contents. A robust, powerful and very popular lavender. Natural Touch French lavender has a less camphoraceous, more floral aroma than lower quality lavenders and lavandins. A good ‘balancing’ oil which blends well with other essential oils.

**Lavender Alpine – Provence**

**Lavandula angustifolia**. The same species as above but grown at higher altitude in the Provence Alps, France. (Altitude lavandena such as this are identified in TLC analyses by their higher ester and lower camphor contents - see purity certificate). Provence Alpine Lavender has a deep, soothing, floral aroma unmatched in quality by lower altitude lavenders and related species. Natural Touch’s Alpine lavender is renowned for its relaxing and soothing qualities.

**Lemon – Spanish**

**Citrus limon** of the rutaceae family. Spanish lemon essential oil cold-pressed from outer peel. Produced in Spain the oil is an excellent citrus oil, pale yellow-green in colour with a refreshing, lemon-citrus aroma.

**Lemongrass – East Indian**

**Cymbopogon flexuosus** of the poaceae family. Two main types of lemongrass are used in aromatherapy, East Indian and West Indian. Our preference is for East Indian lemongrass because of its lighter, more appealing, lemony aroma.

**Lime – Mexican**

**Citrus aurantium** of the rutaceae family. Lime essential oil distilled from the peels of Mexican limes. Distilled lime peel essential oil is, unlike the cold-pressed version, not phototoxic and is safer to use on the skin. The essential oil is yellow-green liquid with a rich, sweet, citrus-like aroma.

**Mandarin – Sicilian**

**Citrus reticulata**. Sicilian mandarin essential oil obtained by cold-expression from the outer peel of ripe fruits. Mandarin is often adulterated with less expensive orange oil. An excellent mandarin essential oil, amber-orange in colour with a deep, sweet, citrus-like mandarin scent.

**Majorsom Sweet – French**

**Origanum majorana** linaloe species of the lamiaceae family. French marjoram has a sweeter, more rounded aroma than the Spanish marjoram. Its soothing, warming properties and its popular oil in aromatherapy. The essential oil is a pale yellow oil with a sweet, smooth, spicy-herbaceous aroma.

**Majorsom – Spanish**

**Thymus mastichina** of the lamiaceae family. The wild-growing Spanish relative of the marjoram unites and part of the marjoram family. Spanish marjoram has a higher cineole content than the French marjoram which gives it a sharper, more penetrating marjoram aroma.

**Manuka – New Zealand**

**Leptospermum scoparium** of the myrtaceae family. The Manuka plant grows wild in New Zealand and was traditionally used by the Maori people for a range of complaints including bronchitis and rheumatism. Produced by steam distillation of the leaves our pale yellow oil has an excellent anti-viral, anti-fungal and bactericidal properties not unlike the better known and distantly related Tea Tree.

**May Chang – Chinese**

**Litsea cubeba** of the lauraceae family. Distilled from the fruits of a small tropical tree often planted in China as a windbreak. Our pale yellow oil has a sweet, fresh intense aroma similar to Lemongrass but with less fatty overtones. It injects a stimulating, uplifting atmosphere a blend. Complemented well by Lavender, Orange, Neroli and Petitgrain.

**Melissa Blend**

Due to the prohibitive price of pure Melissa we offer a high quality blend of pure lemon and Melissa essential oils created by redistilling lemon essential oil over fresh Melissa herbs. The blend is a pale yellow essential oil with a fresh herbaceous lemony aroma.

**Melissa True – Irish**

Melissa officinalis from the lamiaceae family. Also known as Lemon Balm the pale yellow oil is produced by distillation of the leaves and flowering tops of the Mediterranean herb. Although grown throughout Europe the extracted oil is often adulterated because of the low level of production. Our oil is from Ireland and has a distinctive lemony aroma. With uplifting and calming properties the oil is strong and should be used sparingly.
Myrrh – African
*Commiphora myrrha* species of the bursaceae family. Pure myrrh essential oil is distilled from myrrh oleoresin. The essential oil is an amber, viscous liquid with a subtle but strong, rich, balsamic aroma. Myrrh is an expensive oil and is often diluted. Our myrrh is characterised by its strength and depth of aroma and is backed up by a classical GC profile.

