



AMAZING SCENTS.  AROMATHERAPY

## LEARN WITH LIANNE



A weekly newsletter all about learning more about your precious essential oils and accessories from Amazing Scents

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.

### REFOCUS TIME

In last weeks edition of this newsletter I discussed the end of the financial year, and using it to review your goals and dreams. Did you notice whether you've remained on track? Or have those plans slipped a little?

Now is also a good time to review and refocus your health and well-being plans. Do I have enough medication to support my condition? Do I have the most accurate information about my condition? Am I doing all I can to support my condition? Am I working on my health daily to prevent future issues?

A good place to start your refocus on your health is an appointment with your general practitioner doctor. The way our health system is set up we still need our GP's for testing and diagnostic services. So make sure you check in with them and get the tests you need.

Then check who else is on your support team. Do you have a great naturopath, Integrative Dr of Medicine, or Dr of Chinese Medicine? Do you have a great massage therapist, Osteopath or Chiropractor? Do you have sound dietary advice? You might not need all of these practitioners but if you can afford one, they are good to have on your team.



Once you've got the right team in place, then focus on your aromatherapy needs. Do you have enough oils on hand? Are all your oils in date? Do you have enough carrier oils and bases? Do you have the really important preventative blends in products that you use every day? Do you have everything mixed up and ready to go? Are you connected with our aromatherapy community and continuing education?

Here's a list of popular oils for different needs:

#### **Oil for pain and inflammation**

- [Ginger](#)
- [Peppermint](#)
- [Wintergreen](#)

#### **Blends for stress**

- [Bergamot](#)
- [Orange](#)
- [Frankincense](#)

#### **Blends for sleep**

- [Lavender](#)
- [Vetiver](#)
- [Marjoram](#)

#### **Blends for adrenal and hormonal balancing**

- [Black Spruce](#)
- [Clary Sage](#)
- [Geranium](#)

#### **Blends to assist your immune system**

- [Cinnamon](#)

- [Eucalyptus](#)
- [Lemon](#)

## Keeping your Aromatherapy Pantry full

Having an empty pantry or fridge limits what you can cook. It is the same with oils – what you can use them for is limited by the size of your collection. Not having the right oils available at the time you need them is frustrating, annoying and painful. There's nothing more annoying than needing Lavender for your sleep blend and you don't have any!

Do a stocktake of all the oils you have on hand. Print off our current selection guide below (or [download the PDF here](#)) and highlight anything you need. Write a wish list of all the oils you need and then check the current Savers to see what you can get for free. Don't wait, as things get tighter in the family budget, making things yourself and preventing illness must become a top priority!

