

Florame[®]

ORGANIC ESSENTIAL OILS

User Guide



www.florame.com

SAINT RÉMY DE PROVENCE

Florame, the soul of flowers

Installed in Saint Rémy de Provence, the Florame laboratory has slowly become a name to be reckoned within the world of essential oils.

In these fragrant lands lying at the heart of Provence, Florame produces and selects from around the world the most beautiful essential oils, which are controlled and guaranteed “from Organic Agriculture”, respecting natural cycles and fair labour conditions.



Thanks to its extensive know-how and the creativity of its team, taking full advantage of new technologies without compromising the company's ethical and ecological values, Florame elaborates and manufactures **products of exceptional quality**, based on the virtues of essential oils.

For Florame, finding the best ingredients of organic quality and then combining and blending them in subtle doses, **means adding pleasure and well-being to your beauty care, day after day.**

Rediscovering our ties with Nature...

The organic essential oils selected by Florame help the body and mind recover a sense of well-being and harmony. Constantly seeking maximum purity, while preserving different species, we bring you the best of the plant, the subtle fragrance obtained by steam distillation, while releasing the quintessence at the plant's core: **the essential oil.**



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Organic agriculture

This is a system of agricultural production with no use of chemicals or synthetic products, based on the respect of natural cycles, soils and the environment, aimed at a more qualitative and autonomous production that pollutes less.

HISTORY

The need for Organic Agriculture arose from various schools of thought that first appeared in the 1920s, founded on ethical and ecological values, to oppose the growth of intensive agriculture and extensive use of chemical additives in farming.



REGULATIONS

The French authorities did not make the Organic Agriculture specifications official until 1981. In 1992, the European regulation 2092/91 came into effect, followed by the regulation 1804/1999 on production and labelling.

The regulations are based on the absence of any chemical products, pesticides, synthetic herbicides and GMOs (genetically modified organisms).



SUSTAINABLE DEVELOPMENT

In preserving the diversity of fauna and flora and respecting the environment, Organic Agriculture helps to protect our planet.

In assisting the survival of small farms, which are unprofitable under conventional farming, Organic Agriculture preserves and revitalizes rural areas.

Since Organic Agriculture is more labour intensive, it helps to keep the countryside populated.



Sustainable development is also about maintaining schools in the villages.

Essential oils

These are the active and fragrance ingredients of aromatic plants.

Depending on the plant, the aromatic molecules may be located in the leaves, flowers, branches, rootstock, bark, etc. A plant may contain different aromatic molecules depending on the part (fruit, leaves, flowers). The percentage of aromatic molecules may vary according to the part.



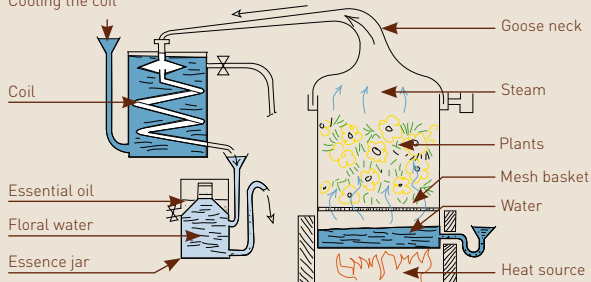
Example: the bitter orange tree or sour orange tree
We extract bitter orange leaf essential oil from the leaf;
Bitter orange blossom essential oil from the flower; bitter orange essence from the zest.



THE PRINCIPAL TECHNIQUES FOR EXTRACTING ESSENTIAL OILS.

Steam distillation at low pressure.

Cooling the coil



The plants are placed in a mesh basket over a water tank on top of a heat source. The steam passes through the plants and becomes loaded with the plant's active ingredients. The steam is then recondensed in a coil.

This process produces 2 components:

► The essential oil

It has a density that is lighter than water. It is composed of 100% aromatic molecules.



► The hydrolat or floral water

This is a delicately scented water containing very few active ingredients. It is used in aromatherapy in a very specific way, and mostly in cosmetics and foods.



Cold pressing.

This extraction method is exclusively reserved for citrus fruits, where the aromatic molecules are found in the zest.

The aromatic substance is obtained by cold pressing the zest. It is called an **essence**.



PLEASE NOTE

The term **essential oil** applies to substances obtained through steam distillation.

The term **essence** refers to cold press extractions (citrus fruits).

These 2 methods of extraction produce essential oils or essences that are 100% pure and natural. They are not terpeneless, adjusted or blended.

Only essential oils and essences obtained by these processes can be used in aromatherapy.

IDENTIFYING ESSENTIAL OILS.

Influenced by the soil, the same plant can produce essential oils with different chemotypes. It is important to distinguish between them, because the essential oil obtained will have different biochemical characteristics and therefore very distinct properties.

The principal molecules of an essential oil can only be identified through gas chromatography coupled with a mass spectrometer. This is the essential oil's identity card.



THE QUALITY OF FLORAME ESSENTIAL OILS

Florame's foremost commitment is to guarantee the quality of its essential oils:

- ▶ by botanical accuracy, the part of the plant distilled, the botanical identity (chemotype) of each essential oil and essence.
- ▶ by the choice of the production site, the quality of the plant grown.
- ▶ by the quality of the extraction method: low pressure steam distillation or cold pressing for citrus fruits.
- ▶ by analysing each batch of essential oil or essence through gas chromatography and mass spectrometry in order to identify them botanically and biochemically.
- ▶ by guaranteeing that Florame essential oils and essences are 100% pure and natural, not terpeneless, diluted, adjusted or remixed.
- ▶ by the traceability on each essential oil batch: from its arrival at Florame to the consumer's bottle or in the composition of a skin care product.

Florame essential oils and essences are botanically and biochemically defined.

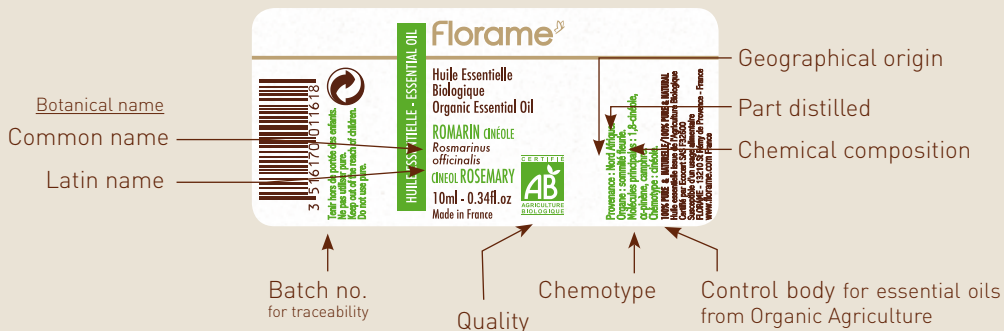
THE ORGANIC QUALITY of Florame essential oils

ECOCERT (F-32600), an independent control body, controls and certifies the organic guarantee on Florame essential oils and essences.

Florame organic essential oils and essences are identifiable by the logos:



This commitment to quality and traceability is mentioned on the label of each bottle of Florame essential oil and essence.



Essential oils in detail

Essential oils are composed of active substances that, when correctly and advisedly used, are very effective in dealing with minor everyday ills.

The fact sheets give the principal properties, standard uses and specific precautions for the most commonly used essential oils. This list of properties and uses is not exhaustive and cannot under any circumstances replace a medical prescription. When in doubt, do not hesitate to consult a doctor for medical advice.

THE DIFFERENT WAYS OF USING ESSENTIAL OILS

Air diffusion

Some essential oils can be used in air diffusion. It is better to use a diffuser that does not heat the essential oils. In aromatherapy, diffuse for 10 to 20 minutes, 2 or 3 times a day (morning and evening); in aromachology, diffuse for 5 minutes every hour.