Neroli Bigarade
*Citrus aurantium var. amara* species. Also known as orange blossom essential oil. From the same species of tree used to produce petitgrain oil. (Petitgrain comes from the leaves and twigs, Neroli comes from the flower blossoms). As an expensive oil Neroli is often adulterated with limeoil and petitgrain. GC purity analysis is essential to help confirm purity. Our Neroli is a prestigious, pure oil with a light, floral-woody aroma and terpene-like top notes.

Niaouli – Madagascar
*Melaleuca viridiflora* species of the myrtaceae family. A non-toxic, non-irritant and non-sensitising true Niaouli oil rich in cineole and botanically related to Tea tree, Cajuput and Eucalyptus. Steam distillation of the leaves and twigs produces a clear oil. Our oil has strong top and middle notes giving a fresh, sweet camphoraceous odour reminiscent of Eucalyptus and Cardamom. The oil is generally said to have antiseptic and analgesic properties.

Nutmeg – Indonesian
*Mysristica fragrans* from the myristiceae family. Our Nutmeg oil is produced in Indonesia from dried nutmeg seeds and is considered superior to that produced in West India. The pale yellow oil has a warm, spicy aroma and blends well with other spice oils. This stimulating and invigorating oil can also be combined with Cypress, Lemon, Lime, Rosemary and Tea Tree.

Orange Sweet – Argentinian
*Citrus sinensis* species of the rutaceae family. Sweet orange essential oil cold-pressed from Argentinian orange peels. A yellow-orange oil with a vibrant, sweet, orange-fruity aroma. Whole pure and organic.

Palmarosa – Comoros
*Cymbopogon martini var. martini* of the gramineaceae family. This woody grassy grass produces a pale yellow, mobile oil when distilled. The high geraniol content, up to 84%, aids the balancing properties of the oil. With sweet floral notes reminiscent of a rose, geranium scent it blends well with Bergamot, Geranium, Jasmine, Rose and Sandalwood as well as many others.

Patchouli – Indonesian
*Pogostemon cablin* species. Pure essential oil steam distilled from Indonesian patchouli herb leaves. A dark orange-brown liquid with a rich, herb-y, earthy scent. Used in aromatherapy to treat a wide variety of skin complaints. The quality of aroma improves with age.

Peppermint – Chinese
*Mentha piperita* species of the lamiaceae family. A Chinese Peppermint oil distilled from fresh, flowering Peppermint herbs. Peppermint grown in northern regions are considered to be of superior quality. The oil is pale yellow in colour with a strong, penetrating, grassy-mint aroma.

Petitgrain – Paraguayan
*Citrus aurantium var. amara* species. From the same tree as neroli oil. Petitgrain essential oil distilled from leaves and twigs of Paraguayan orange blossom trees. Our oil is amber-yellow in colour with a flowery, citrus scent and woody, herby undertones.

Pine Needle – Austrian
*Pinus sylvestris* of the pineaeae family. Also known as Scots pine or Norwegian pine. Pine essential oil dry distilled from the needles only. *Pinus sylvestris* is one of the softest and most used aromatherapy pine oils. A clear oil with a therapeutic, dry-balsamic, pine aroma.

Ravensara aromatica – Madagascar
*Ravensara aromatica* of the lauraceae family. Our clear, colourless oil is extracted from the leaves of the tree by a slow distillation process. The aroma has a penetrating quality and is not unlike rosemary although it is considered more delicate. Historically the native people used the tree for medicinal purposes. The extracted oil has anti-viral properties.