Please keep this for your record as you add to your collection.			Join 'The Secret Oil Garden' on Facebook			Your FREE Recipe Book!		
<b>Anxiety Pack</b> Bergamot May Chang Petitgrain Ylang Ylang \$139.80	<b>Booster Pack</b> Juniper Lemongrass Lime Petitgrain Rosewood \$171.75	<b>De-Stress Pack</b> Geranium Grapefruit Rose \$141.85	<b>Girls Pack</b> Bergamot Myrrh Tea Tree \$119.85	<b>Harmony Pack</b> Bergamot Lavender Ylang Ylang \$123.85	<b>Pets Pack</b> Chamomile Eucalyptus Lavender Tea Tree Thyme \$151.75	<b>Sleep Pack</b> Lavender Marjoram Valerian Vetiver \$179.80		
<b>Attack Pack</b> Eucalyptus Fir Lemon Tea Tree Thyme \$124.75	<b>Breathe Easy</b> Cajeput Cypress Frankincense Myrrh \$183.80	<b>Feel Good Pack</b> Clary Sage Jasmine Neroli Nutmeg \$179.80	<b>Grounding Pack</b> Cedarwood Patchouli Sandalwood Vetiver \$193.80	<b>Joint Ease Pack</b> Basil Clary Sage Juniper Berry Marjoram \$167.80	<b>Romance Pack</b> Jasmine Patchouli Ylang Ylang \$133.85	<b>Tension Head Pack</b> Lavender Marjoram Peppermint \$98.85		
<b>Balancing Pack</b> Black Pepper Geranium Vetiver \$149.85	<b>Cheerful Times Pack</b> Bergamot Clary Sage Rose Sandalwood \$219.80	<b>Feminine Pack</b> Clary Sage Cypress Fennel Rose \$156.80	<b>Grumpy Pack</b> Lavender Mandarin Rosewood Vetiver \$161.80	<b>Kids Pack</b> Eucalyptus Patchouli Rosemary Tea Tree Ylang Ylang \$147.75	<b>Scarring Pack</b> Frankincense Immortelle Lavender Neroli \$243.80	<b>Warming Pack</b> Black Pepper Cinnamon Ginger Nutmeg \$164.80		
<b>Basic Pack</b> Chamomile Eucalyptus Lavender Peppermint \$116.80	<b>Citrus Pack</b> Grapefruit Lemon Lime Mandarin May Chang Orange \$139.70	<b>Focus Pack</b> Basil Lemon Peppermint Rosemary Spearmint \$129.75	<b>METHODS OF USE (ADULT DOSAGE)</b> <b>Burner:</b> 5-10 drops in total <b>Inhalation:</b> 1-5 drops in total <b>Bathing:</b> 10 - 20 drops in total <b>Topical application:</b> 15 drops in total to 30ml of base or refer to the recommended dilutions in our 'Amazing Scents' or 'Calm Kids' books. Books are a great asset to any collection. <b>REORDER ANYTIME:</b> Register on our website <a href="http://www.amazingscents.com.au">www.amazingscents.com.au</a> and you may place an order anytime you wish.	<b>Muscular Ease Pack</b> Chamomile Clove Leaf Lavender Marjoram Rosemary \$162.75	<b>Settle Petal Pack</b> Lavender Lime Mandarin Orange \$99.80	<b>Wind Pack</b> Basil Fennel Marjoram Peppermint \$127.80		
<b>Beauty Pack</b> Frankincense Geranium Rose \$185.85	<b>Cleaning Pack</b> Eucalyptus Lavender Lemon Peppermint Tea Tree \$155.75	<b>Fresh Air</b> Lemon Lime Mandarin Orange \$85.80		<b>Pain in the Brain Pack</b> Ginger Frankincense Lemongrass \$127.85	<b>Skin Pack</b> Chamomile Geranium Lavender Palmarosa \$150.80	<b>Winter</b> Cajeput Fir Ginger Peppermint Wintergreen \$136.75		
<b>100% GUARANTEE OF QUALITY</b> We are proud of our products and therefore have no hesitation in offering you the assurance of a 21 day money back guarantee or exchange. Terms and conditions apply. Please contact us if you need any assistance.				<b>OUR PRODUCT FORMULATION</b> In keeping with our company philosophy on providing you with the most amazing products, we personally formulate our quality base products to be sure that they are totally free of parabens and sulphates.				

PURE ESSENTIAL OILS (12MLS)	
T Basil	\$37.95
T Bergamot	\$41.95
M Black Pepper	\$43.95
T Cajeput	\$25.95
M Cedarwood	\$21.95
M Chamomile German (3% in pure Jojoba oil)	\$39.95
M Cinnamon Bark	\$57.95
M Clary Sage	\$37.95
M Clove Leaf	\$22.95
M Cypress	\$27.95
T Eucalyptus	\$17.95
T Fennel	\$26.95
T Fir	\$26.95
T Frankincense	\$73.95
M Geranium	\$47.95
M Ginger	\$32.95
T Grapefruit	\$29.95
B Immortelle (3% in pure Jojoba oil)	\$71.95
M Jasmine (5% in pure Jojoba oil)	\$49.95
T Juniper Berry	\$51.95
M Lavender	\$35.95
T Lemon	\$21.95
M Lemongrass	\$20.95
T Lime	\$22.95
T Mandarin	\$19.95
M Marjoram	\$39.95
T May Chang	\$23.95
B Myrrh (50% in pure Jojoba oil)	\$55.95
T Neroli (3% in pure Jojoba oil)	\$61.95
M Nutmeg	\$29.95
T Orange	\$20.95
M Palmarosa	\$26.95
B Patchouli	\$37.95
T Peppermint	\$22.95
T Petitgrain	\$27.95
M Rose (5% in pure Jojoba oil)	\$63.95
M Rosemary	\$23.95
M Rosewood	\$47.95
B Sandalwood (25% in pure Jojoba oil)	\$75.95
T Spearmint	\$22.95
T Tea Tree	\$21.95
M Thyme	\$35.95
B Valerian (10% in pure Jojoba oil)	\$45.95
B Vetiver	\$57.95
M Wintergreen	\$27.95
M Ylang Ylang	\$45.95