- ▶ Only diffuse essential oils that are 100% pure and natural, preferably of organic quality.
- ▶ Do not diffuse essential oils containing phenols (eugenol, carvacrol, thymol) and ketones (camphor, verbenone).
- ▶ Do not diffuse essential oils continuously in a closed room in the presence of children, adults or pets.

Orally

Ingesting essential oils is not advisable and should only be done under medical advice in any case.

- ▶ Keep bottles out of reach of children.
- ▶ Do not take essential oils containing phenols (eugenol, carvacrol, thymol) and ketones (camphor, verbenone).
- ▶ Contact the nearest poison control centre in case of accidental overdose.
- ▶ If under prescription, dilute the recommended number of essential oil drops in a spoonful of vegetable oil.

Cutaneous use

It is better to dilute the essential oils in a vegetable oil before applying to the skin. The application can be done by massage or rubbing to all or part of the body. The essences from citrus fruits are more or less photosensitizing, so they should not be used before any exposure to the sun.

Do not apply pure essential oils to children.

Essential oils are not soluble in water. For the bath, they must be mixed with a water soluble base.

- ▶ Do not apply essential oils to children under age 3, age 6 for essential oils containing 1,8-cineol and age 7 for peppermint or wild mint essential oils.
- ▶ Essential oils containing phenols (eugenol, carvacrol, thymol) and ketones (camphor, verbenone) can be applied to the skin if they are heavily diluted (5% maximum) and only with adults.
- ▶ In case of contact with the eyes, rinse abundantly with a vegetable oil and contact your doctor.
- ▶ Do not use during pregnancy.

SYMBOLS TABLE FOR FACT SHEETS



E.O. or essence from Organic Agriculture meeting the national or EU standard in force.
Quality in the Florame line.



Requires no special precaution in the proposed method of use



E.O. from Organic Agriculture meeting the Cosmebio specifications in force.
Quality in the Florame line



Requires certain precautions for the proposed method of use



E.O. from traditional agriculture meeting Florame quality requirements.



Do not use in the proposed method of use

BERGAMOT

Citrus aurantium ssp bergamia L



Family: Rutaceae
Part pressed: zest
Origin: Italy
Chemical composition:
limonene, linalyl acetate,
linalol.



Principal properties:

antispasmodic,
antiseptic,
sedative.

Uses:

stress, calming,
digestive tonic,
appetite regulator,
air antiseptic.

Precautions for use:

May irritate sensitive skin in pure form.
It is photosensitizing (no exposure to sun after application or bath).
Do not use while pregnant or breast feeding.
Essence used with children and adults.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

BITTER ORANGE BLOSSOM

Citrus aurantium L. ssp amara.



Family: Rutaceae
Part distilled: flower
Origin: Egypt
Chemical composition:
linalol, limonene, β -pinene.



Principal properties:

antispasmodic,
calming,
antibacterial.

Uses:

stress, muscle spasms,
delicate skin with redness,
skin rejuvenation.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast feeding.
Essential oil known for being non toxic.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

BITTER ORANGE LEAF

Citrus aurantium L. ssp amara.



Family: Rutaceae
Part distilled: leaf
Origin: Egypt
Chemical composition:
linalyl acetate, linalol, α -terpineol.



Principal properties:

antibacterial,
antispasmodic,
skin rejuvenation.

Uses:

various infections,
relaxing,
sores, healing,
muscle spasms,
coughing fits.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

BOURBON GERANIUM

Pelargonium x asperum Ehrt.ex Willd



Family: Geraniaceae
Part distilled: plant in blossom
Origin: Madagascar
Chemical composition:
citronnellol, geraniol, geranyl formate.



Principal properties:

antibacterial,
antifungal,
astringent,
antispasmodic.

Uses:

sores, acne,
oily skin care,
external mycosis,
bleeding.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

BRACTEIFERUM HELICHRYSUM

Helichrysum bracteiferum H.Humb



Family: Asteraceae
Part distilled: head in blossom
Origin: Madagascar
Chemical composition:
1,8 cineol, α and β -caryophyllene.



Principal properties:

antiseptic,
anti-inflammatory.

Uses:

respiratory
complaints, skin
inflammations
(insect bites,
itchings, etc.).

Precautions for use:

E.O. used with adults and children
(over age 6). Do not use while
pregnant or breast feeding.
Can be an irritant for sensitive skin
in pure form.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CAJEPUT

Melaleuca cajuputi Powel.



Family: Myrtaceae
Part distilled: leaf
Origin: Vietnam
Chemical composition:
1-8 cineol, α -terpineol, terpinolene.



Principal properties:

antibacterial,
expectorant,
anti-inflammatory.

Uses:

respiratory infections,
aches.

Precautions for use:

E.O. used with adults and children
age over 6. Caution with air diffusion
and inhalation in case of asthma.
Avoid ingestion. Skin irritant in pure
form.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CAMPHORATED ROSEMARY

Rosmarinus officinalis L.



Family: Lamiaceae
Part distilled: head in blossom
Chemotype: camphor
Origin: Europe
Chemical composition:
 α -pinene, 1-8 cineol, camphor.



Principal properties:

anti-inflammatory.

Uses:

cramps,
aching joints...

Precautions for use:

E.O. used with adults. Not to be
taken orally. Not to be used on skin
in pure form.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CINEOL ROSEMARY

Rosmarinus officinalis L.



Family: Lamiaceae
Part distilled: head in blossom
Chemotype: 1-8 cineol
Origin: North Africa
Chemical composition:
1-8 cineol, α -pinene, camphor.



Principal properties:

antibacterial,
expectorant.

Uses:

respiratory infections,
acne, colds.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding. Can be an irritant for
sensitive skin in pure form.
As with all essential oils containing
1-8 cineol, not to be taken orally.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CINNAMON TREE

Cinnamomum zeylanicum Ness.



Family: Lauraceae

Part distilled: bark

Origin: Sri Lanka

Chemical composition:

cinnamaldehyde, eugenol, etc.



Principal properties:

strong antibacterial,
antispasmodic.

Uses

infections of various
origins,
spasms,
etc.

Precautions for use:

Dermocausticity (serious irritation to
skin and mucous membranes). E.O.
used with adults. It is allergenic. Do
not use while pregnant or breast
feeding.

Orally: use diluted for a short time and
on doctor's advice (hepatic toxicity from
prolonged use and in high doses).

Do not confuse with:

*The precautions for use are identical for
Cinnamon Leaf, Cinnamomum zeylanicum.*

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CISTUS

Cistus ladaniferus L.



Family: Cistaceae

Part distilled: branch/leaf

Origin: Portugal

Chemical composition:

α -pinene, viridiflorol, trans-pinocarveol.



Principal properties:

astringent,
strong hemostatic,
antibacterial.

Uses:

cuts, infected sores,
bleeding,
wrinkles, skin ageing,
etc.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CITRIODORA EUCALYPTUS

Eucalyptus citriodora Hooker.



Family: Myrtaceae

Part distilled: leaf

Origin: Brazil

Chemical composition:

citronellal, isopulegol, citronnellol.



Principal properties:

anti-inflammatory,
mosquito repellent,
antibacterial.

Uses:

aching muscles or
joints,
insectifuge.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Can be a pure irritant for sensitive
skin.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CITRONELLA

Cymbopogon nardus L.



Family: Poaceae

Part distilled: herb

Origin: Sri Lanka

Chemical composition:

citronellal, geraniol, citronnellol.



Principal properties:

anti-inflammatory,
bactericide,
calming, insectifuge,
antifungal

Uses:

mosquito repellent,
aching muscles and
joints, infections, stress,
external mycosis.

Precautions for use:

In pure form, it can be an irritant for
sensitive skin.
E.O. used with adults.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CLARY SAGE

Salvia sclarea L.



Family: Lamiaceae
Part distilled: head in blossom
Origin: France
Chemical composition:
linalyl acetate, linalol.



Principal properties:

antispasmodic,
antiseptic,
reduces sebum
secretion, estrogen-like.