Rose Absolute – Turkish
*Rosa damascena* species of the rosaceae family. A rich, red-orange absolute made from fresh Turkish rose petals. Rose absolutes tend to have smoother, more honey-like aromas compared to attars and blend well with many oils. Rose absolute is a good oil to use in rounding off facial and skin blends.

Rose Otto – Turkish
*Rosa damascena* species of the rosaceae family. Rose otto essential oil produced by steam distillation of the fresh rose petals. Therapists should exercise great care when buying rose otto. We tested 10 other samples currently on the market and found only one to be pure. Natural Touch rose otto is absolutely pure and is sourced direct from the grower. The oil has a powerful, rich-slightly spicy, rose aroma which has a valuable teracity.

Rosemary – Spanish
*Rosmarinus officinalis* species. Rosemary essential oil distilled from the fresh flowering tops of Spanish rosemary shrubs. A colourless oil with a piercing, fresh, minty-herb aroma with a slightly woody undertone. Top quality, pure rosemary oil with an excellent GC profile.

Rosewood – Brazilian
*Ariu rosaedora var. amizerioria* of the lauraceae family. Rosewood essential oil distilled from Brazilian rosewood chippings. Rosewood is naturally rich in linalool. A colourless essential oil with a sweet-woody, slightly spicy aroma.
Sage – Spanish
_Salvia lavandulifolia_ species. Spanish sage should not be confused with Dalmatian sage (Salvia officinalis). Dalmatian sage contains a high percentage of toxic thujone. Spanish sage is safer to use and has a fresh, camphor-like sage aroma (Dalmatian sage is much more warm and spicy).

Spikenard – Indian or Chinese
*Ranunculus peregrinus* of the valerianaceae family. A soothing, relaxing oil produced from the rhizomes of the plant. Whilst its fruity, medicinal aroma may not appeal to all, it has many uses. Mary Magdalene used the oil to anoint Jesus on the night of the Last Supper. Many aromatherapists working in hospices include the oil for those approaching the end of their time on earth.

Sandalwood – Myore
_Santalum album_ species of the santalaceae family. The best sandalwood comes from the Myore region in East India. West Indian sandalwood is from a different species and produces a low quality substitute. Pure Myore sandalwood is rare these days and full GC purity verification should always be requested. The pure oil has an almost nutty, smooth, sweet-woody aroma.

Tea Tree – Australian
_Melaleuca alternifolia_ species of the myrtaceae family. Natural Touch tea tree is grown on the Doube River estate, NSW. The oil is colourless with a fresh, spicy, camphoraceous aroma. Widely used in aromatherapy, pure tea tree has proven antibiotic and immunostimulant properties.

Red Thyme – French
_*Thymus serpyllum_ species of the lamiaceae family. This type is also known as the mother of thyme. Our French oil is from a crop specifically produced for the distillation of thyme oil. The yellow-orange oil has a deep, penetrating, herb-like aroma that is softer and more rounded than much red thyme that is available. It has a relatively low thymol content although it should still be considered a strong oil and used in low concentrations.

Red Thyme – Spanish
_*Thymus vulgaris_* A relative of thymus serpyllum (known as the mother of thyme). The crop is grown in Spain specifically for the production of red thyme essential oil. A yellow-orange oil. Red thyme has a penetrating herb-like, warm, spicy aroma. Our thyme is selected for its more rounded aroma (many red thymes can be quite harsh).

Valerian – Croatian
_Valeriana officinalis_* species of the valerianaceae family. Produced in Croatia this non-toxic and non-irritant oil is botanically related to Spikenard oil. Steam distillation of the rhizomes of this perennial herb produce our light amber oil which has a warm, balsamic aroma. It blends well with several oils including Patchouli, Lavender and Petitgrain. As it can cause sensitisation and deep relaxation it should be used in moderation and at no more than 1% in a blend.

Vetiver – Java
_Vetiveria zizanioides_ species of the poaceae family. Vetiver essential oil produced by steam distillation of dried and dried Java roots. Java vetiver is a vigorous essential oil with a deep, smoky, earthy aroma and a sweet, smooth undertone. The oil has a pleasant, relaxing nature and is used frequently in oriental perfumes.