T= Top Note M=Middle Note B=Base Note

CARRIER OILS	
Arnica Infused Oil (255ml)	\$55.95
Comfrey Infused Oil (130 ml)	\$55.95
Nourishing Facial Carrier Oil (130ml)	\$55.95
Nut-Free Carrier Oil (255ml)	\$55.95
Soothing Body Carrier Oil (255ml)	\$55.95
SKIN & BODY CARE	
Aloe Vera Gel (255ml)	\$32.95
Body Lotion Base (255ml)	\$35.95
Bubble Bath Base (255ml)	\$19.95
Clay Mask (60g)	\$21.95
Face and Body Scrub (100g)	\$43.95
Face Crème Moisturiser Base (250ml)	\$43.95
Facial Cleanser Base (130ml)	\$32.95
Geranium Hydrosol (130ml)	\$32.95
Hand Wash Gel Base (255ml)	\$19.95
Hemp Crème Base (250ml)	\$43.95
Rose Water / Hydrosol Spray (130 ml)	\$35.95
Sea Salts Bath Soak (350g)	\$15.95
Shower Gel Base (255ml)	\$19.95
HAIR CARE	
Argan Oil (25ml)	\$29.95
Conditioner Base (250ml)	\$19.95
Shampoo Base (250ml)	\$19.95
ACCESSORIES	
Car Diffuser	\$19.95
Car Diffuser Refill	\$6.00
Cedar Essential Oil Box	\$349.95
MIXING ACCESSORIES	
30ml Jars & Lid (Pack of 4)	\$6.00
60ml Jars & Lid (Pack of 4)	\$6.00
50ml Bottle & Atomiser	\$4.95
100ml Bottle & Atomiser	\$5.95
25ml Dropper Bottles (Pack of 2)	\$6.00
10ml Roll-On Dispenser (Pack of 2)	\$9.00
10ml Roll-On Dispenser (Pack of 10)	\$38.00
30ml Roll-On Dispenser (Pack of 2)	\$12.00
Solubiliser (130ml)	\$33.95
BOOKS	
Amazing Scents (Book)	\$39.95
Calm Kids (Book)	\$35.95
If You Want Great Skin (Book)	\$29.95
GIFT VOUCHERS & GIFT PACKS	
Available online @ <a href="http://www.amazingscents.com.au">www.amazingscents.com.au</a>	

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We are a privately owned and operated company with a passion to supply a comprehensive range of high quality aromatherapy products and accessories.

We realise that the key to you using aromatherapy effectively and economically is reliant on us providing you with the knowledge of how to integrate it smoothly into your daily routine.

We provide up to date literature and fun informative virtual workshops, classes and courses and E Books to achieve these goals.

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Join us on facebook and Instagram to learn more and stay in touch.  
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## Open Day

If you live in Melbourne you may like to visit us at our upcoming Open Day on the 16th July?

Follow the [link](#) for more details

Do you have a story to share about essential oils? Remember to share your stories, your wins, your gains, and your fails, in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Every time you post in the group is an entry into our monthly giveaway.

Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.

Remember to follow us on [Facebook](#) and [Instagram](#), and like, comment and share our content with your friends, family and the local community. If you aren't already a member of our private group please head over and join in the fun in [The Secret Oil Garden](#) - there is so much information in here that's on tap all the time!

Please note that we will only email you 3 times a week. The newsletter on a Tuesday, the weekly specials on a Friday and the upcoming workshops on the weekend. The only other time would be a last-minute update on a class or something extremely important.

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