Uses:

digestive complaints,
relaxing, infections,
menopause complaints,
oily skin and hair...

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or
breast feeding. Can be an irritant
for sensitive skin in pure form.
Do not use this essential oil with
hormone-related cancers, mastosis
or any contraindications for use of
estrogenic substances.

Do not confuse with:

Sage, Salvia officinalis

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CLOVE TREE

Eugenia caryophyllus (C.Spreng) Bull et Harr.



Family: Myrtaceae
Part distilled: bud
Origin: Madagascar
Chemical composition:
eugenol, eugenyl acetate,
 β -caryophyllene.



Principal properties:

strong antibacterial,
antispasmodic,
antifungal.

Uses:

all types of infection,
spasms,
pain relief.

Precautions for use:

Dermocausticity. E.O. used with
adults. It is allergenic. Do not use
while pregnant or breast feeding.
Orally: use diluted over a short
period and on doctor's advice
(hepatic toxicity with prolonged use
and in high doses).

Recommendations

Air diffusion: ● Massage: ● Orally: ●

CYPRESS

Cupressus sempervirens L.



Family: Cupressaceae
Part distilled: branch
Origin: Croatia
Chemical composition:
 α -pinene, δ -3-carene, β -caryophyllene.



Principal properties:

venous decongestant,
astringent,
antispasmodic, coughs,
oestrogen-like activity.

Uses:

varicose veins,
circulation problems,
coughing fits.

Precautions for use:

Do not use if estrogenic substances
are contraindicated (hormone-
related cancers, mastosis, etc.).
E.O. used with children and adults.
Do not use while pregnant or breast
feeding.
It may be an irritant if applied to skin
undiluted.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

FINE LAVENDER

Lavandula angustifolia Miller.



Family: Lamiaceae
Part distilled: flower
Origin: France
Chemical composition:
linalyl acetate, linalol,
cis- β -caryophyllene.



Principal properties:

antibacterial,
antispasmodic,
external analgesic,
local anaesthetic,
healing,
anti-inflammatory.

Uses:

burns, sores, stings,
skin complaints, cramps,
infections...

Precautions for use:

Consult your doctor if pregnant or
breast feeding.
E.O. for use with adults and young
children (as of age 1).
E.O. very well tolerated on skin.

Do not confuse with:

Lavandin, Lavandula hybrida
Maillette Lavender, Lavandula vera clonale
Spike Lavender, Lavandula latifolia

Recommendations

Air diffusion: ● Massage: ● Orally: ●

GLOBULUS EUCALYPTUS

Eucalyptus globulus Labill.



Family: Myrtaceae
Part distilled: leaf
Origin: Portugal
Chemical composition:
1-8 cineol, α -pinene, limonene.



Principal properties:

pulmonary decongestant, expectorant, antibacterial.

Uses:

bronchial-pulmonary complaints, colds, infections.

Precautions for use:

E.O. used with adults.
Do not use while pregnant or breast feeding. Avoid using with persons prone to asthma. Do not use on its own in air diffusion.
It can be a skin irritant in pure form.

Recommendations

Air diffusion: ● Message: ● Orally: ●

GRAPEFRUIT

Citrus paradisi Mac Fayden.



Family: Rutaceae
Part pressed: zest
Origin: Israel, Florida
Chemical composition:
limonene, myrcene, octanal.



Principal properties:

antiseptic, astringent, digestive.

Uses:

room disinfectant, cellulite, appetite stimulator.

Precautions for use:

Photosensitizing essence (no exposure to sun). Can be an irritant for sensitive skin in pure form. Essence used with adults and children. Do not use while pregnant or breast feeding.

Recommendations

Air diffusion: ● Message: ● Orally: ●

GREEN MYRTLE

Myrtus communis L.



Family: Myrtaceae
Part distilled: leaf
Chemotype: 1-8 cineol
Origin: Corsica
Chemical composition:
1-8 cineol.



Principal properties:

antiseptic, respiratory decongestant, expectorant.

Uses:

respiratory complaints, antitussive, oily skin care, acne...

Precautions for use:

E.O. used with adults and children.
Do not use while pregnant or breast feeding.
Can be an irritant for sensitive skin in pure form.

Do not confuse with:

Red Myrtle, *Myrtus communis*

Recommendations

Air diffusion: ● Message: ● Orally: ●

ITALIAN HELICHRYSUM

Helichrysum italicum ssp italicum G. Don.



Family: Asteraceae
Part distilled: head in blossom
Origin: Corsica
Chemical composition:
 γ -curcumene, neryl acetate.



Principal properties:

anti-bruising, astringent, circulation, healing, anti-inflammatory.

Uses:

knocks, collisions, broken veins, rosacea, sores.

Precautions for use:

E.O. used with adults and children over age 5.
Do not use while pregnant or breast feeding.
Orally: on doctor's advice.

Recommendations

Air diffusion: ● Message: ● Orally: ●

JUNIPER

Juniperus communis L. var. erecta



Family: Cupressacea

Part distilled: berry

Origin: Croatia

Chemical composition:

α -pinene, δ -3-carene, myrcene.



Principal properties:

anti-inflammatory, reduces water retention, antiseptic, astringent, etc.

Uses:

aching joints, water retention, oily skin care..

Precautions for use:

E.O. used with adults in short treatments (ten to fifteen days). Do not use while pregnant or breast feeding. It is a skin irritant in pure form. Do not use with persons suffering from kidney complaints.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

LAUREL

Laurus nobilis L.



Family: Lauraceae

Part distilled: leaf

Origin: Croatia

Chemical composition:

1,8 cineol, terpenyl acetate, sabinene.



Principal properties:

antibacterial, anti-inflammatory, expectorant, analgesic, antispasmodic

Uses

respiratory complaints, skin complaints, acne, infections, migraine, cramps.

Precautions for use:

E.O. used with adults. Do not use while pregnant or breast feeding. Avoid using with persons suffering from allergies (contains eugenol). It can be an irritant for sensitive skin.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

LEMON

Citrus limon (L) Burman.



Family: Rutaceae

Part pressed: zest

Origin: Italy

Chemical composition:

limonene, β -pinene, α -terpinene.



Principal properties:

antibacterial, antiseptic, circulation, digestive, nausea.

Uses

air antiseptic, digestive complaints, broken veins.

Precautions for use:

Essence that is photosensitizing when applied to skin or ingested (avoid exposure to sun). Essence used with adults and children. Doctor's advice required for use when pregnant. It may irritate sensitive skin in pure form.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

LINALOL THYME

Thymus vulgaris ct linalol.



Family: Lamiaceae

Part distilled: head in blossom

Chemotype: linalol

Origin: Europe

Chemical composition:

linalol, terpinen-ol-4, γ -terpinene



Principal properties:

antibacterial.

Uses:

all types of infection.

Precautions for use:

E.O. used diluted for children and adults by external application. Do not use while pregnant or breast feeding.

Do not confuse with:

Thymol Thyme, Thymus vulgaris ct thymol; Citronellol Thyme, Thymus vulg. ct citronellol; Paracymene Thyme, Th. vulg. ct paracymene; Thuyanol Thyme, Thymus vulg. ct thujanol; Woodland Marjoram, Thymus mastichina

Recommendations

Air diffusion: ● Massage: ● Orally: ●

MANDARIN

Citrus reticulata Blanco.



Family: Rutaceae

Part pressed: zest

Origin: Italy

Chemical composition:

limonene, γ -terpinene, α -pinene.



Principal properties:

digestive stimulant,
antiseptic,
antispasmodic,
calming.

Uses:

digestive complaints,
stress,
sleeping problems.

Precautions for use:

Essence used with children and adults.
Do not use while pregnant or breast feeding. It can be an irritant for sensitive skin. Photosensitizing when applied to skin or ingested (no exposure to sun).

Recommendations

Air diffusion: ● Massage: ● Orally: ●

MARJORAM

Origanum majorana L. Don.