Yarrow – Moroccan
_Achillea millefolium_ also known as Milfoil oil. This member of the asteraceae family is related to German Chamomile. Our oil is produced by steam distillation of the dried herb. It has a deep blue green colour and a lovely sweet, herbaceous scent. The herb from which it is distilled has been used throughout history for its healing action. The oil blends well with Carrot, Sage, Chamomile, Valerian and Vetiver.

Yang Yang III
_Cananga odorata var. genuina_ species of the annonaceae family. Yang Yang III is the third phase distillate yielded by Comores Yang Yang flowers. (The fresh Yang Yang flower heads are slowly distilled for up to 24 hours). Yang Yang oil is pale yellow in colour with a sweet, floral-balsamic aroma. Yang Yang is frequently worn as a perfume in its unblended, pure form.

Yang Yang Extra
_Cananga odorata var. genuina_ species (as above). Top grade, first distillate Yang Yang oil. Yang Yang extra possesses a depth and richness not matched by the other distillates. Many higher grades of Yang Yang are sold down with poorer grades and careful analysis is required to establish quality. Yang Yang extra has an extremely deep, sweet, floral-balsamic aroma.

OIL SAFETY

Essential oils should not be taken internally or applied undiluted to the skin. No more than 2% essential oil (in a carrier or base lotion) should be used for application to the skin. Essential oils should be kept away from children, pets and the eyes. If pregnant, epileptic or suffering from high blood pressure consult a qualified aromatherapist before using essential oils. Natural Touch Aromatherapy promotes the responsible use of complementary medicines. Natural Touch Aromatherapy cannot be held responsible for the misuse of any of its products and, unless directed otherwise by a qualified practitioner, all products should be used per the instructions above, on the labels and accompanying literature.
CARRIER OILS

Natural Touch Aromatherapy adheres to the same quality standards with its carrier oils and bases as it does with its essential oils. Our vegetable oils are natural and produced with the minimum processing possible. They contain no additives, and, as with all our products, are free from any animal-based ingredients.

Apricot Kernel Oil
A light, refined oil, extracted from the seed kernel of the fruit. It is finely textured and contains a small amount of vitamin E which acts as both a preservative and an antioxidant.

Avocado Oil
Cold-pressed, high quality base oil with a delightful emerald green hue. Its slightly sludgy appearance emphasizes the fact it has not been refined by heat treatment. It is rich in essential fatty acids and has superb powers of skin penetration. An excellent oil to use in a blend for dry, dehydrated or ageing skins.

Borage Oil
Cold-pressed from the seeds of the plant. Sometimes referred to as starflower oil, it is rich in essential fatty acids which are needed for healthy skin. Added in small quantities, it can enhance the skin moisturising qualities of the blend.

Calendula Oil
A lovely golden orange oil made by infusing marigolds in sunflower oil. Known for its soothing properties. Safe to use on dry skin or conditions such as eczema or psoriasis.

Coconut Oil
A light, fractionated oil which is highly refined and extracted by using solvents. Liquid at room temperature and virtually odourless it has the advantage that it does not mask the aroma of the essential oils used by many practitioners. Ideal for Indian Head Massage.

Evening Primrose Oil
This oil has a high level of gamma-linoleic acid. 10% may be added to less expensive carrier oil to use on skin problems such as psoriasis.

Grapeseed Oil
A non-greasy massage oil extracted from grapeseeds. Easily absorbed and light, grapeseed is very popular in aromatherapy blends applied via light massage.

Jojoba Oil
Cold-pressed, natural wax oil which closely resembles the natural sebum of the skin. Used widely in facial preparations to unblock pores and help dry skin. Highly valued by beauty therapists. Natural waxes in the oil solidify at below room temperature.

Macadamia Oil
A cold pressed oil containing palmitoleic acid, an essential fatty acid found in sebum. This fact gives the oil an affinity to the skin and it can be very beneficial to dry and ageing skin.

