



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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Welcome to our new newsletter - *Learn with Lianne*. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

AUSTRALIAN ESSENTIAL OILS Part 1

Australia is blessed with an abundance of many amazing essential oils, reputed around the world not only for their healing support, but their ability to support respiratory issues. We have many Australian oils for sale at Amazing Scents, I won't share all of them in this newsletter. I'll save some for the next edition. Suffice to say, we love our Aussie oils as they really do capture the heart and mind of the Australian bush and this great wondrous land.

Oils such as Eucalyptus are used in many industrial and commercial products from cleaning products to foods and confectionery such as cough drops. These oils have generally been modified to take the more dangerous components out of them. In the food and beverage industry, this modification is called "rectification". Rectification of an oil is typically just redistilling, either by steam or vacuum fractional distillation, to remove certain very minor offensive components. Technically a rectification process should not drastically change the overall chemical profile of an oil.

It's a fascinating topic!



Some of our Amazing Scents Aussie oils

Eucalyptus

- good for colds, flu, catarrh, aches and pains.
- is antibacterial and antiseptic,
- a good decongestant
- a great analgesic

Sandalwood

- is a relaxing, grounding and calming essential oil
- it improves mental clarity and stills the mind
- it aids in sleeping and meditation
- a gentle aphrodisiac
- it can also be useful for soothing and calming the redness of skin

Lemon Ironbark

- has amazing antiseptic properties
- gives relief from laboured breathing
- is uplifting yet relaxing
- removes bad smells and odours
- calms noisy people

Fragonia

- has powerful balancing properties
- is calming and alleviates stress
- helps to free us from past emotional problems and blockages

- decreases anxiety
- can help with tired muscles
- amazing at opening the airways and giving respiratory support

Eucalyptus Peppermint

- great for tired muscles
- can be energising when feeling mentally fatigued
- clears the sinuses
- remove bad room smells
- reduce negative emotions



Sandalwood oil is extracted from the heartwood - that's the dark centre of the wood. You can see all the lovely oil in this picture. The light outer edge is the wood, and everything else is oiled up wood. It is the steam distilled to extract the gorgeous essential oil.

With such a rich history, there is always more to learn about Australian essential oils. I highly recommend the new book by Deby Atterby called "Australian Essential Oil Profiles - Practical and Clinical Guidelines" if you want to learn more. I am really enjoying diving deep into the book. Deby really is a wealth of knowledge and this is one of the most beautiful books on my shelf. Her book can be purchased [here](#).



Need to chill out, try this lovely diffuser blend

What is your favourite Australian oil? And what makes it so special to you? Share your thoughts in the Facebook group.

Make sure to follow us on all the social platforms. Like, share, and comment as much as you like. The more you do the wider audience we reach and the more people we can help with our gorgeous essential oil range.

Business Facebook

<https://www.facebook.com/amazingscentsaromatherapy/>

The Secret Oil Garden (private group but you are welcome to join)

<https://www.facebook.com/groups/2028287724106750>

Instagram

<https://www.instagram.com/amazingscentsaromatherapy/>

Pinterest

<https://www.pinterest.com.au/amazingscentsaromatherapy/pins/>

TikTok

Coming soon

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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