Family: Lamiaceae

Part distilled: head in blossom

Origin: Egypt

Chemical composition:

terpinen-4-ol, γ -terpinene, α -terpinene.



Principal properties:

antibacterial,
antispasmodic,
calming.

Uses

stress, winter infections,
digestive complaints,
muscle spasms.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast feeding.
Can be an irritant for sensitive skin in pure form.

Do not confuse with:

Woodland Marjoram, Thymus mastichina

Recommendations

Air diffusion: ● Massage: ● Orally: ●

NIAOULI

Melaleuca viridiflora (*Melaleuca quinquenervia* Cav.).



Family: Myrtaceae

Part distilled: leaf

Chemotype: cineol viridiflorol

Origin: Madagascar

Chemical composition:

1-8 cineol, α -pinene, α -terpineol.



Principal properties:

antibacterial,
antiviral,
respiratory
decongestant,
expectorant,
anti-inflammatory.

Uses:

respiratory infections,
scars, sores, acne...

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast feeding.
As with all essential oils with 1-8 cineol, not to be taken orally. It has a very good skin tolerance.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

PALMAROSA

Cymbopogon martinii Wast. var *motia*



Family: Poaceae

Part distilled: herb

Origin: Madagascar

Chemical composition:

geraniol, geranyl acetate.



Principal properties:

antifungal,
bactericide,
antispasmodic.

Uses:

external mycosis,
infections, stress,
body deodorant,
dry and wrinkled skin care.

Precautions for use:

It can be an irritant for sensitive skin in pure form.
E. O. used with adults and children.
Do not use while pregnant or breast feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

PATCHOULI

Pogostemon cablin Benth.



Family: Lamiaceae

Part distilled: leaf

Origin: Indonesia

Chemical composition:
patchoulol, α -bulnesene, α -guaiene.



Principal properties:

anti-inflammatory,
antiseptic,
astringent,
tissue rejuvenation.

Uses:

inflammatory skin
diseases, acne,
dry skin, chapping,
moth repellent.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.
Can be an irritant for sensitive skin
in pure form.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

PEPPERMINT

Mentha x piperita L.



Family: Lamiaceae

Part distilled: head in blossom

Origin: Paraguay

Chemical composition:
menthol, menthone, isomenthone



Principal properties:

antibacterial, tonic,
analgesic,
local anaesthetic,
liver complaints.

Uses:

migraine, nausea,
vomiting,
digestive complaints,
shocks, aches,
local cooling.

Precautions for use:

This essential oil is an irritant for
eye membranes and can be irritant
for the skin in pure form.
E.O. used with adults and children
over age 7. Do not use while pregnant
or breast feeding. Do not use for long
periods without consulting a doctor.

Do not confuse with:

Wild Mint, Mentha arvensis;
Spearmint, Mentha spicata

Recommendations

Air diffusion: ● Massage: ● Orally: ●

RADIATA EUCALYPTUS

Eucalyptus radiata Sieber



Family: Myrtaceae

Part distilled: leaf

Origin: Australia

Chemical composition:
1-8 cineol, α -terpineol, α -pinene.



Principal properties:

expectorant,
antibacterial,
antiviral,
anti-inflammatory.

Uses:

respiratory complaints,
colds, infections, flu.

Precautions for use:

E.O. used with children and adults
(over age 6).
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

RAVENSARA

Ravensara aromatica



Family: Myrtaceae

Part distilled: leaf

Origin: Madagascar

Chemical composition:
limonene, sabinene, α -pinene.



Principal properties:

antibacterial.

Uses:

respiratory infections,
general infections.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

RAVINTSARA

Cinnamomum camphora Sieb.



Family: Myrtaceae
Part distilled: leaf
Chemotype: 1-8 cineol
Origin: Madagascar
Chemical composition:
1-8 cineol, sabinene, α -terpineol.



Principal properties:

antibacterial,
expectorant,
antiviral.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Uses:

respiratory infections,
viral infections,
acne, tiredness.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

ROMAN CAMOMILE

Anthemis nobilis L.



Family: Asteracea
Part distilled: flower
Origin: France
Chemical composition:
isobutyl angelate, isoamyl methacrylate.



Principal properties:

antispasmodic,
anti-inflammatory,
analgesic.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Uses:

stress, analgesic,
itching, rosacea,
rashes, etc.

Do not confuse with:

Matricaria Camomile, *Chamomilla recutita L.*; *Wild Camomile*, *Ormenis multicolis L.*;
Blue Camomile, *Tanacetum annuum L.*

Recommendations

Air diffusion: ● Massage: ● Orally: ●

ROSE

Rosa damascena Mill.



Family: Lamiaceae
Part distilled: flower
Origin: Turkey
Chemical composition:
citronellol, geraniol, nonadecane.



Principal properties:

antiseptic, astringent,
skin rejuvenation,
calming.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Uses:

dry or mature skin,
rosacea,
rednesses, perfumes,
stress.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

ROSEWOOD

Aniba rosaedora var amazonica Duke.



Family: Lauraceae
Part distilled: wood
Origin: Brazil
Chemical composition:
linalol, α -terpinéol, oxide linalol.



Principal properties:

antispasmodic, sedative,
antibacterial,
mild local anaesthetic,
antifungal,
skin rejuvenation.

Precautions for use:

E.O. used with children and adults.
Rarely causes skin irritation.
Do not use while pregnant or breast
feeding.

Uses

infections, stress, aches,
external mycosis,
wrinkles,
dry and/or irritated skin.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

SANDALWOOD

Santalum album L.



Family: Santalaceae
 Part distilled: wood
 Origin: India
 Chemical composition:
 α and β -santalol, nuciferol.



Principal properties:

external
 anti-inflammatory,
 antiviral,
 antispasmodic,
 antibacterial.

Uses:

skin diseases, herpes,
 external itches, dry and
 inflamed skin, stress.

Precautions for use:

E.O. used with children and adults.
 Do not use while pregnant or breast
 feeding.

Do not confuse with:

Amyris Sandalwood, Amyris basalmifera

Recommendations

Air diffusion: ● Massage: ● Orally: ●

SCOTS PINE

Pinus sylvestris L.



Family: Abietaceae
 Part distilled: needle
 Origin: France
 Chemical composition:
 α -pinene, β -pinene, limonene.



Principal properties:

respiratory antiseptic,
 expectorant,
 percutaneous analgesic.

Uses:

pulmonary decongestant,
 colds, rheumatism pain,
 stimulating.

Precautions for use:

E.O. used with children and adults.
 Do not use while pregnant or breast
 feeding.

It can be an irritant in pure or less
 diluted form for sensitive skins
 (children, the elderly). Caution
 for anyone suffering from chronic
 respiratory complaints.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

SPANISH OREGANO

Corydothymus capitatus (L.)



Family: Lamiaceae
 Part distilled: head in blossom
 Origin: Spain
 Chemical composition:
 carvacrol, p-cymene,
 γ -terpinene.



Principal properties:

strong antibacterial,
 antispasmodic.

Uses:

infections.

Precautions for use:

Dermocausticity (serious irritation
 to skin and mucous membranes).
 E.O. used with adults. Do not use
 while pregnant or breast feeding.

Orally: on doctor's advice (hepatic
 toxicity with prolonged use and in
 high doses).

Do not confuse with:

Oregano, Origanum compactum

Recommendations

Air diffusion: ● Massage: ● Orally: ●

SPIKE LAVENDER

Lavandula latifolia Medikus (Lavandula spica).



Family: Lamiaceae
 Part distilled: flower
 Origin: Spain
 Chemical composition:
 linalol, 1-8 cineol, camphor.



Principal properties:

antibacterial,
 external analgesic,
 expectorant,
 anti-inflammatory.

Uses:

respiratory complaints,
 burns, sores, insect
 bites.

Precautions for use:

E.O. used with adults and children
 (over age 7).