Peachnut Oil
Produced from the kernels of the fruit by cold-pressing this oil has a pale golden colour and a light sweet aroma. It is finely textured and absorbed easily into the skin. Its Vitamin E content adds some preservative qualities to a blend.

Raschip Oil
This oil may be used as part of a blend or in its own right on skin conditions such as eczema and psoriasis. It has a high gamma linoleic content.

St Johns Wort Oil
The St Johns Wort plant is a commonly occurring weed found throughout Britain. The leaves have tiny, reddish oil glands which contain a ruby red oil. By infusing the leaves in olive oil, a pale ruby oil is produced. This may be used on sunburn and bruises. It is sometimes blended with Calendula oil but more commonly combined with a cheaper carrier oil.

Sweet Almond Oil

Wheatgerm Oil
Cold-pressed, golden-orange, natural oil (not to be confused with the processed golden-yellow wheatgerm). High in Vitamin E and good for mature and dry skins. Used as a natural preservative due to its anti-oxidant properties.

HYDROLATS

Chamomile
This hydrolat comes from the distillation of Roman Chamomile flowers during the production of the essential oil. It is useful for the treatment of skin conditions where an oily carrier base might aggravate the situation.

Lavender
Probably the best known of the hydrolats this delicate smelling water is ideal for use with children and the elderly.

Orange Flower
Obtained during the production of Neroli oil, this water is slightly more astringent than the Rose. It can be used as a toner for oily, young skins.

Rose
From the distillation of Rose damascena this flower water has a truly exquisite fragrance. Useful for dry and sensitive skins.
**BASE LOTIONS**

**Moisturising Base Lotion**
A thick, easily absorbed moisturising base lotion, made with vegetable oils and jojoba. Lanolin free, non-greasy and ideal for blending with essential oils.

**Cleansing Milk Lotion**
An effective, lanolin free, non-greasy vegetable based cleansing milk. Suitable for blending with essential oils.

**Hand Cream Base**
A thick, vegetable based unfragranced, easily absorbed hand cream base supplied in 300ml jars. Lanolin free, non-greasy and ready to blend with essential oils.

**Bubble Bath Base Lotion**
This foam bath base includes a natural cleansing agent and is ideal for use with essential oils. It can help to provide an additional part of a treatment programme.

**Shampoo Base Lotion**
Containing a vegetable derived cleansing agent, the unfragranced shampoo base can be used to produce a range of personalised aromatherapy hair treatments.

**Conditioner Base Lotion**
A natural unfragranced conditioner base used to continue the aromatherapy experience started with a blended aromatherapy shampoo. Prepared specifically for the addition of essential oils.

**Liquid Soap Base**
A clear unfragranced liquid soap base that may be blended for specific conditions on the hands or as an everyday treat. Again it was produced to be blended with essential oils.

**WOODEN STORAGE BOXES**

**Wooden Storage Box – Small**
Holds twelve 10ml bottles (wide and narrow types), finished in walnut effect with brass catch. Hand crafted in alderwood from a managed and sustained source. A quality, substantial box which forms a good seal when closed.
Size 140mm wide, 110mm deep, 80mm high.

**Wooden Storage Box – Medium**
Holds thirty 10ml bottles (wide and narrow types), finished in walnut effect with brass catch. Hand crafted in alderwood from a managed and sustained source. A quality, substantial box which forms a good seal when closed.
Size 210mm wide, 175mm deep, 80mm high.

**Practitioners Storage Box – Large**
Holds up to forty-five 10ml bottles (wide and narrow types), space for carriers, finished in walnut effect with brass catch and handle, with a tray inside lid for 10ml bottles Hand crafted in alderwood from a managed and sustained source. A quality, substantial box which forms a good seal when closed.
Size 225mm wide, 245mm deep, 350mm high.