Do not use while pregnant or breast
 feeding.

Do not confuse with:

Lavandin, Lavandula hybrida
Maillette Lavender, Lavandula vera clonale
Fine Lavender, Lavandula angustifolia

Recommendations

Air diffusion: ● Massage: ● Orally: ●

SWEET BASIL

Ocimum basilicum L.



Family: Lamiaceae

Part distilled: plant in blossom

Chemotype : linalol

Origin: Europe, Egypt

Chemical composition:

linalol, eugenol, 1,8-cineol.



Principal properties

antispasmodic,
anti-inflammatory,
antibacterial.

Uses:

stress, digestion,
digestive spasms,
infections.

Precautions for use:

Skin irritant in pure form. Avoid
ingestion because methylchavicol
can cause liver cancer with
prolonged use.

Caution is also recommended with
external use. Do not use while
pregnant or breast feeding.
E.O. reserved for adults.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

SWEET ORANGE

Citrus sinensis (L.) Osbeck.



Family: Rutaceae

Part pressed: zest

Origin: Italy

Chemical composition:

limonene, myrcene.



Principal properties:

eupeptic, digestive,
respiratory antiseptic,
calming.

Uses:

stress,
digestive complaints
air disinfectant.

Precautions for use:

Photosensitizing essence (no
exposure to sun). Can be an irritant
for sensitive skin in pure form.
Essence used with adults and
children. Do not use while pregnant
or breast feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

TEA TREE

Melaleuca alternifolia (Maiden) Cheel.



Family: Myrtaceae

Part distilled: leaf

Origin: Australia

Chemical composition:

terpinene-4-ol, γ -terpinene,
 α -terpinene.



Principal properties:

strong antibacterial,
antifungal,
healing,
anti-inflammatory...

Uses:

acne, sores, mouth
ulcers, respiratory
infections, hair and skin
care, external mycosis.

Precautions for use:

E.O. used with children and adults.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

WHITE THYME

Thymus satureoides L.



Family: Lamiaceae

Part distilled: head in blossom

Chemotype: borneol

Origin: South Africa

Chemical composition:

borneol, thymol, carvacrol.



Principal properties:

antibacterial,
analgesic.

Uses:

Muscle and joint
complaints.

Precautions for use:

Dermocausticity. E.O. used diluted
for adults in massage. Do not use
while pregnant or breast feeding.

Do not confuse with:

Thymol Thyme, Thymus vulgaris ct thymol;
Citronellol Thyme, Thymus vulg. ct citronel-
lol;

Paracymene Thyme, Th. vulg. ct paracymene;
Thuyanol Thyme, Thymus vulg. ct thujanol;
Woodland Marjoram, Thymus mastichina

Recommendations

Air diffusion: ● Massage: ● Orally: ●

VERBENONE ROSEMARY

Rosmarinus officinalis L.



Family: Lamiaceae

Part distilled: head in blossom

Chemotype: verbenone

Origin: South Africa

Chemical composition:

α -pinene, camphor, bornyl acetate, verbenone.



Principal properties:

antibacterial,
expectorant.

Uses:

digestive and liver
complaints.

Precautions for use:

E.O. used with adults.
Do not use while pregnant or breast
feeding.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

WINTERGREEN

Gaultheria procumbens L.



Family: Ericaceae

Part distilled: leaf

Origin: Nepal

Chemical composition:
methyl salicylate



Principal properties:

anti-inflammatory,
analgesic,
antispasmodic.

Uses:

aching muscles or
joints,
cramps, stiff muscles.

Precautions for use:

E.O. used with adults.
Do not use while pregnant or breast
feeding. It is a skin irritant in pure
form. Not to be taken orally.
Do not use with persons
allergic to salicylates or taking
anticoagulants.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

YLANG-YLANG COMPLETE

Cananga odorata (Baill.) Hook.&Thom. ssp genuina.



Family: Anonaceae

Part distilled: flower

Origin: Madagascar

Chemical composition:

D-germacrene, β -caryophyllene,
geranyl acetate.



Principal properties:

antispasmodic,
antibacterial,
anti-inflammatory,
regulates sebum
secretion.

Uses:

stress, agitation,
oily or dry skin care,
hair care.

Precautions for use:

E.O. used with children and adults.
Occasionally unpleasant in air
diffusion, it can cause migraines
or nausea, preferably for cosmetic
use (scented oil). Do not use while
pregnant or breast feeding. Can be
an irritant for sensitive skin in pure
form.

Recommendations

Air diffusion: ● Massage: ● Orally: ●

YUNNAN VERBENA (Litsea cubeba)

Litsea citrata Nees ex Blume (Litsea cubeba) Persoon.



Family: Lauraceae

Part distilled: berry

Origin: China

Chemical composition:
geranial, neral, limonene.



Principal properties:

anti-inflammatory,
antibacterial,
calming, tonic.

Uses:

aching muscles or
joints,
infectious diseases,
stress, acne.

Precautions for use:

E.O. used with adults. Do not use
while pregnant or breast feeding.
It is an irritant for skin and requires
heavy dilution (maximum 5 to 10%).

Do not confuse with:

*Lemon Verbena or Genuine Verbena, Lippia
citriodora (Lam.) H.B.K.*

Recommendations

Air diffusion: ● Massage: ● Orally: ●

Essential oils around the world



Distillery in a village in Madagascar.

Essential oils come from all over the world. They are the fruit of the land and man's labour.

It is important to choose essential oils that come from Organic Agriculture because you help contribute to the survival of small farmers in most countries, particularly developing ones.



A precious treasure from Nature

100 g of essential oil represents:

- ▶ 400 kg of rose petals
- ▶ 15 kg of lavender flowers
- ▶ 10 kg of globulus eucalyptus

.....

The essential oil memo

The table below summarizes the main properties of 53 essential oils. It can be read vertically or horizontally.

ESSENTIAL OIL STORAGE

- ▶ in a sealed bottle away from light and heat.
- ▶ essential oils can be kept for 5 years
- ▶ essences can be kept for 2 to 3 years maximum.

ESSENTIAL OILS	BOTANICAL SPECIES	PLANT PART	ANTIBACTERIAL	BREATHING	RELAXING SOOTHING	ACHING MUSCLES	CIRCULATION PROBLEMS	DIGESTIVE PROBLEMS	SKIN PROBLEMS	TONIC	INSECT REPELLENT	COSMETIC SKIN CARE
Bergamot	<i>Citrus aurantium amara</i>	peel			X			X				
Bitter orange blossom	<i>Citrus aurantium amara</i>	flower	X		X				X			X
Bitter orange leaf	<i>Citrus aurantium amara</i>	leaf	X		X				X			
Bourbon geranium	<i>Pelargonium graveolens</i>	pl. bl.	X		X				X		X	X
Bracteiferum helichrysum	<i>Helichrysum bracteiferum</i>	hd.bl.		X	X							
Cajeput	<i>Melaleuca cajuputi</i>	leaf	X	X		X						
Camphorated rosemary	<i>Rosmarinus officinalis</i>	hd.bl.				X	X				X	
Carrot seed	<i>Daucus carota</i>	seed						X	X			X
Cineol rosemary	<i>Rosmarinus officinalis</i>	hd.bl.	X	X								
Cinnamon bark	<i>Cinnamomum verum</i>	leaf	X									
Cistus	<i>Cistus ladaniferus</i>	branch					X		X			X
Citriodora eucalyptus	<i>Eucalyptus citriodora</i>	leaf	X			X					X	
Citronella	<i>Cymbopogon nardus</i>	plant	X			X			X		X	
Clary sage	<i>Sabia sclarea</i>	hd.bl.	X		X			X				
Clove buds	<i>Eugenia caryophyllus</i>	bud	X									
Cypress	<i>Cupressus sempervirens</i>	needle		X			X					
Fine lavender	<i>Lavandula angustifolia</i>	flower	X						X			X
Ginger	<i>Zinger officinale Roscoe</i>	rhizom				X		X				
Globulus eucalyptus	<i>Eucalyptus globulus</i>	leaf	X	X								
Grapefruit	<i>Citrus paradisi</i>	peel	X					X				
Green myrtle	<i>Myrtus communis</i>	leaf		X								X
Italian helichrysum	<i>Helichrysum italicum</i>	hd.bl.					X		X			
Juniper	<i>Juniperus communis</i>	berries				X	X		X			X
Laurel	<i>Laurus nobilis</i>	leaf	X	X		X						
Lemon peel	<i>Citrus limon</i>	peel	X				X	X				

ESSENTIAL OILS	BOTANICAL SPECIES	PLANT PART	ANTIBACTERIAL	BREATHING	RELAXING SOOTHING	ACHING MUSCLES	CIRCULATION PROBLEMS	DIGESTIVE PROBLEMS	SKIN PROBLEMS	TONIC	INSECT REPELLENT	COSMETIC SKIN CARE
Linalol Thyme	<i>Thymus vulgaris</i>	hd bl.	X		X							
Mandarin	<i>Citrus reticulata blanco</i>	peel	X		X			X				
Marjoram	<i>Origanum majorana</i>	hd bl.	X		X			X				
Niaouli	<i>Melaleuca veridiflora</i>	leaf		X					X			X
Palmarosa	<i>Cymbopogon martinii</i>	plant	X						X		X	X
Patchouli	<i>Pogostemon cablin</i>	pl.bl.	X						X		X	X
Peppermint	<i>Mentha piperita</i>	leaf	X					X		X		
Radiata eucalyptus	<i>Eucalyptus radiata</i>	leaf	X	X								
Ravensara	<i>Ravensara aromatica</i>	leaf	X									
Ravintsara	<i>Cinnamomum camphora S.</i>	leaf	X	X						X		X
Roman camomile	<i>Chamaemelum nobile</i>	flower			X				X			
Rose	<i>Rosa damascena</i>	flower			X				X			X
Rosewood	<i>Aniba rosaeodora</i>	wood	X		X				X			X
Sandalwood	<i>Santalum album</i>	wood	X						X			X
Scots pine	<i>Pinus sylvestris</i>	needle	X	X		X				X		
Spanish oregano	<i>Corydothymus capitatus</i>	hd bl.	X									
Spike lavender	<i>Lavandula latifolia</i>	flower	X	X	X				X			
Sweet basil	<i>Ocimum basilicum</i>	pl.bl.	X		X			X				
Sweet orange	<i>Citrus sinensis</i>	peel	X		X			X				
Tea tree	<i>Melaleuca alternifolia</i>	leaf	X						X			X
Thymol thyme	<i>Thymus vulgaris</i>	hd bl.	X									
Tropical basil	<i>Ocimum basilicum</i>	leaf			X			X				
Verbenone rosemary	<i>Rosmarinus officinalis</i>	hd bl.						X				
Vetiver	<i>Vetiveria zizanioides</i>	rhizom				X			X			
White thyme	<i>Thymus saturoides L.</i>	hd bl.	X			X						
Wintergreen	<i>Gaultheria procumbens</i>	leaf.				X						
Yunnan verbena	<i>Litsea cubeba</i>	berries	X		X	X						
Ylang-ylang	<i>Cananga odorata</i>	flower			X	X						X

key:

X major property X secondary property

Air diffusion



This is a simple and effective way of using essential oils. Aromatic molecules are highly volatile, so they disperse easily through the surrounding air. You can have lots of fun creating your own interior fragrances.

RECOMMENDATIONS

- ▶ Do not diffuse essential oils containing phenols (eugenol, carvacrol, thymol) and ketones (camphor, verbenone).
- ▶ Diffuse pure and natural essential oils, preferably of organic quality.
- ▶ Mint, globulus eucalyptus and radiata eucalyptus essential oils should not be diffused pure. They should be combined with other essential oils (with mint essential oils, add one or two drops maximum to a blend).
- ▶ Air diffusion of eucalyptus essential oils is only recommended for adults not suffering from chronic respiratory disorders. For the globulus eucalyptus essential oil, it is better to combine it with other essential oils.
- ▶ Do not diffuse essential oils in the presence of infants or people suffering from allergies.

AIR DIFFUSION METHODS

Electric diffuser

It propels the essential oils into fine particles, without heating them so that they retain all their virtues.

Depending on the model, you can create a healthy atmosphere in a room or flat of 150 sq.m by diffusing for 15 minutes, 3 times a day.

Only use pure essential oils, with no alcohol or water.



Perfume burner

The diffusion is done through heat.

The candle light creates a soft, peaceful ambiance that goes with the fragrance from the essential oil diffusion.

Warning: do not forget to put water before the essential oils so they do not burn.



Provençal wooden diffuser

These are very practical and stick to any surface. They don't take up much space and fit perfectly into small spaces (cupboards, car, bathroom, etc.). Placed on the bedside table with a relaxing blend, they will help you get a good night's sleep. Ideal when travelling (hotel, holidays, office, car, etc.).

Designed for 10 ml bottles.



CREATE INTERIOR AMBIANCES TO MATCH YOUR NEEDS, MOODS AND DESIRES.



Relaxing ambience

Fine lavender, lavandin, bitter orange leaf, bergamot, Atlas cedar, ylang-ylang and lemongrass essential oils, sweet orange essence (peel), etc.

Tonic ambience

Globulus eucalyptus, peppermint (NB: never pure), scots pine essential oils and lemon, grapefruit essences, etc.

Fresh ambience

Radiata eucalyptus, globulus eucalyptus, ravintsara, cineol rosemary, bracteiferum helichrysum, grapefruit, citronella, Scots pine essential oils, etc....

Friendly ambience

Litsea Cubeba (Yunnan verbena), lemongrass, fine lavender essential oils, sweet orange, mandarin, bergamot essences, etc.

You can personalize your blends by adding floral notes from geranium and fine lavender essential oils; sweet notes with ylang-ylang essential oil or orange essence; a woody note with vetiver or cedar essential oil, a spicy note with essential oil of clove (1 drop) or cinnamon (1 drop), etc.

Suggestions	Oxygenating blend	Floral blend
	10 drops of ravintsara E.O. 5 drops of lemon essence (peel) 5 drops of tea tree E.O.	10 drops of bergamot essence 10 drops of grapefruit essence 10 drops of fine lavender E.O. 10 drops of rosewood E.O.
	Tonic blend	Relaxing blend
	10 drops of cineol rosemary E.O. 10 drops of lemon essence (peel) 2 drops of globulus eucalyptus E.O. 2 drops of peppermint E.O.	20 drops of sweet orange essence 7 drops of mandarin essence 7 drops of lavandin E.O. 2 drops of bitter orange blossom E.O.
E.O. = essential oil		

RECOMMENDATIONS

To keep a fragrant ambience at home, plug your electric diffuser into a programmable timer. Choose 4 to 6 time slots for diffusion, lasting 15 minutes each.

Put a few drops of essential oil in the humidifier on your radiators (lavandin, exotic verbena, breathing blend for instance).

Practical aspect	Florame has prepared some special blends for air diffusion.		
	ANTI-SMOKING	EXOTIC VERBENA	RELAXING
	woody scent - calm ambience.	fresh scent - friendly ambience.	bitter sweet scent - relaxing ambience.
	BREATHING	FRESHTONIC	SENSUAL
	fresh scent - outdoor ambience.	fresh scent- tonic ambience.	floral scent - refined ambience.
	CINNAMON-ORANGE	INSECT REPELLENT	YOGI
	spicy scent - festive ambience.	fresh scent - tonic ambience	floral scent - soothing ambience.
	CITRUS FRUITS	ORIENTAL	
	fruity scent - tonic ambience.	spicy scent - suave ambience.	
	EDEN	PROVENCE	
floral scent - sensual ambience	fresh scent - country ambience.		