**BOTTLES, JARS**

**Amber Glass Bottles**
- 5ml amber glass bottle, dropper & cap
- 10ml amber glass bottle, dropper & cap
- 30ml amber glass bottle & cap
- 50ml amber glass bottle & cap
- 100ml amber glass bottle & cap
- 1ml glass pipette /teat dropper
- 25ml glass measuring cup
- Glass stirring rod

**Plastic Bottles, Jars etc**
- 30ml amber glass jar with lid
- 50ml white plastic jar with lid
- 60ml amber glass jar with lid
- 120ml amber glass jar with lid
- 300ml white plastic jar with lid
- 150ml white plastic bottle with cap
- 250ml white plastic bottle with cap
- 250ml white plastic bottle with spray dispenser
- 30ml Graduated clear plastic measuring cup
- Pump dispensers for litre bottles

**AROMA STREAM DIFFUSER**

**Electric Fan Diffuser**
Aroma Stream, two speed fan-assisted diffuser. Gently dispenses essential oil aromas without heating or burning or disturbing the natural integrity of the oils. Preferred by burners by many aromatherapists for this reason. Oils can be blended on the base pad to create the required aroma to match your personal tastes, moods and emotions. Comes with plug and one pad.
Ideal for waiting rooms, therapy rooms, hospital wards, offices and home use. Available in White only.
Height: 16cm, width: 12cm

**Replacement Pad**
Sold separately, small round plastic disk with eight sections of absorbent porous material, fits into the bottom of the Aroma Stream.
AROMA-HEAT

Made of cord and contains specially selected high grade natural wheat which has been treated and cleaned. When heated, either in a microwave or conventional oven for a few minutes, it generates a comforting moist heat known to be of significant therapeutic value and is a natural way to enhance the effects of Aromatherapy in easing away aches and pains. Can also be frozen.

Relief Pack

Ideal for the neck and shoulder areas where stress and tension accumulate. The Relief Pack is so versatile that it moulds itself to most areas of the body.

Measures 15cm x 27cm

Lower Back Pack

This pack was primarily designed to relieve pain in the lower back area but like the Relief Pack moulds itself to many body areas.

Measures 25cm x 25cm

Full Back Pack

As the name implies, the soothing moist warmth which this pack emits, covers a full back when opened out. The pack has Velcro down one side enabling it to be used as a muff in the treatment of arthritic hands.

Measures - 40cm x 45cm

INDIVIDUAL STUDENT KITS

With many colleges now offering a variety of aromatherapy courses it is no longer possible to offer just one kit to students and expect it to be suitable for every course. Therefore we are happy to construct a kit to the colleges specifications at an attractive discount price.

If you would like a quote for any type of kit, no matter how large or small than please let us know and we shall be happy to help.

College visits and talks

Natural Touch can present an hour long talk to students free of charge on how to test for purity in essential oils, how and why oils are adulterated and safeguards students should take when buying oils. Please phone or write for details.

BOOKS

Aromatherapy - A Guide for Home Use

by Christine Westwood. A best-selling introductory guide to aromatherapy. Includes sections on individual oils and their therapeutic uses.

Aromatherapy - A Nurses Guide

by Ann Percival. Written by a state registered nurse/ aromatherapist to enable the lay person to learn about aromatherapy in a medical context. Easy to follow advice and recipes.

An A-Z of Aromatherapy

by Patricia Davis. The much acclaimed alphabetical guide to aromatherapy which answers many common questions in an easy-to-read format.

Aromatherapy Handbook

by Daniele Ryman. Daniele Ryman describes how to blend oils for a glowing skin, adding lustre to hair and preventing ageing. Simple to use and packed with hints and tips.

Aroma Science - The Chemistry & Bioactivity of Essential Oils

by Dr Maria Lis-Balchin. An analysis of individual essential oils with ranges of component percentages, toxicity and bioactivity characteristics.

Aromatherapy Massage with Essential Oils

by Christine Widwood. Learn the basics of this gentle method of massage using herb and flower essences which rejuvenates the skin and stimulates circulation.

Rosemary Caddy Blending Kit

Two books and a CD produced by Rosemary Caddy BSc. See the individual chemical components of the oils and how they blend together. Also there are many suggested blends to try. Items may be bought as a kit or separately.

ORDERING TERMS

Payment with order. Please make cheques payable to: Natural Touch. Card orders (Access, MasterCard, Visa & Switch) are welcome and can be made by phone, fax or e-mail. A detailed receipt will be sent with each order. We provide a prompt, helpful service and endeavour to deliver goods as quickly as possible.

P&P within the UK is charged at cost. Maximum UK mail is 2kgs. Courier used above 2kgs.

P&P for overseas and Ireland orders will be quoted separately.

Prices and products may have to be changed without notice although this is rarely necessary. If you have any queries regarding damaged or missing goods please let us know within 5 days of receipt of goods.
Yunnan Geranium

Botanical Classification
Pelargonium graveolens species of the geraniaceae family. There are over 700 varieties of cultivated geranium with graveolens being the main oil producing species.

General Description
A tall shrub with pointed leaves and small pink flowers. The essential oil is quality geranium, yellow/dreem in colour with a sweet, rose floral aroma.

Origin
The shrubs are grown in the high altitude Yunnan region of China. Surrounding growing areas from which the raw material is also sourced are Kunming, Yuxi, Shiping and Binsuan. The essential oil is produced from steam distillation of the leaves, stalks and flowers.

Gas Liquid Chromatogram
Key components of Natural Touch's essential oil type, as indicated by GC, are compared to classic profiles below. High altitude pure Yunnan geranium is an excellent quality oil with a high natural citronellal content (circa 40%). The above profile closely matches independent analyses carried out by researchers in 1960 on Yunnan geranium. Yunnan Chinese geranium has a uniquely different profile to most other geraniums and this can be readily identified by IC. Yunnan geranium is sometimes adulterated with linalool and/or linalool middlenotes to increase the bulk. Knowing that the percentages of these are normal is an important part of assessing the purity of oil.

<table>
<thead>
<tr>
<th>Component</th>
<th>Natural Touch</th>
<th>Classic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menthone</td>
<td>0.15%</td>
<td>up to 1%</td>
</tr>
<tr>
<td>Iso menthone</td>
<td>6.0%</td>
<td>circa 2%</td>
</tr>
<tr>
<td>Linalool</td>
<td>2.2%</td>
<td>2% to 5%</td>
</tr>
<tr>
<td>Citronellol</td>
<td>41.0%</td>
<td>circa 40%</td>
</tr>
<tr>
<td>Limonene</td>
<td>neg</td>
<td>neg</td>
</tr>
<tr>
<td>Geraniol</td>
<td>6.3%</td>
<td>3.5% to 8%</td>
</tr>
</tbody>
</table>

* GLC analysis carried out at the Scottish Agricultural College, Auchincruive Official stipend.

Purity Analysis Certificate
The Purity Analysis Certificate details all the information that the diligent purchaser often asks for.

If any more information or clarification is required we are happy to answer queries by letter or telephone.
Natural Touch
AROMATHERAPY


Pure and vibrant essential oils, used by true professionals to promote health and wellbeing. Use in a blend or vaporize to experience their outstanding qualities.

Place a few drops of your chosen essential oils on the vaporizing cartridge to safely diffuse them into the air. Often used in doctors waiting rooms and hospice wards.

A wide variety of base oils, lotions and hydrosols are available to blend with the essential oils for massage and aromatherapy treatments.
Create tailor-made blends in our bottles and jars to continue the aromatherapy experience in the client’s own home.

Soothe those cold contracted muscles with our selection of wheat filled packs. Heat them in the microwave for a warming experience.

Keep your precious oils safe in a sturdy storage box or carrying case.

Constructed in alder wood from a managed and sustainable source. Ideal for either the clinic based therapist or mobile practitioner.

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