Florame 10 ml essential oil blends

Massage



Essential oils are frequently used as active ingredients for massage bases because they penetrate the skin and are therefore fully absorbed. They can be mixed with other essential oils, vegetable oils, Shea butter, clay, etc.

RECOMMENDATIONS

- ▶ Do not use in pure form on the skin. Dilute in an oil base at 5% maximum for the body and 1 to 2% maximum for the face.
- ▶ Do not apply to mucuous membranes (mouth, eyes, genitals, etc.).
- ▶ Do not use oils containing phenols. They are dermocaustic (essential oils from Cinnamon leaf/bark, Clove tree, Savory, Oregano, Thymol thyme, etc.).
- ▶ Do not use essential oils with children under age 3, or under age 6 for Globulus or Radiata Eucalyptus essential oils. Do not use Peppermint, Wild Mint, etc... essential oils under age 7.
- ▶ Citrus fruits essences are photosensitizing (age spots, burns).
- ▶ Do not use while pregnant or breast feeding.

Essential oils can be mixed with each other and you can experiment with their complementarity to create more specific blends, depending on the desired effect.

A massage is all the more effective if the person's emotional and physical condition are taken into account. For instance, in an oxygenating blend for someone who is stressed, you may add relaxing, soothing essential oils; when someone is tired, you can use more invigorating essential oils.

Practical aspect	Florame essential oil synergies are a subtle blend of specific, pure essential oils to heal everyday ills. They should be diluted in the appropriate vegetable oil:		
	AFTER BRUISES	EXTREMELY RELAXING	MUSCLES AND JOINTS
	stops bruises.	relaxes and helps sleep.	relieves aching muscles and joints.
	BREATHING	HAIR AND NAILS	SLIMMING
	relieves congested respiratory airways, prevents winter infections.	makes hair and nails stronger and healthier.	by massage morning and evening to firm and tone contours.
	CALMING	HEALTHY SKIN	STIMULATING
soothes and relaxes.	restores a healthy glow to dull, tired skin.	essential for periods of tiredness, when travelling.	
DIGESTIVE	LIGHT LEGS		
by massage of the abdomen to aid digestion.	removes heavy feeling in legs.		



Florame 15 ml essential oil synergy

Florame dropper dose: 1 ml = 20 drops

CREATE YOUR OWN MASSAGE OR SKIN CARE OIL:



Choose a vegetable oil that suits your skin or the massage requirements (Jojoba oil for dry skin, Macadamia oil makes it easier for your hands to glide over a large part of the body, St John's Wort maceration is best for massages to relieve aching joints, etc.). Refine your massage oil's fragrance by adding a sweet (ylang-ylang essential oil) or floral (Bourbon Geranium, Fine Lavender, etc.) note. However, be sure to carefully follow the doses and recommendations specific to each essential oil.

Suggestions

massage oil before sports

Add to 50 ml of Macadamia vegetable oil:
20 drops of wintergreen E.O.
10 drops of turpentine E.O.
10 drops of camphorated rosemary E.O.
Shake well before use.

massage oil for aching muscles

Add to 20 ml of St John's Wort vegetable oil:
10 drops of Italian helichrysum E.O.
10 drops of wintergreen E.O.
10 drops of bitter orange leaf or laurel E.O.
Shake well before use.

E.O.= essential oil

RECOMMENDATIONS

► To make the massage more effective, we recommend applying the massage oil after a bath or shower.

► Legs should always be massaged starting from the tip of the foot and moving up towards the hip.

Practical aspect

Florame proposes ready-to-use massage & skin care oils to match your mood or needs:

EXTREMELY RELAXING

to soothe the body after the day's tensions.

LIGHT LEGS

stops heavy feeling in legs.

MUSCLES AND JOINTS

relaxes and relieves stiffness after sports.

ORIENTAL

yield to the magic of essences from faraway lands.

SENSUAL

a massage for pleasure.

SOOTHING

by massage in the evening to relax and prepare for a good night's sleep.

YOGI

yield body and mind to a moment of serenity.



Florame 150 ml Massage Oil

The bath



relaxing bath

Add to 1 cup of neutral essential bath:
 10 drops of lavandin E.O.
 5 drops of bitter orange leaf E.O.
 5 drops of ylang ylang E.O.
 Shake well before pouring under running water.

oxygenating bath

Add to 1 cup of neutral essential bath:
 10 drops of radiata eucalyptus E.O.
 10 drops of ravintsara E.O.
 5 drops of scots pine E.O.
 5 drops of niaouli E.O.
 Shake well before pouring under running water.

E.O. = essential oil

Suggestions

Practical aspect

Specifically developed for baths, spas and Jacuzzi baths, Florame's bath oils are soluble in water and do not foam or leave an oily mark on the bath.

EXTREMELY RELAXING

a bath for pleasure and total relaxation.

MUSCLES AND JOINTS

relieves and soothes aches in the body.

ORIENTAL

a reinvigorating, comforting bath.

SENSUAL

relaxes and revitalizes body and mind.



Florame 150 ml Bath Oil



Florame
 500 ml Neutral Essential Base
 500 ml Foam Baths

RECOMMENDATIONS

- ▶ Avoid contact with eyes.
- ▶ Aromatic baths are not advised for young children.
- ▶ For Jacuzzi baths, use specific bath oils because some essential oils can damage your installation if not used correctly.
- ▶ Prolong the benefits of your bath by applying the right massage oil and body care right afterwards.



Cosmetics



Essential oils contain active ingredients known for their cosmetic properties and are therefore increasingly used in the composition of many beauty products for face, body or hair care.

Vegetable oils, Shea butter, a skin care cream, body lotion or clay are good dilution bases to use for cosmetic care.

You can very easily enrich your face cream with 1 or 2 drops of Rose, Fine Lavender or Palmarosa essential oil, depending on your needs and skin type.

RECOMMENDATIONS

- ▶ Avoid any contact with eyes.
- ▶ For face, maximum dilution at 1 - 2%.
- ▶ Do not use oils containing phenols. They are dermocaustic (Cinammon Leaf/Bark, Clove Tree essential oils, etc.).
- ▶ Citrus fruits essences are photosensitizing (age spots, burns).
- ▶ Do not use essential oils when pregnant or breast feeding.

hair masks

Add to 20 ml of Sweet Almond oil:
5 drops of ylang ylang E.O. (bounce and shine),
or 5 drops of cade E.O. (anti-dandruff),
or 5 drops of tea tree E.O. (skin disorders)
or 5 drops of Florame hair and nails synergy (growth & health)

Shake well before use. Leave for about 1 hour then rinse with the appropriate shampoo.

E.O.. = essential oil

Suggestions

practical



Florame
100 ml Anti-Ageing Oils



practical

Florame has developed various organic skin care lines to respond to everyone's needs.

DermaStress-Protection®, organic skin care for the face and body

Line of organic skin care for Men

Body care: organic oils and lotions

Organic shampoos



Organic vegetable oils

The vegetable oil is one of the most commonly used bases for essential oils. Organic vegetable oils come from the first cold press or macerating flowers in olive oil (St John's Wort or Calendula, for instance).

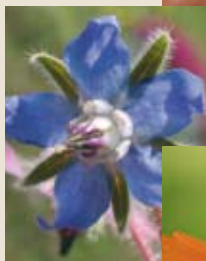
They are used for massages, cosmetics or cooking. You can easily mix them and experiment with the complementarity of their properties to compose your own beauty oils.

Florame vegetable oils are obtained by first cold press and meet Cosmebio specifications.



APRICOT KERNEL, *Prunus armeniaca*

nourishes and rejuvenates dry, delicate skin. This is an excellent skin care for dry, mature skin. It is not oily and is often used as a massage base.



ARGAN, *Argania spinosa*

repairs very dry or mature skin. Very rich in vitamin E and unsaturated fatty acids, it prevents skin ageing. It makes dry, brittle hair strong and shiny again.

BORAGE, *Borago officinalis*

rejuvenates and revitalizes mature skin. It makes the skin soft and firm again. For use with dry, flaky skin or stretch marks.



CALENDULA, *Calendula officinalis*

Maceration of marigold flowers in olive oil.

repairs and soothes fragile, delicate skin. It relieves irritation, sunburn and burns. Ideal for infant massages, dry or fragile skin.

CALOPHYLLUM, *Calophyllum inophyllum*

soothes and heals. This is the reference base when making massage oils for pain relief. It repairs dry, dehydrated skin.

EVENING PRIMROSE, *Oenothera biennis*

rejuvenates and softens mature skin. It helps repair cell membranes. It is revitalizing and anti-wrinkle for mature skin. It makes hair strong and silky again.



GRAPSEED, *Vitis vinifera*

suitable for all skin types. This is a dry oil that softens and nourishes. It is very well suited to daily face and body care.

JOJOBA, *Simmondsia chinensis*

suitable for all skin types. It softens dry skin and regulates sebum secretion in oily skin. It makes hair soft and shiny again.

HAZELNUT, *Corylus avellana*

restores balance to dry and combined skin. It leaves no oily film, which makes it an excellent skin care for oily skin. It rejuvenates skin that is sensitive or prone to redness.

MACADAMIA, *Macadamia ternifolia*

protects and nourishes dry skin. Prevents ageing in dry or damaged skin. This is an excellent massage base.

ROSEHIP, *Rosa rubiginosa*

rejuvenates mature, damaged skin. It restores firmness and elasticity to the skin. It can be used diluted in another vegetable oil to treat mature skin. It is used in pure form to reduce scars, chappings and stretch marks.

SAINT JOHN'S WORT, *Hypericum perforatum*

Maceration of St John's Wort flowers in olive oil.

heals and soothes sensitive, painful skin. The reference care for burns, scars and sunburn. Warning: it is photosensitizing.

SESAME, *Sesamum indicum*

nourishing, anti-free radical for dry and mature skin. It penetrates the skin very well and helps to rejuvenate and soften it. Rich in vitamin E, it protects mature, dry or damaged skin from external aggressions.

SWEET ALMOND, *Prunus amygdalus dulcis*

softens and nourishes dry, sensitive or irritated skin. Ideal for infant massages, to heal chapping or stretch marks or for dry, dull hair care.



Suggestions

oil for dry skin

- 25 ml of jojoba V.O.
- 15 ml of grapeseed V.O.
- 5 ml of calophyllum V.O.
- 5 ml of borage V.O.

oil for combined mature skin

- 5 ml of rosehip V.O.
- 20 ml of jojoba V.O.
- 10 ml of hazelnut V.O.
- 15 ml of evening primrose V.O.

V.O.= vegetable oil



Florame 50 ml Rosehip Vegetable Oil

RECOMMENDATIONS

To fully benefit from their properties, vegetable oils must be:

- used within 30 months of being pressed.
- stored away from light and heat.

Organic floral waters

Also produced by steam distillation of aromatic plants, floral waters are used with essential oils too. Their use requires no special precaution.

They are commonly used in cosmetics for facial care, children's baths or in cooking.



BOURBON GERANIUM, *Pelargonium graveolens*

Beauty water for mature, sensitive skin. It calms skin irritations. Pleasant flavour for fruit salads.

CORNFLOWER, *Centaurea cyanus*

Decongests the eyes. Soothes damaged, irritated skin.



FINE LAVENDER, *Lavandula angustifolia*

Antiseptic, soothing. In a tonic for oily or acne prone skin (recommended for adolescents). Cleans and makes the scalp healthier.

GENUINE VERBENA, *Lippia citriodora*

It soothes, tones and firms the connective tissue. Used in a tonic to cool and soften the skin in summer. Flavouring for desserts, sweets and sorbets.



GLOBULUS EUCALYPTUS, *Eucalyptus globulus*

Breathing antiseptic. For inhalation in case of cold. In children's baths. In a lotion for combined skin that tends towards oily.

ORANGE BLOSSOM, *Citrus aurantium amara*

Relaxing. It is known to calm and ease children's sleep. In a spray in summer to cool and soften the skin. Flavouring for cakes, biscuits and desserts.



ROMAN CAMOMILE, *Anthemis nobilis*

Calming. By compress on the eyes to calm irritation. In a tonic for sensitive, irritable skin. As a rinse to lighten blond hair.

ROSE, *Rosa damascena*

Beauty water. Firming, moisturizing and soothing, it softens dry, sensitive skin. Purifying and astringent, it brightens oily skin. It also adds a pleasant flavour to fruit salads, sorbets and biscuits.

WITCH-HAZEL, *Hamamelis virginiana*

Venous tonic. As a tonic for skin with broken veins or prone to rashes.



RECOMMENDATIONS

Do not let floral waters dry on your skin.
Use a cloth to gently dab your skin dry after spraying.



All Florame floral waters bear the Cosmebio label.

The aromatherapy kit

There are a few essential oils that should be kept in the family medicine cabinet to deal with minor everyday problems.

THE 10 KEY ESSENTIAL OILS

TEA TREE E.O., <i>melaleuca alternifolia</i>	antibacterial
FINE LAVENDER E.O., <i>lavandula angustifolia</i>	calming, antiseptic, burns
MANDARIN ESSENCE, <i>citrus reticulata</i>	calming (children)
ITALIAN HELICHRYSUM E.O., <i>helichrysum italicum</i>	knocks, bruises
RAVINTSARA E.O., <i>cinnamomum camph. ct cineol</i>	antiviral, antiseptic
CITRONELLA E.O., <i>cymbopogon nardus</i>	insect repellent
PEPPERMINT E.O., <i>mentha piperita</i>	digestive, analgesic, cooling
RADIATA EUCALYPTUS E.O., <i>eucalyptus radiata</i>	breathing antiseptic
LEMON ESSENCE, <i>citrus limonum</i>	digestive, antiseptic
CISTUS E.O., <i>cistus ladaniferus</i>	stops bleeding
CITRIODORA EUCALYPTUS E.O., <i>eucalyptus citriodora</i>	anti-inflammatory

Florame essential oil synergies are a very useful addition to the aromatherapy kit.

Suggestions

against head lice

Add to 20 ml of Sweet Almond oil:
2 drops of fine lavender E.O.
2 drops of tea tree E.O.
5 drops of Bourbon geranium E.O.
Mix well before use. Leave for about 1 hour then rinse with a mild shampoo.
As a preventive measure, put 1 or 2 drops of Fine Lavender E.O. on the comb or brush before doing the child's hair.

E.O. = essential oil

BIBLIOGRAPHY

For more detailed information about the use of essential oils, refer to the following works:

Practical aromatherapy - Fabienne Millet

L'aromathérapie exactement
Pr Franchomme and Dr. Pénéloë



THE AROMATIC TRAVEL KIT

You can add more specific essential oils to the family kit:

ROMAN CAMOMILE E.O., *chamaemelum nobile*
calming

LINALOL THYME E.O., *thymus vulg. ct linalol*
antibacterial

TROPICAL BASIL E.O., *ocimum basilicum*
intestinal antiparasitic



IMPORTANT NOTICE

All recommended uses given in the booklet 'Organic Essential Oils – User Guide' are provided for information only. Florame does not in any way claim to replace traditional medicine. Essential oils contain active ingredients and we advise you to consult specialist medical practitioners on their use. The suggestions for preparations given in this booklet are for use by adults not suffering from chronic illnesses. Florame declines all liability for any risks incurred by using essential oils in self-medication.

Florame[®]

ORGANIC ESSENTIAL OILS
AND ORGANIC COSMETICS

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Printed on recycled paper with vegetable inks.
Photos: Florame - www.istockphoto.com